
Purpose of this Handbook

We must ensure that all of us, from Directors, Staff, Coaches, Parents, and Athletes have a common understanding of the expectations of all involved. Our goal is an incident free season, and we will communicate those exact expectations up front. The policies enumerated herein generally apply to all players of Southern Storm Volleyball. Participation in a Southern Storm program is a privilege and requires a strong time commitment to the Club, your Program, your Team, and your Training. Our programs are dedicated to provide all of our coaches and athletes with the opportunity to be successful. Please don't hesitate to ask if you have any questions about any of this information.

Southern Storm Welcome You!!

Click here to learn more about Southern Storm Volleyball: <https://www.southernstormvolleyball.com>

Instagram: @southernstormvolleyball

Cole Davis: 901-412-9450

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GYM RULES

- WORK HARD OR GO HOME!
- FINISH each drill.
- Ball on the floor = Body on the floor.
- Actively shagging balls is a must.
- No ball handling until the start of your lesson or practice. No exceptions.
- ONLY: PLAYERS/COACHES ALLOWED INSIDE THE COURTS/ON GYM FLOOR. No parents allowed on the court unless specified by coaches and staff. Please use the viewing deck upstairs.
- No running up and down the stairs.
- Players are not to check your phone during water breaks.
- Correct practice color shirt, black spandex, black knee pads, and hair pulled up are practice requirements. No jewelry during practice.
- ONLY water allowed on the courts OR inside the facility. Must be in a water bottle with a top, not an open container. Placed in basket beside the court. NO EXCEPTIONS. (No STANLEY CUPS with straws)

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- Backpacks are to be placed in designated areas.
 - No gum or food allowed on the courts.
 - Players/Coaches must sweep the floor after lessons/practices. Failure to do so will have team consequences.
 - ONLY court shoes allowed on playing surfaces.
 - All ball carts placed against the walls after lessons and practices.
 - Any equipment/training aids must be put back where they belong. (Setter targets, dots, scoreboards, etc)
 - Please be respectful of the facility. Failure to adhere to the rules of the gym will result in disciplinary actions

CLUB COMMUNICATION

When there is a concern, parents and coaches share the responsibility of teaching their athlete the steps necessary to remedy the situation.

Southern Storm believes that great coaching is at the core of a great program. All of our coaches have been selected because we believe they are qualified and bring unique talents to our program and our athletes. One of the most important aspects of coaching youth sports is having good communication between players, their parents and coaches.

Southern Storm has a communication plan which requires a minimum of a 24-hour waiting period before communications are initiated and that timeline will be strictly adhered to. If an issue arises, it will NEVER be acceptable for a parent to approach a coach at a practice, an event or anywhere else.

Please wait a minimum of 24 hours to email the coach to set up a meeting to address and discuss the issues. (Include Cole Davis on all emails) The coach will respond back within 36 hours of receiving the email.

Guidelines of Communication:

1. The player will ask for a meeting between the coach and herself to discuss the issue at hand.
2. If an additional meeting is needed, **that DOES NOT INVOLVE PLAY TIME. Southern Storm will not discuss play time decisions with parents. Please view our playtime policy page if you have questions.** The parent then may ask for a meeting between themselves, with the player in attendance, the coach, and the advocates to discuss the issue(s). The meeting will take place

privately. **Coaches are not to address any issues at a tournament or practice and are told to advise the advocates of any issues.**

3. Southern Storm will NOT ALLOW coaches, players, or parents to berate anyone. In the case of verbal/mental/physical abuse, such situations involving the safety of any individual MUST be reported immediately to the CD or AD.

Team Philosophy

Team placement

At Southern Storm, we start each season with a fresh slate and previous placement does not guarantee a spot going forward, nor does it hinder a player from moving up through the ranks. Our rosters are set at 8-10 players per team. Players are selected/offered at tryouts depending on needs and position of said team.

