



Central Missouri Volleyball Club

CMVBC

P. O. Box 104481

Jefferson City, MO 65110

www.cmvbc.org



2009-2010 Season GENERAL INFORMATION

Tryouts and Open Gyms: See attached Flyer titled "Girls Ages 10-18 Interested in Playing Volleyball" for all Open gyms and Tryout dates per age division.

Players who have an excused conflict and cannot tryout with their designated age division on the date posted can tryout at the following alternate date/location if appointment is made in advance to the CMVBC Coaches Liaison, Bill Wolters 573-353-4940.

ALT Tryout Date Only → 11's thru 14's - November 9th, 8:00 pm, St. Peter's School
15's thru 18's - November 16th, 8:00 pm, St. Peter's School

Team Selections: Players selected for a CMVBC team will be contacted by phone and extended an offer online at www.hoavb.org on the HOA region website. Players must Accept/Decline the offer online within 24 hours.

11's thru 14's -- Tuesday, Nov. 10th and Wednesday, Nov. 11th, 6:00 pm (Coaches only)
15's thru 18's -- Tuesday, Nov. 17th and Wednesday, Nov. 18th, 6:00 pm (Coaches only)

Phone contact will begin at 6:00 pm and is not expected to go past 10:00 pm. Please keep phone access available during this timeframe.

Team Selections Posted: Team rosters will be posted on the CMVBC website (www.CMVBC.org) by 8:00 pm on Thursday of the appropriate Tryout week listed above.

Player/Parent Meeting: **Sunday, November 22, 6:00 pm, Helias High School (Commons)**
If selected for a team, the player and parent(s) must attend this meeting. Bring your family calendar so that tournament dates can be discussed with your coach and team.

The following forms and tryout fee are required prior to tryouts. These items may be turned in at either of the open gyms or on the night of tryouts.

- Heart of America (HOA) Region Tryout Insurance Form – Parent or legal guardian must sign for players under 18 years of age
- CMVBC Player Application (2 pages) – Parent or legal guardian must sign for players under 18 years of age. Please note that by signing the Player Application, it is understood that playing volleyball for CMVBC will take priority over any other non-school sport/activity.
- CMVBC Player Questionnaire – Player and parent/legal guardian signature required.
- \$45 Tryout Fee (payable to CMVBC) – This fee covers accident insurance during tryouts. If a player is not selected for one of our teams, this \$40 will be refunded. If player is selected, the tryout fee will apply towards Club Dues for the upcoming season.

Additional notes to parents:

- Please be informed that players can be hurt and hurt seriously playing volleyball.
- Club fees range from \$245 to \$900 per player, depending on the level of commitment selected by her team. Travel costs are not included in the Club Dues. (See Page 2 of CMVBC Player Application for cost by level.)
- CMVBC's goal is to have at least one team in each age group. Some age groups may have more than one team. Teams are assembled to be competitive in tournaments sponsored by USA Volleyball. Teams will travel to out-of-town tournaments.
- The regular season runs from January through April. If a team chooses to do so, additional tournaments can be added during the season with play continuing through June and/or July. Additional tournaments will result in increased Club Dues for that team.
- Team Parent Duties - Please review this attachment so you can sign up for a duty at the 2nd Parents Meeting.
- Junior Tryout Guide and Parent's Guide to Club Volleyball - attachment

For more information regarding CMVBC Board policies and bylaws, please visit our website: www.CMVBC.org.



Attention Girls Ages 10-18 Interested in Playing Volleyball

Central Missouri Volleyball Club (CMVBC) 2009/2010 Schedule Celebrating 20 Years of Volleyball Excellence

OCTOBER 18, 2009 – PARENTS MEETING

An informational meeting for parents of girls interested in trying out for 2009-2010 CMVBC teams will be held at 7:00 p.m. at Helias High School (located at 1305 Swifts Hwy). The meeting will be held in the Commons (**Please use the side entrance by the middle parking lot.**) **Per changes in HOA Registration for USAV players to play Club Volleyball in 2010, parents of players will need to attend this meeting.** This process will be via the internet for each individual player. CMVBC will provide a guideline and assist candidates on accepting membership upon being chosen for a team. Attending this meeting will allow CMVBC to help in the fullest manner regarding the changes, and per any questions regarding Jrs Club Volleyball for this season.

