



2008-2009 Season

## COACH INFO



- The Mission of CCVC...to provide an opportunity for Raleigh area 9 to 18 year old junior athletes to participate in competitive volleyball. CCVC offers multiple levels of competitive play, from the Development to National levels, for reasonable and cost-effective fees.
- Living the CCVC mission requires commitment, dedication, teamwork, coach, player and parent responsibility, good sportsmanship, **and most importantly focus on growing the sport for players of all abilities.**
- CCVC is a proud member of the Carolina Region of the United States Association of Volleyball (USAV) which is a national organization that promotes volleyball for all ages.



## 2008-2009 Season COACH INFO

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## Organization Leadership

- The Capital City Volleyball Club, CCVC, is a non-profit, 501(c)(3) organization that was formed in 1998. CCVC is led by dedicated parents and coaches who volunteer countless hours to support growing the sport of volleyball in the Raleigh, North Carolina area. CCVC caters to athletes from ages 9 to 18 years old. CCVC offers many levels of play from the Developmental, for newcomers to the game, to the elite National level.
- CCVC is run by interested parents who make up the CCVC Executive Board. At the end of each season, parents must be elected to the board positions for following year, The term for each elected Executive Officer and all other Board positions will start and end on October 1 of that USAV season. Each has a minimum of a 1 year term, with a maximum of 2 years. It is up to the General Members to vote on an extension for the President, Vice President or any Executive Officer's term at the last General Member meeting of the season.
- Within the limits of available gym space, coaches and parent volunteers run the organization. CCVC offers the opportunity for junior athletes to participate in competitive volleyball by offering multiple levels of competitive play for reasonable and cost-effective fees.

## Team Levels

- For club volleyball in general, there are varying levels of teams, these teams are comprised of players with skills that match the level of team. For CCVC, the different levels of teams are listed below.
- **The “-1” Level (Dash 1)**

This level is for athletes who are very serious about competitive club volleyball, have excellent athletic skills and are interested in playing with and against the most competitive players and teams. This level is equivalent to the National level of other clubs in the region. This level will practice approximately 4 hours per week for 22-25 weeks, starting in December and ending at the National Junior’s Olympic tournament in June/July or at the AAU National tournament. This level of team is expected to participate in all of the In-Region tournaments, typically 6-7, and register for a berth to the National tournament in July. This level will also play in several Out-of-Region tournaments like Quest, Monument Classic in Richmond, Shamrock in Roanoke, including a National Qualifier like Big South in Atlanta. This level team will have 8-9 players.
- **The “-2” Level (Dash 2)**

This level is for athletes who are very serious about competitive club volleyball, have excellent athletic skills and are interested in playing with and against the most competitive players and teams. This level is equivalent to the National level of other clubs in the region. This level will practice approximately 4 hours per week for 22-25 weeks, starting in December and **possibly** ending at the National Junior’s Olympic tournament in June/July. This level of team is expected to participate in all of the In-Region tournaments, typically 6-7, and might register for a berth to the National tournament in July. This level will also play in several Out-of-Region tournaments like Quest, Monument Classic in Richmond, Shamrock in Roanoke, including a National Qualifier like Big South in Atlanta. This level team will have 9-10 players.
- **The “-3” and ”-4” Levels (Dash 3, Dash 4)**

These levels are for athletes who are serious about club volleyball, have good athletic skills and who are interested in playing at a competitive level. These levels will practice approximately 4 hours per week for 20-23 weeks, from December through April. This level is equivalent to the Regional level of other clubs with an addition of 2 out-of-Region tournaments like Monument Classic and Williamsburg Rumble. Typically these levels will play in 5-7 tournaments organized by the Carolina Region. These level teams have 9-11 players.