Playing time policy

Southern Storm does not **guarantee** playing time to any player. However, we do believe players are entitled to know what is affecting play time as well as be given instruction on how to increase their playing time. We ask that players approach their coach with these questions whenever there might be an issue or concern. *(The Club Director should be included.)*

We know that all players want to play and the vast majority of concerns by players and parents involve the amount of playing time that is allocated to the player. The following outlines our general philosophy on playing time.

- We will instruct our coaches that all Players should play.
- Playing time is **not guaranteed**, is **not equal** and must be earned.
- Playing time is based on the player's performance & attendance at practice and **production in matches, as well as the flow of set/match.**
- The coach and the flow of the game will determine who plays and how much. Coaches will take into account many factors in coming to that decision but the decision is theirs.

Note: If concerns over Playing Time arise, please review the protocol for play time and then use the "Communications" tab above to review our "Parent/Player Communication Policy."

Changing teams thru season

After your daughter has been placed on a team, Storm reserves the right to move them to a different team at any time during the season to continue to improve the level of play for all considered. This

means that a player may be added to a team during the season, or that a player may be asked to move to another team to better match the player with the appropriate team.

TOURNAMENTS

Ethics/Expectations at Tournaments for Players/Parents

Once the players are courtside at the beginning of their tournament/league day, they are under the supervision of the coach until released at the completion of the day. During that time, the players, parents, and guardians are subject to the following guidelines

- Arrive early, dressed and ready at the specific time provided by the head coach — no exceptions
- Warm Ups/Stretching prepare you to be successful during a match. It is to be taken serious (no horseplay, goofing off, etc.) NO HEADPHONES, AIRPODS, ETC DURING WARMUPS
- It is each players responsibility to know rotations and substitutions. When you must enter and exit the match is of most importance. Each player is expected to be aware of what is happening in the set/match. Failure to do so accordingly will be grounds for sitting out the rest of the set/match. Coaches are there to help, but it is each players responsibility to be aware of what is occurring in the match.
- No small talk on the sidelines that does not include volleyball and what is going on in the match. Players need to be engaged in the match even if you are not present on the court at the time.
- FAILURE TO COMMUNICATE AND TALK ON THE COURT IS GROUNDS FOR BEING BENCHED.
- Cheer and be a supportive teammate when you are off the court.
- Players not in the match are expected to stand along the bench, no sitting.
- BE A GOOD TEAMMATE: conduct yourself in a manner that is in resemblance of how you would want to be treated
- Energetic and a good attitude is an EXPECTATION, no exceptions.
- Poor attitude, body language, and negative comments will not be tolerated and is grounds for being benched for the set/match
- Players are allowed to have their phone in case a parent or coach needs to be in touch with you. NO SOCIAL MEDIA, SNAPCHAT, INSTAGRAM, etc while warming up, at the ref table, or sidelines. If you disregard this rule, players cell phones will be taken, benched, and consequences will ensue.
- Players are responsible for line judge, scorebook, score flip, and R2 (down ref). Equal work time amongst players is a requirement. Players who are not working MUST be present at the court at all times. We are a team and we will act as a team.

- Players are responsible for maintaining all equipment during a tournament.
- Each player/parents are to conduct themselves in a respectful, courteous, and upstanding manner while we are in attendance at tournaments. Each of you represent Southern Storm Volleyball. Your individual and team actions are a direct reflection of Southern Storm. This must be upheld in all circumstances, no exceptions.
- Players and parents are to engage with the host of the tournament, other teams, referees, and other coaches in a respectful manner and attitude. Poor attitude, arguing for points, or engaging with the other work team will be deemed as disrespectful and grounds for being benched for the tournament.
- YOU MUST BRING BOTH JERSEYS TO THE TOURNAMENT FACILITY.
- Players/Parents will be provided information regarding the tournament, times, attire, playing facility, etc. when it is provided from the tournament director.
- Bring a handbook and extra paper. Players are required to take notes when you are not working on the other teams you will compete against.

