



Starlings

VOLLEYBALL, USA

DIRECTORS HANDBOOK

VERSION 2023-2024



DIRECTORS HANDBOOK

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ABOUT STARLINGS VOLLEYBALL, USA

Starlings Mission

The mission of Starlings Volleyball, USA is to positively impact the lives of at-risk youth through the sport of volleyball.

Starlings Vision

The Vision for Starlings Volleyball, USA is to provide youth with equal access to quality volleyball programs, regardless of financial hardship or skill level through exposure to training and participation in the sport of volleyball, while using the platform of the sport to empower within each player, academic excellence, healthy lifestyle choices and excellent character.

The History of Starlings

It began with a single inner-city club in 1996. Today, Starlings is the nation's largest junior volleyball club with teams in more than 65 cities and Native American reservations throughout the U.S. Approximately 3,500 youth currently participate in the program.

Starlings is the brainchild of Byron Shewman, a former USA Men's Volleyball Team member, who sought to establish a volleyball/academic program that would largely serve girls from lower socioeconomic groups. Olympian Kim Oden joined Shewman, and they co-founded the first club in San Diego, California, in 1996.

By July of 1998, 24 Starlings teams from across the country participated in the first annual Starlings National Championship. The competition, now held in Southern California, draws more than 100 teams. Just over two decades since it began, Starlings Volleyball, USA has brought club volleyball to more than 30,000 girls and operates over 70 Clubs across America.

STARLINGS DIRECTORS RESOURCE PAGE

INFORMATION BELOW IS ALSO AVAILABLE AT WWW.STARLINGS.ORG/CLUBAFFILIATES

Fundraising Resource Page: WWW.STARLINGS.ORG/FUNDRAISINGRESOURCES

- Recommendations for small fundraisers, sponsorships, and grants.
- Templates for sponsorship/donation requests, and a donation receipt

FREE JVA Membership: WWW.STARLINGS.ORG/JVAFORDIRECTORS

- For Directors AND Coaches, visit the link above and follow the instructions on page

FREE Honest Game Membership: WWW.STARLINGS.ORG/HONESTGAME

- For all Starlings athletes, visit the link above and follow the instructions on page

FREE Art of Coaching Volleyball Membership: WWW.STARLINGS.ORG/ARTOFCOACHINGFORDIRECTORS

- Available for 1 Individual per club, email sam@starlings.org to access your code

50% Discount on all Hudl Packages: WWW.STARLINGS.ORG/HUDLFORDIRECTORS

- For all Starlings teams, visit the link above and follow the instructions on page

Discounted USAV Membership/Tournament Entry

- Varies by Region, contact your USAV Commissioner to inquire (CC Lucy Pinney)

Apparel and Equipment: WWW.STARLINGS.ORG/UNIFORMSANDEQUIPMENT

- Adidas Apparel Discounts (all clubs are REQUIRED to wear Adidas jerseys) :
 - \$43 Basic Uniform Package + 40% off additional apparel/gear
 - Contact: Jeff Greenough - teamsportsjeff@gmail.com 949.939.1977
- SportsImports Net Systems
 - FREE gently used net systems are donated each year (*Limited Supply*)
 - 50% OFF all SportsImports equipment through Starlings representative
- Volleyballs & Carts
 - FREE gently used volleyballs from AAU, USAV, and Baden
 - Discounted volleyballs & carts through Molten and Baden

Players Fund and Directors Fund Information: WWW.STARLINGS.ORG/FUNDAPPS

- A budget template is available on this page or the club affiliate homepage

For other inquiries related to club management, including tryouts, forms, coaching requirements, website management, graphics, or other... email sam@starlings.org

STARLINGS PROGRAMS

Players Fund

In an effort to relieve the Starlings' Directors from personally supporting players who could not otherwise participate. Players will have a resource to request financial assistance for club fees and travel expenses. Each request will be evaluated and supported via the Players Fund, according to the needs of the player and funds available.

Application Process

- Go to www.starlings.org/fundapps
 - Select the *PLAYER APPLICATION FOR ASSISTANCE* document
 - Download and print the document, or email for distribution to players in the greatest need of financial support
 - Collect the completed form and supporting documents from the players
- To submit, return to www.starlings.org/fundapps
 - Click on the *Submit Player Application for Financial Assistance* link, and complete the application process for each player
 - Funds will be send DIRECTLY to Club Director

*****IMPORTANT NOTE*****

All applications will be approved and submitted by the Director and not the player in order to prevent misuse of funds.