## Team Levels (cont.)

- **Development level**

These teams are for athletes who are new to the game of volleyball and wish to gain experience. These teams practice approximately 2 hours per week for 18-20 weeks, from December to April. There is no competitive tournament play for this level, although CCVC tries to include to the Academy team(s) in a CCVC hosted inter-club tourney or mini-tourney.
- **Practice Players**

Each “-2”, “-3”, and “-4” team has the option of selecting one or two team members as "Practice" members. These players are invited onto the team to work with the coaches and other players during the practice sessions. The role of each team's Practice Players is just that, as a practice player. Practice Players are not permitted to play in any tournament unless a) the team has 7 or less players in attendance for a single tournament AND / OR b) receipt of the full dues payment by the Practice Player

## Levels of Play in the Carolina Region

- The Carolina Region has established divisions within each age group. These divisions are to group similarly skilled teams into each tournament. The divisions are:
  - Platinum
  - Gold
  - Silver
  - Bronze
  - Copper.
- After tryouts and player placement, the CCVC coaches and Board Members will determine into which division each CCVC team will be registered at the start of the season.

## CCVC Programs

All student athletes at CCVC may take part in the following programs to compliment their team practices scheduled for 4 hours a week.

We offer these programs as part of the dues, such that they are free of charge for CCVC members. The focus for this sessions is to provide a greater opportunity for the players to grow their individual skills and knowledge.

This programs include:

- Special Position Academy (SPA)
  - Setting Academy
  - Middle Attack/Block Academy
  - Outside and Right Side Attack / Blocking Academy
  - Passing/Digging Academy
- Speed / Agility / Quickness (SAQ)
- Nutrition Program

## Practices & Tournaments

- Practice days and locations are posted on the CCVC Calendar, which may be updated on a weekly basis due to conflicts and changes driven by the gym owners CCVC uses for practices.
- The gym location for practices vary from Ravenscroft, Cary HS, Daniels MS, East Cary MS, Cary Sportsplex, HoopsCity U and other gyms within the Raleigh-Cary area. The practices are typically twice per week for 2 hours each practice and occur both on weekdays and weekends. The weekday practices are normally from 7 pm to 9 pm, 7:30 pm to 9:30 pm or 6:30 pm to 8:30 pm, with weekend practices varying from, as early as 11 am to as late as 5 pm.
- There are two types of Tournaments which CCVC teams can participate. In-Region tournaments and Out-of-Region tournaments.

**In-Region** tournaments are sponsored by the Carolina Region. They begin in January and are held every Saturday through the beginning of May. Each age group will play on alternating weekends. The quantity of tournaments a team plays is typically determined by each team. The quantity of **In-Region** tournaments ranges from a minimum of 6 to a maximum of 8-9. These tournaments are mostly local, within 1-4 hours from Raleigh. The number of tournaments each weekend depends on the age group and division of the team and the number of region teams registered for that weekend. The Development Teams do not participate in any tournaments and the intent is for this not to change. However, the coaches may organize inter-club tournaments or tournaments with other development teams within the area.

**Out-of-Region** tournaments are sponsored by groups outside of the Carolina Region and are held on random weekends since these are scheduled independently from the In-Region tournaments. These tournaments tend to be out of the Raleigh area, from 4 hours away to a plane flight away.

With either tournament type, the quantity of tournaments a team plays is typically determined by CCVC published in its season program.

## Tryouts & Player Selections

- For the upcoming season CCVC plans to field 19-21 girls Competitive Teams (8-11 players per team) and 3-4 girls Development Teams (20-30 players per team). However, depending on the number of players interested in playing for us, the number of coaches available, and gym space secured, adjustments may be made to the final number of teams and the number of teams in any age group, after tryouts. Likewise, the coach assignments for any given team may be adjusted based on these same factors.
- The competitive teams are organized by Skill levels and shall carry between 8 and 10 players, plus any practice players.
- The age level for a team is determined by the age of the oldest player as of September 1 of the current calendar year. Players ages must be in accordance with the USA Volleyball Junior Age Definition.
- Like the past season, players WILL BE permitted to TRYOUT to "play up" in an older age group. The tryout selections, completed by the coaches will determine if a player is invited to "play-up".
- A Tryout Selection Committee completes the player evaluations and selections, for each of the age group teams. The player evaluation and selection process will consist of three (3) phases as follows, with the applicable members noted as part of the Tryout Selection Committee in each phase.
  - Phase 1 -Player tryout evaluation and rating (Lead tryout coach, evaluation coaches, other coaches)
  - Phase 2 -Pre-selection review with player groupings by team / age, all based on the evaluations (Lead tryout coach, Club President, two Coaches)
  - Phase 3 -Final selections (Tryout Coach, Club President, Evaluation Coaches) based on team level, player age, and team position needs (setter, middle hitter, defensive, etc.).