Tournament Attendance (mandatory)

Barring an emergency, missing any part of a tournament is highly discouraged and will result in match suspensions or removal from the team. These situations will be evaluated on a case by case basis.

Any player that arrives late to a match, will receive a consequence/punishment. The player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to the discretion of the coach and may change on a case-by-case basis. The coach's decision is final and not open for discussion the day of the event.

Apparel @ tournaments

- All jerseys must be kept in the players backpack all weekend!
 - Players must bring their Molten ball to all tournaments.
 - An information sheet will be sent out the week before the tournament with what to wear.
 - Shorts or pants should be worn over spandex when coming and leaving the playing facility.
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Nutrition

Good nutrition can enhance an athlete's performance. A well-planned, nutritious diet should meet most of an athlete's vitamin and mineral needs, and provide enough protein to promote muscle growth and repair. A proper diet and good nutrition intake helps to support muscle recovery, reducing the risk of injury. The right balance of macronutrients (carbohydrates (ex: fruit!), proteins, fats) ensures athletes have enough energy for training and competition, we want our athletes to reach their optimal energy levels!

Reminders

- Making sure you are drinking enough (water, electrolytes)
 - Eating mindfully with ingredients that will help you perform mentally & physically
 - Eating before practice or game
 - Not overeating while at tournaments, stay away from junk!
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Practice

Practice Arrival/Preparation

We ask that parents or players that are driving to practice please follow all appropriate traffic patterns & parking when dropping off or picking up players.

Players should plan on arriving at the facility no more than 15 minutes prior to a scheduled practice time and then follow all check in procedures. **Players MUST wear:**

- One of their official practice t-shirts
- Black spandex
- Black Knee pads

Practice Attendance

Practices are **MANDATORY** and a player's attendance is **EXPECTED**. Practice attendance will factor in determining a players' role on the team. Attendance will be kept throughout the season. All absences will be considered unexcused with the following exceptions and being notified prior to practice:

- Family Emergency
- Illness / Injury
- Religious education

NOTE: Missing practice for homework and studying (including finals) is not considered an excused absence. This is an important part of our student athlete's time management training skills.

Please contact your coach in advance when you will be missing practice. Contact information will be available through PlayMetrics App once teams have been chosen and posted.

Nationals

All players on a National team will be required to attend AAU or USAV Nationals at the end of the season. The Season-Ending Event is not included in the dues. The tournament entry fee and all travel expenses will be invoiced to each player. Fees will be calculated by determining the overall cost for all teams attending the particular event and dividing that cost over the total number of players on the teams attending. This ensures fair and equal distribution of expenses regardless of the roster size of your team which is not determined by the players. Season-Ending events are MANDATORY as part of the National Program. Any player choosing not to attend will not be allowed back into the National Program the following season and will be charged for the full event.

- **Information and Dates on Post Season will be sent out in another handbook.**
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Eligibility

Eligibility to Start Season

Players must meet the following requirements in order to be eligible to start the season with Southern Storm Volleyball:

1. Receive an invite to commit or attend a tryout and receive full evaluation
2. Pay Commitment Invoice
3. Complete USA Membership for 2025.
4. Complete and submit all required forms, including:
 1. Player Code of Conduct
 2. Parent Code of Conduct
 3. Storm Parent/Player Contract
 4. Medical Info Form
 5. JVA Medical Release Form
 6. JVA Release of Liability Form

In-Season Eligibility

In order for a player to remain eligible to participate throughout the season, the following conditions must be met. If, for any reason, players are not in compliance with these conditions they will be deemed ineligible and held out of further participation in any SSVC related event until compliance is met or eligibility is reinstated by the Director of Volleyball Operations.

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1. Must not carry an outstanding balance on their account. All dues and fees (including Travel fees) must be current with respect to the terms of our Financial Agreement.
 2. Players must comply with Player Code of Conduct at all times.
 3. Parents must comply with the Parent Code of Conduct at all times.

