

Carolina Homeschool Cougars Volleyball



Parent Manual 2024

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Introduction

Welcome to the parent manual for our girls' volleyball athletic organization! We are excited to have your daughter on our team and look forward to a fun and successful season. Please review the following guidelines and policies carefully, as they will help ensure a positive experience for everyone involved.

History

The Carolina Homeschool Cougars Volleyball program is an extension of the Carolina Homeschool Consortium established in 2022 and shares the name with other organizations

offering other sports in the Spartanburg, South Carolina area. Carolina Homeschool Consortium is a registered 501(c)(3) nonprofit organization.

Statement of Faith

We believe in the importance of a strong faith foundation that guides our actions and decisions both on and off the court.

We believe in one God, who is infinitely loving, just, and merciful, and who created the universe and all that is in it. We believe in Jesus Christ, the Son of God, who lived a sinless life, died on the cross for our sins, and rose from the dead on the third day. We believe that through faith in Jesus Christ we can have salvation and eternal life.

We believe in the Holy Spirit, who guides us in our faith journey and helps us to grow in our relationship with God. We believe in the Bible as the inspired Word of God, and we strive to live our lives according to its teachings.

We strive to embody Christian values such as love, compassion, humility, and service to others in all that we do. We also believe in the power of prayer, and we encourage our players and families to pray for one another and for our program as a whole.

While we recognize that our players and families come from diverse backgrounds and faith traditions, we believe that a shared commitment to Christian values can help us to build a strong and supportive community within our program. We welcome players of all faiths to participate in our program and to explore their own spiritual journeys in a safe and respectful environment.

Core Values

We are committed to promoting a positive environment that fosters growth, teamwork, and excellence.

1. Respect - We believe in treating everyone with respect and dignity, regardless of their background, skill level, or role within the program. This includes respecting opponents, teammates, coaches, officials, and spectators.
2. Integrity - We believe in upholding the highest ethical standards and conducting ourselves with integrity at all times. This includes being honest, fair, and transparent in our actions and decisions.
3. Teamwork - We believe in the power of teamwork and collaboration to achieve our goals. We strive to build a strong sense of community and support among our players, coaches, and families.
4. Excellence - We believe in pursuing excellence in all aspects of our program, from skill development to game play to sportsmanship. We encourage our players to set high goals for themselves and to work hard to achieve them.
5. Inclusion - We believe in creating an inclusive environment that welcomes players of all backgrounds and skill levels. We strive to create opportunities for players to participate and contribute to the success of our program. In accordance with our statement of faith

and South Carolina law, only those players listed as female at birth will be allowed to participate in the program.

Goals

We are committed to achieving several overarching goals that reflect our mission and values. These goals include:

1. Honoring Christ - Our primary goal is to bring honor and praise to the Lord Jesus Christ through interscholastic athletics.
2. Developing Skilled Players – An important goal is to develop skilled and competitive volleyball players at all levels of play. We strive to provide high-quality coaching, training, and game play opportunities that enable our players to improve their skills and reach their full potential.
3. Fostering Teamwork and Sportsmanship - We believe that volleyball is a team sport that requires strong teamwork and sportsmanship to succeed. Our goal is to foster a culture of collaboration, support, and respect among our players, coaches, and families.
4. Building Strong Relationships with Families and Communities - We believe that strong partnerships with families and communities are essential to the success of our program. Our goal is to build strong relationships with the families, community organizations, and other stakeholders to support the growth and development of our program.
5. Promoting Lifelong Health and Wellness - Finally, we believe that volleyball can be a fun and engaging way to promote lifelong health and wellness. Our goal is to promote healthy habits, such as physical activity, good nutrition, and self-care, among our players and families.

Board of Directors

Our girls' volleyball athletic organization is run by a board of directors, which is responsible for overseeing the organization's operations and ensuring that it operates in a manner that aligns with its mission and values.

1. Composition - The board of directors consists of the coaches and parents who are nominated and elected by the board on a rotating basis. The board typically includes a president, vice president, treasurer, secretary, and several at-large members.
2. Responsibilities - The board of directors is responsible for making decisions about the organization's budget, programming, and policies, overseeing the expenditure of the received funds and donations according to their established procedures, issuing the appropriate tax-deductible documents, and ensuring that the organization complies with any relevant laws or regulations.
3. Meetings - The board of directors meets on an ongoing basis with more frequent meetings leading up to the season and during the season.
4. Communication - The board of directors communicates with organization members via email, social media, and other channels. If you have any questions or concerns, you can reach out to the board via email and the website.

5. Governance - Our board of directors is committed to operating in a transparent and accountable manner. The board follows a set of bylaws and policies that have been approved by the board. These bylaws and policies provide a framework for decision-making and ensure that the organization operates in a fair and equitable manner.