## CCVC Coaching Details

- Coaching with CCVC, or for any Club, requires a huge commitment that is done on a mostly volunteer basis. CCVC is grateful for the time and talent each of the coaches bring to the club. CCVC treasures the devotion the coaches give each week to our players and our organization.
  - The Season starts with tryouts in October. Practices start in December. Tournaments start in January and run to April, for “-3” and “-4” teams, December to June for “-1” and “-2” Teams and December to April for the Academy teams.
  - Practices are 2 nights per week and 2 hours each, mostly in Raleigh & the surrounding communities for the competitive teams and 1 night per week for the Academy teams.
  - Coaches are paid on a monthly basis. Each age level will have a different pay amount to compensate for the number of tournaments. Academy coaches are paid on a monthly basis as well. CCVC conducted research across several states to come up with the competitive pay.
  - Coach expenses for one overnight In-Region tournament is covered in the dues. Expenses for more overnights and all Out-of-Region tournaments **are additional costs the parents** need to cover for the coaches.
  - The “-1” and “-2” teams are budgeted to attend the In-Region CR (Carolina Region) tourneys as scheduled by the Region. The Out-of-Region extended weekend tournaments tourneys may include Monument Classic Tourney, BIG SOUTH National Qualifier, Northeast Qualifier, Southern Classic, Peachtree Classic, Shamrock Festival, Hi-Neighbor, Williamsburg Invitational, USAV Nationals.
  - The “-3” and “-4” teams are budgeted to attend the 6 In-Region CR (Carolina Region) tourneys as scheduled by the Region. The Out-of-Region extended weekend tournaments may include Asheville or another similar tournament.
  - Tournaments are scheduled every weekend starting January and the schedule is set by the Carolina Region. Each age group will play on alternating weekends.
- All CCVC coaches must review, sign, return and then "live" the CCVC Coach Commandments
- All CCVC coaches are expected to pass the background check and be at least Impact certified.
- The CCVC dues and coaches pay are detailed within the Dues Basis and Coaches Pay document.
- CCVC coaches are expected to teach fundamentals thoroughly and regularly throughout practices and at tournament events.

## REGION Coach Requirements

- All CCVC coaches must complete the Carolina Region registration paperwork to register with USAV.
- All CCVC coaches must be Carolina Region certified which requires attendance at the full-day seasonal IMPACT Clinic sponsored by the Carolina Region.
  - The Carolina Region Coaches requires all CCVC coaches to attend (1) of the Coach IMPACT clinics. Each of the clinics have a gym portion and a classroom portion.
  - **December 20, 2008** - Carolina Region Pre-Season Meeting and IMPACT clinic. SITE: Barber Park, Greensboro. Check-in begins at 9:30 am for a 10:00 am start time. The Gym portion of IMPACT clinic should begin around 11:30 am and last around 2 hours. The classroom session will begin around 2 pm and last 2-3 hours. Please pre-register (link to be posted shortly) so we know how many are attending. Dress comfortably as volunteers may be needed for on-court demonstrations. Pen and paper recommended
  - Attendance for the entire clinic, is mandatory for all FIRST-TIME coaches to become IMPACT certified. Attendance for the ONLY the gym portion is mandatory for RETURNING coaches that have been previously IMPACT certified. For the 2008-2009 season, the Carolina Region will conduct the COACHES IMPACT CLINICS, but the precise dates have not yet been determined, but all coaches must be IMPACT certified before their team's FIRST tournament in JANUARY 2009! For more details, go to [www.carolinaregionvb.org/Coaches/coachingclinics.html](http://www.carolinaregionvb.org/Coaches/coachingclinics.html)
- All CCVC coaches must complete the Carolina Region Scorer and Referee clinics with their players / teams.
- IMPACT certification REQUIRES membership in Carolina Region or USA Volleyball. REMINDER - Coaches will not be added to a Team's Tournament Roster until they are IMPACT certified, so all coaches must be IMPACT certified before their team's FIRST tournament!
- CCVC will be conducting a mandatory Coaching certification clinic for all new CCVC Coaches.