No notice is required in instances that a player is deemed ineligible. However, in most cases we will make every reasonable attempt to notify the player and their family if they are ineligible at any point during the season.

Skills Overview & Important Info

Philosophy

- Focus on 1st Ball Contact: SERVE & PASS
- FBK: First Ball Kill
- Middles are up and ready in transition
- Be aggressive:
- Put opponent in out of system transition if you cannot go for the kill: ATTACK THE SETTER/ZONE 1
- Make the Play
- Constant Communication and Movement
- No dumb errors
- Stress the opponents defense versus giving them free point

Communication

- Talk early and often
- Be loud
- Be clear
- Verbal acknowledgment
- Physical acknowledgement

Approach

- Slow to fast (Small 1st step, BIG 2nd Step, small 3rd step)
 - Directional step
 - Drive step
 - Close step
 - Right-Handed: Left, Right, Left
 - Left-Handed: Right, Left, Right
- Ball should be on attacking shoulder depending on dominant hand
- Land on two feet

Serve

- Toss the ball in front of your dominant shoulder
- Transfer weight forward
- Stiff wrist- serving hand
- Drive hand to the ball
- Finish hand high above the net (do not follow through) & where you want the location of the ball to go
- FLOP (Flean and Drop): Sever Must Stay the 3rd White Stripe on the Antennae (lands shorter)
- FLEAN (Flat and Clean): Serve Must Stay Under the 3rd White Stripe on the Antennae!

Setting/ overhand passing

- Hands ready at belly button
- Shape of the ball: round hands
- Drive right foot forward
- Extend: hold finish from release

Attacking

- Be as aggressive as possible
- Must start with good contact on the ball
- Open up to the Setter
- Finish hand over the top of the ball to develop spin
- Learn how to score in multiple ways: roll shots, tips, high swings, power swings

Passing

- Basic Stance (Low, runners Stance, hands High)
- Split Step (Quick Shuffles)
- Shoulders Forward
- Angle Early/ Late Platform

Defense

- Every ball is yours
- Two people play every ball
- Block and defense operate as one
- Communication and Movement
- Discipline
- Stopped before every opponent contact. including when hitter jumps
- Every BALL MATTERS

Blocking/Eye Sequencing

“Ball, Setter, Ball, Hitter”

- Identify is the setter is in the front row or the backrow. Communicate with the entire team, every serve!
 - Where is the Pass? Can the middle be set?
 - If yes, Pin Blockers hold to help block their Middle Attacker
 - If no, Pins release out to block closers to the Antennae
- Find your attacker on the opposite side of the net and figure out what they are running
- Position yourself in the line of the attacker’s approach
 - Where is the attacker’s 1st step taking them?
 - Inside the court or to the Pin?
- Hip to hip
- Arms wider than shoulders
- Up and over early

Sets

Middles:

- A (in front and close to setter)
- B (in front and slightly further from setter)
- C (in front and far away from the setter)
- Tight (behind the setter)
- Slide (behind the setter at the pin)

Outsides:

- 5 (high set)
- 4 (lower than a five)
- GO (quick ball to the pin)
- 2 (high set in the middle)
- Rip (high set between 5 & 2)

Opposite:

- 9 (high set to the pin)
- 8 (high set inside)
- Red (lower than a 9 to the pin)
- Dash (quick ball to the pin)

Backrow:

- 30 (left back)
- 60 (right back)
- BIC or Pipe (middle back)

Serving Zones (Hand Signals)

PLACEMENT	FLEAN	FLOP
1	1 finger	1F= flop (hand shake)
2	2 fingers	2F= flop (hand shake)
3	3 fingers	3F= flop (hand shake)
4	4 fingers	4F= flop (hand shake)
	<u>SHORT ZONES</u>	
A-ZONE 2	FIST	
B- ZONE 3	4 FINGERS CLOSE TOGETHER	
C- ZONE 4	HAND CURVED IN 'C'	

PLAYER/PARENT CONTRACT

Each Player and Parent must read this Player/Parent Contract and sign where indicated to acknowledge their understanding and acceptance of and agreement to abide by terms of this Player/Parent Contract.