Directors Fund

The Director's Fund is available specifically for assistance with unforeseeable expenses, or costs that fall outside of fees that fit within the budget. It is the commitment of Starlings Volleyball, USA to create a structure where Directors can continue to keep costs affordable for our kids while supporting their dedicated coaches and providing a safe and impactful environment for all. The online application will be found at: starlings.org/fundapps

Application Process

- Go to www.starlings.org/fundapps
 - Select the *DIRECTORS FUND* link
 - You will be re-directed to a questionnaire regarding your specific needs as a director
 - Please complete with as much detail as possible
 - Once submitted, your request for support will go through an approval process and you will be contacted as soon as possible.

Distribution of Funds

Funds will be distributed upon approval, but there is no guaranteed funding. Every situation will be evaluated and handled independently.

STARLINGS PROGRAMS

Coaches Development

In partnership with "The Art of Coaching", Karch Kiraly, John Kessel and other coaching icons, Starlings is developing a coaching certification program which will focus not only on excellent volleyball skill training, but insight into the heart and motivational keys of young players.

Additionally, coaches get FREE access to all JVA member benefits with their FREE JVA Membership.

To access FREE JVA memberships, visit www.starlings.org/jvafordirectors

COACHING CERTIFICATION PROGRAM COMING SOON!

FREE ART OF COACHING MEMBERSHIPS

- Go to the Art of Coaching page of the Club Affiliate Resource section of the website
- Every club gets 1 FREE MEMBERSHIP

JVA MEMBER BENEFITS

- Access to the JVA Club Training Curriculum, a resource to offer benchmarks and coaching cues for girls ages 12-18
- <https://jvavolleyball.org/from-the-jva-office-jva-club-training-curriculum/>

CLUB PROCEDURES

CLUB AFFILIATE DIRECTORS EXPECTATIONS

Starlings Volleyball, USA greatly admires and appreciates the commitment and sacrifice Starlings Club Directors make to serve their players and coaches. Likewise, Starlings Club Directors understand the privilege and responsibility to represent Starlings Volleyball, USA, and will always, on and off the court, conduct themselves in a manner of integrity and high moral character.

Starlings is set apart from other club programs by our mission to provide opportunity and empowerment to under-served youth. Starlings Clubs are expected to keep fees at or below \$850 per season. Any expenses beyond those outlined in the Affiliate Agreement should be met by additional fundraising. Corporate funding is available to assist with players' fees only when the club budget meets the Starlings standard. Starlings cannot match the add-on luxuries included inexpensive club programs. If desired, fundraising and sponsorships are helpful in providing a few extras.

REPORTING RESPONSIBILITIES: Funds raised through local Community Foundations, Grants, or individual donations exceeding \$1,000 are required to be reported to Starlings Headquarters. Please send a copy of your donation receipt to Karen Neal (karen@starlings.org) in addition to the donor.

REQUIRED EDUCATION & CERTIFICATIONS for Directors & Coaches

JVA, USAV, or AAU?

ALL Starlings Directors and Coaches will receive FREE JVA Memberships whether you participate in JVA tournaments or not. If you do NOT participate in USAV sanctioned tournaments as a club, your certification requirements can all be handled through your JVA membership.

If your Club participates in ANY USAV sanctioned tournaments, you are required to obtain USAV memberships for ALL Players and Staff. Therefore, we recommend completing the SafeSport and Impact training through the USAV platform because it is FREE for USAV members. USAV Regions across the US offer Starlings special discounts to participate, so remember to check with your Regional Commissioner about player fees before you register them.

In many areas, AAU provides less expensive tournament options. In some areas, they offer the *only* opportunity to compete. Consider AAU tournaments when creating your tournament schedule.

REQUIRED SCREENINGS & CERTIFICATES FOR ALL STARLINGS STAFF

- Background Screening
- SafeSport(USAV)/APS(JVA) Certification
- Impact Certification (or JVA equivalent)
- Concussion Training ([CLICK HERE](#))

CLUB PROCEDURES

TRYOUTS

Starlings tryouts will comply with USAV/JVA policies that include player pre-registration, tryout date guidelines and other tryout preparation:

Pre-Registration: Please consider requesting a "Starlings Tryout Pre-Registration Form." Information on how to request a form from Starlings Headquarters can be found at www.starlings.org/tryoutforms

Tryout Date Guidelines: Please comply with the USAV tryout date requirements of your region. Details can be found at: <https://www.teamusa.org/usa-volleyball/membership/regions>

Tryout Fees: Fees may or may not be collected at the discretion of the Club Director in order to cover the expenses of holding a tryout.