## Calendar & Planning Meetings

- **NEW COACHES...Mandatory CCVC Certification**

- October 11, 2008 at NC State University, Reynolds Coliseum from 11 am to 1 pm



### 2008-2009 Club Season Program Schedule

Information Sessions, Meet the Coaches, Tryouts, Signing Day, Celebration

**Season Information Sessions**  
Cary Academy Lecture Hall

October 11  
3:30 pm to 5:00 pm

October 19  
3:30 pm to 5:00 pm

October 25  
3:30 pm to 5:00 pm

**Meet the Coaches**  
Cary Academy Dining Hall

October 26  
12's and D4 Teams  
12:15 pm to 1:15 pm

13's and D3 Teams  
1:25 pm to 2:40 pm

14's and D2 Teams  
2:50 pm to 4:05 pm

15's and D1 Teams  
4:15 pm to 5:45 pm

16's Teams  
5:55 pm to 7:10 pm

17's and 18's Teams  
7:20 pm to 8:35 pm





**Tryout Dates**  
Cary Sportsplex @ Dav's Drive

12's & under  
October 18 DAY 1  
10:00 am - 12:00 pm

October 20 DAY 2  
7:00 pm - 9:00 pm

13's  
October 18 DAY 1  
10:00 am - 12:00 pm

October 21 DAY 2  
7:00 pm - 9:00 pm

14's  
October 18 DAY 1  
1:00 pm - 3:00 pm

October 22 DAY 2  
7:00 pm - 9:00 pm

15's  
October 18 DAY 1  
4:00 pm - 6:00 pm

October 23 DAY 2  
7:00 pm - 9:00 pm

16's  
November 2 DAY 1  
1:00 pm - 4:00 pm

November 3 DAY 2  
7:00 pm - 9:00 pm

17's & 18's  
November 2 DAY 1  
5:00 pm - 8:00 pm

November 4 DAY 2  
7:00 pm - 9:00 pm

**Tryout Details**

- \$40.00 for Online Registration
- \$50.00 for At-Door Registration
- Check-in is 30 minutes PRIOR to the times listed below.
- Players are ENCOURAGED to attend BOTH tryout days.
- **PayPal is used for Registration**
- Prior to tryouts players MUST join USAV via the link below.

**Important Web links**  
<http://www.mycvcc.com/>  
[https://www.paypal.com/us/cgi-bin/webscr?cmd=\\_home](https://www.paypal.com/us/cgi-bin/webscr?cmd=_home)

**Signing Dates, Ages, Times**  
Cary Academy

12's, 13's Teams  
November 15  
1:00 pm - 3:00 pm

14's, 15's Teams  
November 15  
2:00 pm - 4:00 pm

16's, 17's, 18's Teams  
November 16  
1:00 pm - 3:00 pm

D1, D2 Teams  
November 22  
1:00 pm - 3:00 pm

D3, D4 Teams  
November 22  
2:00 pm - 4:00 pm

**Season Celebration**  
Cary Sportsplex  
7:30 pm - 9:30 pm

December 3 for T&D Teams  
December 4 for T&D Teams

## Region Coach IMPACT Clinics

- **December 20, 2008** - Carolina Region Pre-Season Meeting and IMPACT clinic. SITE: Barber Park, Greensboro. Check-in begins at 9:30 am for a 10:00 am start time. The Gym portion of IMPACT clinic should begin around 11:30 am and last around 2 hours. The classroom session will begin around 2 pm and last 2-3 hours. Please pre-register (link to be posted shortly) so we know how many are attending. Dress comfortably as volunteers may be needed for on-court demonstrations. Pen and paper recommended.
- For details, go to [www.carolinaregionvb.org/Coaches/coachingclinics.html](http://www.carolinaregionvb.org/Coaches/coachingclinics.html)

## Calendar & Planning Meetings

- These sessions are also **mandatory** for the **Competitive Travel Teams 12's, 13's, 14's, 15's, 16's, 17's, 18's** and are optional for the **Development Teams, D1, D2, D3, D4**.
- These sessions are **per these listed DATES and TIMES on CCVC website**.
- **CCVC recommends its athletes to get their re-certifications on-line**

### Tentative December 6

- Full certification from 12:30-6 pm Location not determined yet.