- I accept a position as a member of Southern Storm Volleyball Club.
- I understand and accept that decisions about playing time are at the sole discretion of the coach. The philosophy is that you are purchasing training time. This training occurs primarily in practice and secondarily in tournaments. Playing time is not subject to negotiation. Therefore, I understand that the Club season is to help with training and development. I also understand that playing time is not subject to challenge by players or parents.
- I understand and accept that an atmosphere of good sportsmanship be maintained at all practices and games.
- I understand and agree that the following behaviors will not be tolerated at any time and are grounds for immediate suspension and/or expulsion from Storm Training Team: Use of alcohol, tobacco or drug use of any kind, missing curfew when at traveling competitions, vandalizing any property or hotel room, verbal or physical assault on a coach, teammate, opponent, or referee. (All payments of money owed must still be made even if a player does not finish the entire season; NO refunds)
- I agree to pay the down payment upon signing day, October 2025 ; and pay off the entire balance on or before April 1st 2026. Past due fees will be assessed a late fee, at the rate of \$50 per week. Outstanding balances as of April 1st will be subject to late fees, small claims court, and/or debt collection, at the sole discretion of the SSVC. If a player's account is more than 5 days past due the player will be restricted from participating in practices and at tournaments. Players will not be allowed to practice or compete until the current payment is up to date.
- I understand and agree that as a result of failure to pay the club fees or any other breach or violation of the terms of the Player/Parent Contract that this Contract can be terminated.
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- All tournaments are mandatory. Players and parents are asked to understand that tournament/practice schedules may change for unavoidable reasons such as a limit on the number of teams or tournament cancellation. All practices and tournaments are mandatory. Club volleyball must take precedence over other sports, family events, and extracurricular activities. If you must miss a practice, you must inform your coach a minimum of seven (7) days in advance so that the coach can plan practice appropriately. Player's failure to attend a tournament will result in significant ramifications/repercussions as seen fit by the head coach/club director with the exception of illness or emergency.
- The goal of SSVC is to compete and win at the highest level of competition; therefore, players on teams have no guarantee of playing time at tournaments. Coaches base playing time decisions on a combination of a player's position, attitude, effort, strengths and weaknesses, practice attendance, opposing team lineups and future match considerations.
- When traveling to tournaments, SSVC prefers that each player stay with their own parent or another team parent. The club or individual teams will reserve blocks of hotel rooms for most tournaments, however, it is the parents' responsibility to make a reservation and pay for all hotel rooms. We request that players and parents try to stay at the designated hotel for each tournament. Stay-to-play Tournament hotels are mandatory.

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- We do not discuss how teams were selected as we work hard to make the right choices in team selection. We reserve the right to make roster changes if we see that a team or individual player can benefit from a possible roster change.

ATHLETE CONTRACT

My main goal is to become the best player I can be. Only I am responsible for my own actions. I am fully committed to this team and therefore will:

On the court:

- conduct myself in a manner to bring credit and prestige to myself and the team;
- budget my time to meet all the responsibilities in work, learning and other personal areas;
- attend EVERY practice, match and team function and be on time or early;
- pursue mental and physical conditioning outside of practice;
- communicate both on and off the court for mutual understanding;
- discipline my body for health, including adequate sleep, a healthy diet and avoiding alcohol and smoking;
- recognize the unique aspects of volleyball, yet learn from my mistakes only, never make excuses;
- accept all coaching comments and assignments only as ways in which our team and myself might improve;
- ignore the errors of my teammates, as I believe no one is trying to make a mistake;
- support full effort and the good skills my teammates exhibit;
- concentrate, never create distractions or worry about worrying;
- perform with full effort and intensity, to the best of my ability, in all training and competition.