Follow-Ups: Once tryouts have concluded, you are allowed to offer athletes a place on a team.

Signing Day: If you would like to do so, schedule a date soon after your tryouts conclude for everyone to meet and sign their commitment forms. This way the girls can meet their teammates and their coaches, and you can have the parents complete all necessary paperwork and discuss the payment schedule you will be offering.

CLUB PROCEDURES

PARENT MEETING

Starlings recommends our Club Directors host a Parent meeting prior to the start of your season which all parents/guardians would be encouraged to attend. This is a great opportunity to review our Starlings Parent/Player Handbook page-by-page, make sure every parent has created a SportsEngine account and has downloaded the SportsEngine app, and collect any missing paperwork.

MEETING STRUCTURE:

Coaches, Parents, and Players in attendance

- WELCOME TO STARLINGS! Begin the meeting with everybody in one location, and whether they've participated before or not, start with a short welcome message. Then, give a short description of the Starlings mission and what that means to your club and all who are involved.
- INTRODUCE YOUR COACHES! Sometimes we assume everyone knows a little bit about who the coaches are in our Clubs. Even if they do, it's important to honor your coaches and their commitment to Starlings.
- REVIEW THE PARENT/PLAYER HANDBOOK! Every family should receive ONE COPY of the handbook that they can review together. This should take about 30 minutes.
- SPLIT UP! Have your coaches take their players out of the main space into their teams and sit together to talk about the expectations for the season. This will also be a good time for you to discuss *your* expectations for parents, and to answer any questions they may have about your club policies or their daughter's participation.
- SIGN CONTRACTS! At the end of the handbook, there is a Parent Contract and a Player Contract. Send the players to their coaches with the Player Contract and have them sign and turn them into the coach. Parents will sign and turn theirs in to you.
- STAY AFTER! Once you officially conclude your Parent Meeting, make yourself available to parents who need to speak with you one-on-one, and if it seems like a conversation that should happen privately, schedule a time to meet with them another day in person or over the phone.

CLUB PROCEDURES

League Apps Club Management for Directors

As a Starlings Club Affiliate, we ask that all Directors and Coaches utilize the League Apps platform for Club Management. With easy team communication, built-in safeguards for players and coaches, online invoicing and cashflow tracking, calendar options, and simply sync to your club's Starlings webpage, we believe it's the right choice! While full use of the League Apps resources and tools is not mandatory, you are required as a Starlings Club Affiliate to complete the following:

1. Register annually as a Starlings Club Affiliate prior to your first club activity, or by Jan 1.
2. Require ALL ATHLETES to register using your club's Starlings Player Membership Form.
3. Ensure we have current contact information on your club's homepage of the Starlings website.
4. *If you are participating in any Starlings tournament, your club will have to add teams on League Apps to be eligible to enter and play in our tournaments, and rosters are required.*

Step 1: Add your club to the Starlings Spreadsheet for League Apps

1. Visit [THIS LINK](#), or email KAZNA@STARLINGS.ORG to complete your initial setup form.
2. What you'll need:
 - o Your Starlings business information, including your club's EIN, and the last 4 of your SSN.
 - o Bank information (routing and account numbers)
 - o Tryout information (if you have it - optional)
 - o NOTE: The email address you provide will be used as the primary email address for your League Apps account upon setup.
3. You will receive an email from Starlings Staff when your League Apps site is ready.
4. You will also receive an email from League Apps directly to complete your Admin Account.
 - o If you don't receive an email from League Apps, or if it's timed out, email KAZNA@STARLINGS.ORG to request a new setup link.


Step 2: Complete the annual Director's Starlings Membership Form

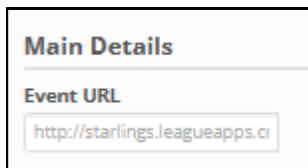
1. Visit www.starlings.org/CLUBAFFILIATES and navigate to the "Annual Starlings Director Membership Form" link or [CLICK HERE](#).
2. Register yourself for the program and complete all required fields.
3. If you are a returning club, be prepared to answer questions about last year's club activities.
 - a. Be prepared with your EIN, player fees, player count, coach information, and plans for the upcoming season.