SUNDAY, OCTOBER 25, 2009 – OPEN GYM – St. Peter's Gym, Jefferson City (\$2)

11 & Under	1:00 - 2:30 p.m.
12's	2:45 - 4:15 p.m.
13's	4:30 - 6:00 p.m.
14's	6:30 - 8:00 p.m.

SUNDAY, NOVEMBER 1, 2009 – OPEN GYM - Lewis & Clark Middle School, Jefferson City (\$2)

11 & Under	1:00 - 2:30 p.m.
12's	2:45 - 4:15 p.m.
13's	4:30 - 6:00 p.m.
14's	6:30 - 8:00 p.m.

SATURDAY, NOV. 7, 2009 – TRYOUTS - Helias High School Field House Gym, Jefferson City

14's Saturday	1:00 – 4:00 p.m.
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SUNDAY, NOVEMBER 8, 2009 – TRYOUTS – St. Peter's Gym, Jefferson City

11 & Under	1:00-3:30 p.m.
12's	3:45-6:30 p.m.
13's	6:45-9:45 p.m.

SUNDAY, NOVEMBER 8, 2009 – OPEN GYM – Lewis & Clark Middle School, Jefferson City (\$2)

15's	5:15 – 6:45 p.m.
16's	7:00 - 8:30 p.m.
17's & 18's	8:30 -10 p.m.

SATURDAY, NOV. 14, 2009 - TRYOUTS – Helias High School Field House Gym, Jefferson City

15's	3:00-6:00 p.m.
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SUNDAY, NOV. 15, 2009 - TRYOUTS – Helias High School Field House Gym, Jefferson City

16's	1:00- 4:00 p.m.
17 & 18's	4:30- 7:30 p.m.

NOTE TO PARENTS:

As a Club in the Heart of America (HOA) region, we are required to have insurance to cover potential members during open gym & tryouts. **Each open gym will cost \$2 at the door.** The cost of tryouts is \$45 per player, of which \$40 will be applied toward the Club Dues if selected for a team or refunded if the player is not selected for a team. Club Dues range from \$245 to \$900 per player, depending on the level of commitment selected by her team.

CMVBC's goal is to have at least one team in each age group. Some age groups may have more than one team. Teams are assembled to be competitive in tournaments sponsored by USA Volleyball. Teams will travel to out-of-town tournaments.

The regular season runs from January through April. If a team chooses to do so, additional tournaments can be added during the season with play continuing through June and/or July. Additional tournaments will result in increased Club Dues for that team.

For more information, visit our website at www.cmvbc.org or contact Bill Wolters, Coaches Liaison at 573-353-4940.

Central Missouri Volleyball Club Player Application

Player Name: _____

Address: _____

City: _____ Zip Code: _____

Home Phone: _____

Date of Birth: _____

Current School Grade: _____ School which player will attend next year: _____

Uniform Shirt Size (Circle choice):

YS YM YL XS S M L XL XXL

Uniform Short Size - Available in adult sizes only (Circle choice):

XS S M L XL

Would player be willing to play in an upper age group? Yes() No()

Volleyball experience - Number of years played at school: _____

Number of years played in Club: _____ Number of camps attended: _____

Camp types (Circle all that apply):

High School College USA Volleyball YMCA

Other camps or experience: _____

What position do you play? (Circle all that apply)

Hitter Setter Middle No Specific Position

Would you play for a team only as a defensive specialist or libero? Yes() No()

Defensive specialist: Player demonstrates outstanding defensive skills and would play only in the back row.

