

Player Handbook

The mission of Dallas Synergy Volleyball Club is to give junior players the opportunity to improve their volleyball skills in a competitive, disciplined, and positive environment.

Section 1 – Player Participation

1.1 Player Promptness at Practices

- 1.1.1 Punctuality is a key trait of all successful people regardless of age or career. We value punctuality and expect it. “To be early is to be on-time and to be on-time is to be late.”
- 1.1.2 If a situation exists that requires a player to miss a practice or leave early from a practice, the coach expects 48-hours notice.
- 1.1.3 The player may call or e-mail their Head Coach or their Assistant Coach.
- 1.1.4 For information regarding absences, please refer to Section 2 of this handbook.

1.2 Player Attendance at Tournaments

- 1.2.1 Players are not permitted to leave early from a tournament to avoid refereeing duties. Requests are common when a team has to stay and referee after they are finished playing. Letting some players leave early does not foster a feeling of teamwork. These requests should not even be made.
- 1.2.2 If a situation exists that requires an early exit by a player from a tournament, then the coaches should be contacted a week prior to the event.

1.3 Practice Information

- 1.3.1 The team practice uniform shall be worn by all team members. This consists of either the light blue or navy blue t-shirt (team needs to determine which shirt they will wear each night) and either black or blue spandex or sport shorts.
- 1.3.2 Do not wear your uniform jerseys to practice as we want to keep them looking new as long as possible.
- 1.3.3 Earrings and body-piercings are not allowed in a player's ear or body in practice or at tournaments. This is for the player's safety. Do not have any new piercings done during the season. They will have to be removed if the player plans to participate in practices or tournaments. There are no exceptions.

1.4 Referee and Scorekeeper Certification

- 1.4.1 The Club will pay for players to be scorekeeper-certified.

- 1.4.2 Players who are not scorekeeper-certified will be required to call lines.

Section 2 – Absences

2.1 School Functions

- 2.1.1 Absences for academic, school athletic or religious functions are accepted.
- 2.1.2 We require that a coach be notified via phone call or e-mail one week prior to the absence.
- 2.1.3 Homework is NOT an excuse for missing practices. A major part of being a student-athlete is organizing your time to accommodate your studies and practice commitments.
- 2.1.4 The make-up regimen must be completed for any missed practice.

2.2 Illness

- 2.2.1 Any illness that would keep you from going to school is certainly accepted as an excused absence.
- 2.2.2 Please make sure to call the coach or director as soon as possible when you realize you are going to miss a practice or tournament.
- 2.2.3 The make-up regimen must be completed for any missed practice.

2.3 Other Club Sports

- 2.3.1 The Club requests to know prior to the selection of teams if the player intends to simultaneously play another club sport.
- 2.3.2 The make-up regimen must be completed for any missed practice.

2.4 Makeup for Absences

- 2.4.1 There is a mandatory makeup regimen for any absence from practice, excused or unexcused.
- 2.4.2 A coach may choose his/her own Make-Up Regimen to reflect more of what the athlete missed at practice.
- 2.4.3 A Make-Up Regimen is approximately a 15 minute workout that must be performed before or after practice.
- 2.4.4 The possible Make-Up Regimen is as follows.
- a. Two (2) suicides (Running from end line to attack line and back, middle line, other attack line and other end line).
 - b. Sixty (60) seconds jump rope.
 - c. Ten (10) push-ups.
 - d. Fifty (50) crunches.
 - e. Ten (10) push-ups.
 - f. Sixty (60) seconds wall sit.
 - g. Two (2) suicides.

Section 3 – Tournament Play

3.1 Playing Time in a Tournament

- 3.2 We will do our best to provide the athlete the best training during practice sessions and clinics, but we cannot guarantee playing time.
- 3.3 Playing time will be determined most importantly by the team's needs as well as an individual's performance at practices and athlete's attitude. Please understand that we will do our best to get everyone playing time, but our main focus at tournaments is the team's success.
- 3.4 Frequent absences from practice may result in decreased playing time at a tournament. When an athlete does not attend practice a coach may need to vary the team's line-up to accommodate the practice drills and prepare the team to compete. It is the coach's decision as to which line-up and players he/she feels is best prepared to compete.
- 3.5 Using performance, attitude, and team chemistry as the main criteria, the coach will select the strongest lineup for bracket play and playoffs.

3.3 Arrival at Playing Site

- 3.3.1 Players shall be dressed to play no later than 45 minutes prior to the first match of their pool play or bracket play.
- 3.3.2 If a team referees first, then they shall prepare to play prior to the game they referee.
- 3.3.3 Please communicate with your coaches regarding what time and where to meet prior to a match or refereeing assignment.

3.4 Food Choices at Tournaments

- 3.4.1 Pregame and preworkout snacks and meals shall not consist of fried foods, foods high in sugar or practically anything available as a fast food commodity.
- 3.4.2 Please refer to our website for a handout on smart food choices. An article is posted under Frequently Asked Questions.

Section 4 – Team Captains

4.1 Selection of Team Captain

- 4.1.1 The Head Coach shall appoint the Team Captain.
- 4.1.2 This appointment may change at the Head Coach's prerogative.

4.2 Selection of Floor Captain

- 4.2.1 The Floor Captain does not necessarily have to be the Team Captain.

- 4.2.2 The Floor Captain must be someone who knows the rules and who the Head Coach feels he/she can communicate with well. This will be the Head Coach's conduit to R1.
- 4.2.3 The Head Coach selects the Floor Captain.

4.3 Team Captain Responsibilities

- 4.3.1 Exemplifies the highest standards of a student-athlete
- 4.3.2 Has great work ethics
- 4.3.3 Is mature, positive, intelligent and articulate
- 4.3.4 Sets the standards for all players
- 4.3.5 Is positive and supportive of teammates
- 4.3.6 Is a likable person whom teammates and coaches can turn to for help
- 4.3.7 Serves as a liaison between coaches and players
- 4.3.8 Takes the initiative to "lead" in all team activities
- 4.3.9 Provides leadership on and off the court
- 4.3.10 Leads warm-ups if an exercise leader is not designated
- 4.3.11 After match thanks the officials
- 4.3.12 Takes her responsibility as team leader seriously
- 4.3.13 Knows that it is an honor to be captain

4.4 Floor Captain Responsibilities

- 4.4.1 Knows the volleyball rules completely
- 4.4.2 Communicates with the official with courtesy and respect
- 4.4.3 After match thanks the officials
- 4.4.4 Takes her responsibility as team leader seriously
- 4.4.5 Knows that it is an honor to be captain