CLUB PROCEDURES

League Apps Club Management for Directors

Step 3: Review your club's Player Membership Form

1. Log in to <https://manager.leagueapps.com/>
2. Once logged in, click on the "L" in the top-left of your screen to access your "Dashboard." 
3. Scroll to your "top programs" and click on your club's Player Membership Form



- Once you are redirected to the program, visit the link on the left sidebar titled "Main Details" to view your public landing page for the program.
- Click "Register" and complete a test registration to confirm everything you'd like included in your registration is present.
- NOTE: You cannot REMOVE anything, but you can request additions.
 - To request additions - email KAZNA@STARLINGS.ORG
- You may share the link to your club's Player Membership Form whenever you're ready.

[CLICK HERE](#) to view the **INTRODUCTORY YOUTUBE VIDEO ABOUT LEAGUE APPS FEATURES**

OPTIONAL CLUB MANAGMENT FEATURES

Team Management *(Required if participating in Starlings hosted tournaments)*

- Utilize messaging, payment plans, invoicing, calendars, rostering, and tournament registration.
- Options for payment plans (customizable) with online payments and automatic alerts for missing payments. These payments will be linked directly to your club's bank account.
- View the YouTube video about adding programs and teams - [CLICK HERE](#)

Clinic and Camp Registrations

- Separate registration and payment options for camps and clinics.

Team Scheduling and Communication

- Utilize the online features by granting your coaches the ability to manage their teams.
- Use the MOBILE APP calendar and messaging features to keep everyone in-touch.

LEAGUE APPS SUPPORT

Please utilize the LeagueApps support page of their website. You can typically find an answer to your question just by typing them in. If not, they have a help desk that is VERY attentive and they answer questions within 24 hours.

- [CLICK HERE](#) to visit the League Apps support page of their website.

FOR ADDITIONAL RESOURCES, VISIT WWW.STARLINGS.ORG/CLUBAFFILIATES

OTHER INFORMATION

SOCIAL MEDIA

Starlings wants to help inspire our athletes both on and off the court. Social Media presence is a priority for Starlings clubs, and there are many ways to participate as members of the Starlings family.

Every Starlings Club Affiliate has their own profiles, and we encourage all players and families to follow them and Starlings Volleyball, USA.

FOLLOW STARLINGS VOLLEYBALL, USA

TWITTER @StarlingsVBC INSTAGRAM @starlingsvolleyballusa FACEBOOK @starlings.org

WHAT HAPPENS ON SOCIAL MEDIA?

- **BOND AS A TEAM**
 - Post team photos for everyone to enjoy, and remember to tag the Starlings Organization.
 - Show support of one another off the court, and learn more about each others interests.
 - Reinforce the special bonds that start in the gym.
- **INTERACT WITH SISTER CLUBS & OTHER STARLINGS CLUBS**
 - Starlings is a family! We encourage interaction with other Starlings Clubs around the country, if you need help finding other clubs on Social Media, contact sam@starlings.org.
 - Any Starlings Club who is matched with a Sister Club (see description of program on Page 3) will engage with them via your social media platforms.
- **GET INSPIRED**
 - Starlings has special relationships with many inspirational members of the world's volleyball community, and we want to give our players the opportunity to engage with as many of those people as possible...
 - By following us on Social Media, Starlings players will be able to interact with professional athletes, elite level coaches, and other inspirational figures!
- **CONTESTS**
 - Every now and then, Starlings will have nationwide contests for teams to participate in, and the winners receive special prizes!
- **STARLINGS DIRECTORS FORUM (FACEBOOK)**
 - Share questions, thoughts, or ideas about anything Club related with Starlings Directors and Sister Club Directors!
 - The Starlings experience is a unique one, so we wanted to provide a space specifically for Starlings Directors to help one another. Enjoy this opportunity to communicate and learn from members of your Starlings Family!

OTHER INFORMATION

COMMUNICATION WITH STARLINGS HEADQUARTERS

MEGAN KENNEDY

STARLINGS EXECUTIVE DIRECTOR
MEGAN@STARLINGS.ORG

Megan will be available to Starlings Directors for any important questions you may have about your Starlings Club Program, financial assistance, or other sensitive matters. However, as a Starlings Club Director, most of your communication with Starlings Headquarters throughout the year will occur with Ginny Alexander, the Director of Club Programs & Events.