Libero: Specialized defensive position that can replace any back row player, but cannot serve, set in front of the 10-foot line or attack from behind the 10-foot line.

School activities in which you plan on participating this winter or spring (Circle all that apply):

Soccer Basketball Track Choir Band Softball Theater

Other: _____

Non-school activities in which you plan on participating this winter or spring that might interfere with CMVBC activities:

Central Missouri Volleyball Club Player Application

The Club will consider players for teams consisting of the following 3 levels of commitment.

Circle all choices to which you are willing to commit.

Please contact me if I am being considered for a level other than what I indicate. Yes() No()

Team Commitment Level:

Note: Club season typically runs December-April

LOCAL

4 tournaments, 2 home and 2 away

Practice 1 day per week (Sunday afternoon or evening)

Player Dues (coach without assistant): \$245 less \$40 tryout fee paid = **\$205**

Player Dues (coach with assistant): \$300 less \$40 tryout fee paid = **\$260**

REGIONAL

7 tournaments, 2 home and 5 away (Away will be 1 or 2-day events)

Practice 2 days per week (one being Sunday afternoon or evening)

Player Dues (coach without assistant): \$550 less \$40 tryout fee paid = **\$510**

Player Dues (coach with assistant): \$720 less \$40 tryout fee paid = **\$680**

NATIONAL BOUND

9 tournaments, 2 home and 7 away* (Away will be 1, 2, or 3-day events)

* Includes 2 USAV Qualifier Events/Tournaments

Practice 2-3 days per week (one being Sunday afternoon or evening)

NOTE: If the team qualifies for the National Tournament, the season would extend into June for which additional costs are not included in these Dues but would be expected of players/parents to cover for this commitment level.

Player Dues: \$900 less \$40 tryout fee paid = **\$860**

I understand that by signing below my playing for CMVBC will take priority over any other non-school activity in which I choose to participate. By indicating my level of choice(s), I am committing to all practices and tournaments included in that choice(s) throughout the 2009-2010 season.

Player Signature

Parent or Guardian Signature

Date

Father's Name

Daytime Phone

Mother's Name

Daytime Phone



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2009-10 Season
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Team Parent Job Descriptions for Home Tournaments

Team Rep

- Act as liaison between coach and players/parents
- Submit team tournament registration requests to the VP/Tournament Director
- Submit team tournament additions to the PR/Media Rep for website calendar update
- Ensure that home tournaments are staffed for setup, clean up and concessions
- Submit win/loss records to PR/Media Rep by Wednesday following tournament

Site Director

- Check teams in as they arrive for tournament
- Responsible for overall progress of tournament at team site
- Post scores after each match in pool play; compute scores and post tournament bracket
- Answer general questions; assist with resolution of any disputes
- Award medals and plaques
- Oversight of final cleanup tasks of the gym facility
- Requires HOA parent membership and background screening

Court Manager

- Monitor referee and scorekeeping duties during home tournaments
- Keep tournament on time by allowing 5 minute warm ups between matches
- Make sure coaches, scorekeepers and referees for the next match are ready to start
- Make sure score tables have supplies (from site box) and are free of trash
- Turn score sheets in to Site Director after each match
- Requires HOA parent membership and background screening

Concessions

- Coordinate concession menu for home tournaments with Concessions Manager
- Schedule team parents to staff concession stand
- Arrange to have necessary equipment on site to prepare menu items

Set-up

- Help set up the gym facility in preparation for home tournaments

Clean-up

- Help clean facility after completion of home tournaments, although all parents are responsible for assisting with this job.

**Parents helping at score table with younger teams are required to have an HOA parent membership and background screening.

JUNIOR TRYOUT GUIDE

WHAT YOU NEED TO KNOW ABOUT TRYING OUT FOR A CLUB:

1. Tryout and Club Information:

Clubs must post and announce, before the tryout, the number of open spots they have available for each age division. They also must let you know what the fee is for the tryout and give you an estimate on the club fees.