The board of directors plays an important role in ensuring that our organization operates in a manner that is consistent with its mission and values. We are grateful for their dedication and commitment to our organization's success.

Academic Eligibility

Our organization exists to serve the homeschool community. Players must be currently homeschooled and maintain satisfactory academic progress. Players must maintain a minimum GPA of 2.0 to participate in practices and games. Parents should certify to the organization that their child is maintaining the minimum GPA throughout the season. If a player's grades fall below this threshold, the coaches should be notified, and the player will be placed on academic suspension for the following week. While on academic suspension, the player should focus on their academics and would not participate in any practices or games. At the end of each week, the player's status should be reevaluated for compliance or reinstatement for the following week.

Age and Grade Eligibility

Our organization is open to middle school, junior varsity, and varsity level teams. Players must be in 6th-12th grade to participate. Players in the 5th grade who exhibit sufficient skill to safely participate with older children may be considered. The coaches and board would need to approve any 5th grader. No player younger than 10 or older than 19 will be considered for participation.

Generally, the Junior High team would be composed of 6th- 9th grades, and Junior Varsity and Varsity of 9th-12th grades. Middle school players who exhibit ability beyond their age may be considered for Junior Varsity or Varsity teams. The coaches will consider the safety of the child, the best interest of the teams and the approval of the parents for a middle schooler to join a high school team.

Season and Training Opportunities

The main season is from the middle of July through the end of October. Exact dates will be published each year. Open gyms are offered at various times to allow for previous players to continue gaining experience and for potential players to experience the sport and consider joining for the season. Winter conditioning and summer camps may also be offered based on coaching availability and player interest.

Fees

We understand that participation fees are an important consideration for families, and we strive to make our fees as reasonable and transparent as possible. The fees collected cover the cost of

coaches, gym rental, equipment, tournament fees, and other organization expenses. The exact amount of fees may vary depending on the level of play and the needs of the team and will be published each year.

1. We offer several payment options, including online payments and check payments.
2. Refunds - If a player decides to withdraw, a partial refund may be available at the discretion of the board depending on the timing of the withdrawal and the reason for the withdrawal.
3. Fundraising - In addition to participation fees, we may offer fundraising opportunities throughout the season to help offset the cost of organization expenses. We encourage players and families to participate if they are able.

Parent Volunteer Expectations

For an organization to function properly, there are many tasks that need to be completed. Parents will be expected to help with one or more of the following throughout the season. If a parent is not able to fulfill a scheduled responsibility, they will need to coordinate with a different parent or arrange another suitable substitute. Training will take place at the beginning of the season for the different positions.

All games

1. Keeping the scorebook
2. Line judging

Home games

1. Libero tracking
2. Running the scoreboard
3. Collecting gate fees
4. Running the concessions

Other needs

1. Helping to organize the end-of-year banquet
2. Soliciting sponsors
3. Helping with fundraisers
4. Other items that may be needed

Athlete Attendance Policies

During the season, attendance at all practices and games is crucial to the success of the team. We expect players to attend all scheduled practices and games unless they have a valid excuse such as illness or family emergency. If a player misses a practice or game without a valid excuse, they may be subject to disciplinary action, including reduced playing time. Any scheduled absence should be reported through the website and directly to the coach as early as possible.

Playing Time Expectations

We believe in giving all players an opportunity to participate in games and gain valuable experience. However, playing time is not guaranteed and is at the discretion of the coaching staff. Playing time will be determined based on skill level, attitude, effort, and attendance at practices and games.

Sportsmanship Guidelines

We expect all players, coaches, and parents to always display good sportsmanship. This includes treating opponents, officials, and teammates with respect, refraining from using profanity or engaging in unsportsmanlike behavior, and accepting the decisions of the coaching staff without argument.

Health and Nutrition

Promoting healthy habits is an important aspect of our athletic organization. Here are some health and nutrition guidelines we encourage our players to follow:

1. **Hydration** - Players should drink plenty of water before, during, and after practices and games to stay hydrated. Sports drinks can be consumed in moderation, but they are not a substitute for water.
2. **Balanced Diet** - A balanced diet is important for maintaining energy levels and overall health. We recommend players consume a variety of fruits, vegetables, lean proteins, and whole grains. Snacks high in sugar and fat should be avoided.
3. **Pre-Game Meals** - Players should eat a healthy, balanced meal 2-3 hours before a game to ensure they have enough energy. Foods high in fat or fiber should be avoided before a game.
4. **Recovery Meals** - After games and practices, players should consume a mix of carbohydrates and protein to help with recovery. Examples include a protein shake, chocolate milk, or a peanut butter and jelly sandwich on whole grain bread.
5. **Rest and Recovery** - Getting enough rest is crucial for recovery and performance. We encourage players to get 8-10 hours of sleep each night and to take rest days as needed.