GINNY ALEXANDER

DIRECTOR OF CLUB PROGRAMS & EVENTS
GINNY@STARLINGS.ORG

MAIN POINT OF CONTACT FOR DIRECTORS

Contact Ginny for questions regarding:
Club Management
USAV/JVA/AAU Memberships
Tournament Participation
Starlings National Championships
OR any other volleyball-related questions!

KAZNA TANUVASA

SOCIAL MEDIA AND MARKETING
KAZNA@STARLINGS.ORG

Contact Kazna for questions regarding:
League Apps
Website
Social Media
Logos and Graphics

KAREN NEAL

STARLINGS DIRECTOR OF OPERATIONS
KAREN@STARLINGS.ORG

Contact Karen for questions regarding:
Legal procedures
Finance and/or Banking
Taxes and Exemptions
The Starlings Club Affiliate Agreement

JEFF GREENOUGH

EQUIPMENT AND APPAREL COORDINATOR
TEAMSPORTSJEFF@AOL.COM

Contact Jeff for questions regarding:
Uniforms & Apparel
Volleyball Equipment & Balls
Shipping to/from Starlings Volleyball, USA

LEON TSOI

ASSISTANT DEVELOPMENT DIRECTOR
LEON@STARLINGS.ORG

Contact Leon for questions regarding:
Fundraising
Donations

OTHER INFORMATION

STARLINGS NATIONAL CHAMPIONSHIPS

Each year, Starlings of all ages from all over the country flock to Southern California to get to know their fellow Starlings and to test their skills against each other in our own Starlings National Championships.

*The 2024 Starlings National Championships location is
MOMENTOUS SPORTS CENTER in Irvine, CA between the dates of
Thursday, June 20th and Sunday, June 23rd*

Online Registration will open February 1st along with Hotel Block Information

OPENING CEREMONIES

The night before tournament play begins, all teams participating in the National Championships are encouraged to attend this exciting pre-tournament event. This is an evening of celebrations where teams dress up and dance, awards are presented to contest winners and standout Starlings, and surprises await!

TOURNAMENT SCHEDULE

Freshmen, Sophomores and Juniors will be invited to participate for FREE in a College Showcase presented by the Art of Coaching! Registration will open April 1st and slots fill up fast!

TOURNAMENT SCHEDULE

Three days of play! Tournament play begins Friday morning and runs through the weekend. The first two days follow a "pool play" format, and the final day is bracket play. *12 and Under competes Saturday and Sunday only*

WHAT TEAMS GO TO NATIONALS?

Teams can decide early in their season if they'd like to participate in that year's Nationals. It's open for ALL Starlings teams and players of every skill level.

FUNDRAISING

If a team decides they'd like to participate, the coach, parents, and players will work together to raise funds for travel expenses and plan fun activities for the end-of-season celebration.

STARLINGS END OF SEASON AWARDS AND CONTESTS

LITERARY/ART CONTEST

The Starlings philosophy is a holistic one: competition is good but sports should also be fun. Finally, an athlete should seek to develop all her talents. For this reason, we encourage ALL Starlings players to submit entries to our annual Literary/Art Contest.

- ABOUT THE CONTEST

- The Starlings Literary/Art Contest debuted at the 2000 National Championship and has proven to be a highlight of each season since.
- Once a year, all girls in a Starlings program are invited to submit artistic and literary works on specific themes and in categories that include essays, poetry, painting, drawing, sculpture and photography.
- The winners are honored each year at the Starlings National Championships Opening Ceremonies.
 - Prizes include Academic Scholarship Funds, gift cards, and other giveaways.

- HOW TO SUBMIT

- Visit www.starlings.org/literaryartcontest for more information about how to submit your piece online. *Contest submissions will be accepted starting March 1st*

STARLINGS SPIRIT AWARD

Every year, Club Directors submit the name of *ONE PLAYER* from their club whose spirit and passion sets her apart, who makes the Starlings experience more fun for everyone, and who is a model of sportsmanship, leadership, and fellowship. Spirit Award winners are announced at the Starlings National Championships Opening Ceremonies.

ADDITIONAL AWARDS ARE ANNOUNCED EACH YEAR

Please visit WWW.STARLINGS.ORG/NATIONALS for more information