### Tentative December 7

- Full certification from 12:30 -6 pm in the LECTURE HALL

### December 13

- Full certification from 12:30 -6 pm in the LECTURE HALL

## **CCVC Coach Commandments**

***One of my goals is to become the best volleyball coach I can be for CCVC. I will coach with emphasis on; teamwork, education, skill improvement, fun, hard work, focus, and positive discipline with the objective of teaching the CCVC junior girls the complete game of volleyball. I understand that success for the team and Club requires I conduct myself with these CCVC Coach Commandments at the forefront of my actions and behaviors.***

**ATTENDANCE** –I will attend all practice sessions, matches and tournaments. If I am unable to attend, I shall ensure there is a coach or assistant coach to cover the event on my behalf.

**SPORTSMANSHIP** –I will lead by example in the area of sportsmanship. I will be courteous and respectful to all players, parents, competitors, referees, and others; to the facilities my team is practicing or playing in, at all times with the intent to represent CCVC in a professional and dignified manner. I will not use any inappropriate language or gestures at any time while representing CCVC. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model.

**ORGINIZATION** –I will arrive early to all practice sessions and tournaments. I will be prepared with a practice plan and work to execute this practice plan. I will balance individual skill development, position development and team playing development to provide a well-rounded practice experience to my team. I will clearly and regularly review with my players their role at practice, in tournaments and areas they can work on to improve.

**PARTICIPATION** –I will involve all players in all practices and include all players in teamwork development and individual player improvement. I recognize playing time, for players and parents, is an important and sensitive subject. While I understand the coaches make the final decision on all play time, throughout the season, I will discuss each players' role on a one-on-one basis and offer feedback and suggestions to increase a player's play time. I will provide equal opportunity for players to demonstrate their abilities and will avoid any display of favoritism or preconceived assessment of a player's role on my team. In the end, I agree playing time will be based on my assessment of the players attitude, individual skill set, team skill needs, and what may best for the particular game or player situation. I will follow the *CCVC Grievance Process* to work through any issues with players or parents on this subject.

**DISCIPLINE** –I will utilize a system of positive discipline (*training expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement*) for my team suitable and consistent with a friendly coaching style. My system will offer both positive and constructive feedback. It will provide structure to allow the players to be focused on the court, to avoid player distractions between each other and be used to enhance the learning experience a player has with CCVC. I also will utilize the “**yellow**” and “**red**” card system outlined in the *CCVC Grievance Process* to manage any unfavorable circumstances with parents during practices or tournaments.

**COOPERATION** –I will cooperate with my fellow coaches and the Board to be ready to support them in every way possible to benefit the players. I will embrace feedback from my “customers”; the Board, players, and parents.

**COMMUNICATION** –I will communicate both on and off the court with my players, the parents and the Team Rep. I will regularly review (at least once per week) the goals and expectations I have for the season, practices, tournaments, team development, player development, play time, line-ups, rotations, my coaching approach and philosophy, the CCVC approach and philosophy with **BOTH** the players and parents. I will hold a weekly team with **BOTH** the players and parents to assure this communication occurs. This meeting would be to explain not justify.

**ATTITUDE** –I will emphasize an attitude of hard work at practices and tournaments. I will take the time together as a team seriously. I will assure the payers are attentive and focused on my instruction. I will embrace players and parent questions, not as a threat, but with eagerness and appreciation.

**TEACHING** –I will always remember my role is that of a teacher and the students are my players. My responsibility is to grow my players volleyball skills to a higher level. When 1, 5, 10, or 15 years pass my players will recall their experience with me as their coach as a positive experience. Perhaps because I was nice, or easy or their friend, but mostly because they left with something more than they came to me with.