By following these health and nutrition guidelines, players can improve their athletic performance and overall well-being.

Injuries

Injuries are an unfortunate reality of athletics, but our organization is committed to promoting player safety and providing appropriate care in the event of an injury. Here are some guidelines for managing injuries:

1. **Injury Reporting** - If a player is injured during a practice or game, they should report it to a coach or staff member immediately. The coaching staff will assess the injury and determine whether further medical attention is needed.

2. **Medical Attention** - In the event of a serious injury, emergency medical services will be contacted. For minor injuries, the coaching staff will provide first aid and determine whether the player can continue playing.
3. **Return to Play** - To prevent further injury, players may be required to be cleared by a medical professional before returning to play. If a player is diagnosed with a concussion, they must follow the concussion protocol and be cleared by a medical professional before returning to play.
4. **Rehabilitation** - If a player is injured and requires rehabilitation, the coaching staff will work with the player and their family to develop a rehabilitation plan. It is important that players follow the plan to fully recover and prevent reinjury.
5. **Injury Prevention** - We believe that injury prevention is an important aspect of player safety. We encourage players to properly warm up before practices and games, wear appropriate safety equipment, and communicate with the coaching staff if they are experiencing pain or discomfort.

If you have any questions or concerns about injury management, please do not hesitate to reach out to a coach or board member.

Conflict Resolution from a Christian Perspective

In any organization, especially when sports are involved, conflicts and differences in opinions will arise. These conflicts may result between players, parents, coaches, board members, and the opponents. When there are conflicts, it is important to use these opportunities to learn and grow. Recognizing the importance of resolving conflicts in a manner that reflects Christian values and principles, CHC commits to addressing disputes and disagreements with grace, humility, and a spirit of reconciliation.

1. In the event of conflicts, we seek guidance from the Bible, particularly passages emphasizing reconciliation, such as Matthew 5:23-24 and Matthew 18:15-17. We aim to follow these principles in resolving disputes.
2. We believe in the power of prayer to bring wisdom and peace to challenging situations. Parties involved in a conflict are encouraged to pray individually and collectively for guidance, understanding, and resolution.
3. We encourage open and honest communication among the involved parties.
 - a. Players should speak directly to any other player with whom they have a conflict. They should seek to do so privately with an attitude of grace (Prov 18:13). If the conflict cannot be resolved between the two players, they should get their coach to help resolve the matter.
 - b. Players should speak directly to the coach with any questions or concerns that they might have. They should coordinate a time either before or after a practice.
 - c. Parents should encourage their children to be the ones to ask the coaches any questions. If that is not possible, parents should coordinate a time either before or after a practice.

- d. Before games, after games, or between games at a tournament is not a good time for a discussion with the coach. There are many game day responsibilities where the coach will not be able to address additional inquiries or concerns.
 - e. Individuals are encouraged to express their concerns or grievances **respectfully, directly, and only** to the involved parties.
4. If conflicts cannot be resolved directly, they may be brought to the attention of the board. The board will prayerfully consider the matter and work towards a resolution based on Christian principles.
 5. All parties involved in conflict resolution will respect the confidentiality of discussions and agreements reached, as appropriate.

Varsity Letter

Earning a varsity letter is a significant achievement and a testament to a player's commitment and dedication to our program. Here are the requirements for earning a varsity letter:

1. Skill Development - To earn a varsity letter, players must demonstrate mastery of the fundamental skills of volleyball, such as serving, passing, setting, hitting, and blocking. Coaches will evaluate players on their skill development throughout the season.
2. Game Performance - Players must also demonstrate their ability to contribute to the team's success during game play. They must have participated in at least half of the varsity matches throughout the season and demonstrated consistent performance in key areas such as serving, hitting, or defense.
3. Attendance - Players must attend all practices and games to be eligible for a varsity letter. Excused absences may be allowed in certain circumstances, such as illness or family emergencies, but players must communicate with their coach in advance.
4. Sportsmanship - Our program places a strong emphasis on sportsmanship and ethical conduct. Players must demonstrate good sportsmanship throughout the season, including showing respect for opponents, teammates, coaches, and officials.
5. Academic Eligibility - The player must not have been placed on any academic suspensions throughout the season.

Conclusion

In conclusion, we believe that participation in our girls' volleyball athletic organization can be a positive and rewarding experience for all involved. By following these guidelines and policies, we can work together to ensure a fun and successful season for everyone. Thank you for your cooperation and support!