2. Response Period:

If you are offered a position on a team during the first weekend that tryouts are allowed, you will have till the following Monday, 4 pm to inform the club if you accept the offer. If an offer is not made immediately after the tryouts, you will still have a minimum of 24 hours to decide whether to accept or decline the offer from the moment the offer is extended. The club will have to hold that position available for you till then.

If the tryout is not on the very first weekend that tryouts are allowed, the club is required to give you 24 hours after the completion of the tryout to accept an offer for a position.

When a club offers you a spot, they will have to inform you if you are offered a position on a specific team (1st, 2nd etc.), or if the position is for any team of the club.

3. Player Commitment to a Club:

Once you and your parents have decided to accept an offer to play with a club and you sign an HOA Individual Registration Form and/or an HOA Club/Player Letter of Commitment, you will not be allowed to reverse that commitment or attend any other tryouts.

You are allowed to sign at a tryout if you are satisfied with the club and will not attend any other tryouts. Clubs are not allowed to pressure you into making a decision immediately at tryouts. If you back out of your commitment, or attend another tryout, you forfeit your right and eligibility for participation in the HOA region Power League and Regional Championships for this season.

4. Completion of Tryouts:

Clubs are allowed to schedule one tryout "callback" for a specific age division within 9 days of the initial tryout. Players going to callbacks must be informed of positions already filled prior to the callback date and told how many positions still remain open. Clubs must also advise callback players for which specific team (i.e. first or second) the player is being evaluated. Callbacks have to be at least 2 days after the initial tryout.

A Parent's Guide to Club Volleyball:

This is designed as a guideline to help parents and players in their decision making process when selecting a club or team. You will want to contact prospective clubs, coaches/and or teams and ask them the following questions:

Mission Statement/Purpose:

- What is the goal of the club?
- Is it Competitive? Recreational? Developmental?

Costs/fees for Participation:

- What is the projected fee?
- What does the fee cover? (Gym costs? Coach stipends? Club dues? USAV registration? Uniform Costs? Etc)
*If the team travels to out of town tournaments (Qualifiers or other National level tournaments): Who covers the costs of the coaches expenses, traveling costs, hotel rooms etc?
- Are there any other additional costs?
Additional tournaments? Travel fees? Clothing/merchandise?

Practice Time:

- How many times per week? What is the length of the practice? What times are reserved for practice?
- Will my practice schedule change or will it remain the same throughout the season?
- What happens if I miss a practice-possibly due to participation in other sports? Sickness? Religious events?
- Are practices held during major holidays-if so what days and times?
- What strength training is expected? Additional time and cost?

Length of Season:

- When does the season start and end?
- When can I expect to start tournament play?

Tournaments:

- Will the team participate in local, regional or national level tournaments? How many Tournaments?
- Will the team participate in Silver Heart, Gold Heart, Power League, or Regionals
- Is the team a Gold or Silver level team?
- Will the team participate in Jr. National Qualifiers or other end of Season Tournaments-If so, what costs are associated with these tournaments?(Travel costs-air, hotel, food, etc)

Other Important Questions to ask:

- How many spots on the team have been filled? And how many spots are available?
- How does your selection process work? Will you notify me if I make the team? Or If I didn't make the team?
- When do I have to make a decision?(*If you are offered a position on a team after attending a club/team's tryout-You have at least a 24 hr period to make a decision. You do not have to commit with the team immediately.
*Please refer to the HOA recruiting guide for specific answers to response periods and tryout policies.
- What is the club or teams' policy on playing time?(equal, mandatory, performance only, "play to win" etc)
- Will players/and or parents be expected to participate in fundraisers?
- What are the expectations of the club in regards to:
 - A. Time commitment from the player
 - B. Can players participate in other sports?
- Who will be the coach of my team and what are their credentials/ and or experience?