

## **Rules and Regulations**

### **Cost**

The cost for the JO season is \$400.00. This fee includes NCR fees, tournament entry fees, coaches' salaries, uniforms, gym space, etc. Additional travel expenses will be each individual's responsibility. The 1<sup>st</sup> half payment of \$200.00 will be due at the parents' meeting. The 2<sup>nd</sup> half payment will be due by March 1<sup>st</sup>. If payment is not received, the player will not be allowed to play in tournaments until payment has been received.

### **Scholarship**

There is scholarship money available, if needed. Please print out the form and return to me during try-outs. These scholarships remain confidential. Amounts available depend on the number of people who apply.

### **Teams**

Our club consists of four teams of 14s, with ten players on each team. Sixth, seventh, and eighth graders will be in this age group. There are two or three 16s teams and one or two 18s teams, depending on the numbers that we have. Each of these teams consists of nine players on each team. There will be a total of 36 girls kept in this age group and will be determined at tryouts which way to go (three 16s, one 18, or two 16s and two 18s).

### **Tournaments**

Each team will play eight tournaments. If your daughter is unable to be present for at least seven of these tournaments, please do not tryout. If a player misses two or more tournaments for unexcused reasons, disciplinary action will be taken.

Tournament dates are usually every weekend starting late March and ending mid-May, with Easter weekend off. Prom weekend is off for 18s as well. I am trying for three in town tournaments and five out of town tournaments, with one tournament for the 16s and 18s being an overnight two day tourney in the cities. Once tournaments are definite, they will be posted on the website under tournaments. Most of the tourneys for the 14s are Saturday; most of the tourneys for the 16s and 18s are Sunday.

### **Parent Meeting**

There is a MANDATORY parent/player meeting for everyone who makes a team. This meeting lasts no longer than one hour. First half payment of \$200.00 is due at this time. Tentative date is December 2nd. This date will be confirmed on the website. Handbook pages are on the website and may be printed off or used as a reference.

### **Open Gyms**

Starting mid-January (after finals), we will have one a week practices to keep everyone touching up on their skills. These open gyms are not mandatory, but have shown to help the individual and team play. If you can attend, please do. Those in basketball or other activity at this time will be excused. Please inform your coach if you are unable to attend.

### **Practice Schedule**

Once the tournament schedule is final, the practice schedule will be finalized and posted for the entire season. Two-day-a-week practices will start in mid-February. These practices will start to be required. Practice days are Sunday-Wednesday, with the times either 6-8 or 8-10. This year the 18s age group will have mostly 8-10 practices due to so many girls in other school activities. This way all practices should be able to be attended. Wednesday practice is excused if you have confirmation. If you can come late or leave early on this day, that would be appreciated as well.

### **Missed Practices**

With minimal practice time scheduled, everyone needs to make the commitment to attend. Missing practices not only hinders yourself, but your teammates as well. If you cannot attend practice, you must call your coach. If you have too many absences, playing time will be reduced.

### **Playing Time**

Our policy states equal playing time during pool play, per position. Tournament play is at the discretion of the coach. In the event of too many missed practices or disciplinary action being taken, then pool playing time will be reduced as well.

### **Try-Outs**

The SFJOV Director and the coaching staff choose all the teams. Please do not put too much emphasis on "which" team your daughter makes (for example, 14/1 or 14/3). We place each individual where they will get the most playing time. Teams are also picked by positions where we feel they will get the best experience. Also remember that players will be cut. Please be proud that you made "a team".

### **Issues**

The SFJOV Director and the coaches will not address questions of why a player was put on a certain team. The decision will be made and that will be final. No questions by a parent will be taken concerning playing time, number of sets, etc. If a player would like to approach the coach about these matters, that will be accepted.

No parent may approach a coach about a negative issue during a tournament or 24 hours after a tournament. This is referred to as the "cooling off period". If this happens, you will receive a warning. If it happens a second time, your daughter will be excused from playing on the South Fargo program.

**Drinking, Drugs and Smoking are not permitted while a participant of the SFJOV program. The effective date of this is the day of the parent meeting until the season ends in mid-May. If you are caught doing one of the items listed during this period, no questions will be asked, you will automatically be let go of our program, with no refund.**

Please read through the guidelines carefully, and before trying out make sure that you will be able to make the commitment that is required for participating in our volleyball program.

We want to make our program a FUN place to learn and play the game of volleyball for all those involved, players, coaches, parents, board members and the director.

If you have concerns, questions or comments, please feel free to call or email me. Please do not wait until the end of the season for at this time it will be too late to make any changes or address any concerns that you might have.

Sincerely,

Dawn Berg  
SFJOV Director

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_