Practice: No Food within the playing space. Only water bottles allowed on courts. Players are responsible for pre or post duties to maintain a clean and safe environment.

- ✓ Practice Shirt
- ✓ Black Spandex
- ✓ Black Knee Pads
- ✓ Volleyball Shoes
- ✓ Hair Tied Up
- ✓ Ankle Braces (Recommended)
- ✓ Elbow Pads (Recommended)

Off the court:

1. I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
2. I will be respectful in public and display good character as a representative of Southern Storm Volleyball.
3. I will be responsible when using the internet and will not submit any negative information regarding my teammates, team or Southern Storm Volleyball while using social networks or communicating via email. I will not post inappropriate comments, pictures or other content that would otherwise break any of the rules or policies set forth in this handbook/Code of Conduct.
4. I will accept the responsibility to manage my time in order to participate at Southern Storm while maintaining balance and high standards with academics and family

PARENT CONTRACT

Storm Volleyball has and will maintain a reputation for good sportsmanship on and off the court. Respect for others, a positive attitude and exemplary behavior are trademarks of this club. Therefore, all parents will agree to follow a certain code of conduct. This code will be in effect for all practices, travel and tournaments for the season. Failure to follow this code of conduct may result in dismissal of your child from the Storm Training Team.

- I will disclose the truth about my daughter's age at the time of tryouts.
- I will maintain a positive attitude and emphasize the cooperative nature of the sport.
- I will encourage hard work and honest effort that will lead to improved performance and participation.
- I will encourage and respect officials and coaches and their integrity.
- I will be supportive of all attempts to remove verbal and physical abuse from organized volleyball activities, including inappropriate language.
- I will make sure that my daughter makes it to practices and games on time, communicating with the coach if this is not going to be possible.
- I will be complimentary of my daughter and other team members and their play.
- I will encourage my daughter to follow the coach's plan and follow his direction.
- I will encourage my daughter to communicate with her coach in regard to her play expectations, frustrations and problems.
- I will support and encourage my daughter's coach, communicating any problems or concerns with the coach in a professional, adult manner.
- I will not approach the coach during a tournament concerning the playing time of my daughter and/or others; but yet I may set up a meeting after the tournament is completed.

I have read and agree to comply with all terms of this Player/Parent Contract. I understand and accept that any conduct seen by Storm Volleyball as inconsistent with the terms listed above may result in disciplinary action based on its severity. I understand that by agreeing to this Player/Parent Contract I have made a commitment to Southern Storm Volleyball team, its administrators and coaches, and to my fellow players that I will fulfill my commitment for the entire season.

Please refrain from approaching the coach with comments or questions concerning playing time and/or all other inquiries regarding such nature until the following weekday after the tournament is complete.

PARENT / PLAYER CLUB POLICIES and CONTRACT

I _____ (player), acknowledge I have read, understand, and agree to the policies, procedures and obligations set forth in the Southern Storm Parent/Player Contract and Club Policies. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Player's Name (please print)

Player's Signature

Date

Parent's Agreement & Consent

I _____, acknowledge that ALL parties have read and understand ALL sections of the above agreement, and agree to the policies, procedures and obligations set forth in the Southern Storm Parent/Player Contract and Club Policies. We understand the severity of breaking a rule. If I violate or challenge a rule, I realize that I face possible dismissal from SSVC. In addition, I certify that as Parent or/Guardian of this athlete, I have explained to my son/daughter the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in the programs conducted under USAV, JVA, AAU, and SSVC of which my child is a member. I agree to pay the fees set forth by SSVC, allowing my child to participate in the program. Upon accepting a position on a SSVC team and committing to SSVC for the 2024-2025 volleyball season, we agree to abide by the rules, guidelines, commitments and fee schedules, set forth in this document.

Parent/Guardian Name (please print)

Relationship

Parent/Guardian Signature

Date