

Cyburi Volleyball Club Handbook (2018-2019)

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1. Introduction

Back in 2014 a group of parents within a small Vietnamese community in Fairfax, Virginia started weekly volleyball practices for a group of approximate 12 kids between the ages of 6 to 14 years old. As a group, we continued to grow the practice sessions while looking for other ways to improve the team to ultimately participating in USA Volleyball (USAV) sanctioned tournaments. In 2018, the U11 Cyhuri Python team was established which consisted of 9 players from the Chesapeake Region Volleyball Association (CHRVA). The club name Cyhuri (SAI - bua - rai) is borrowed from two words from Cyber and Samurai.

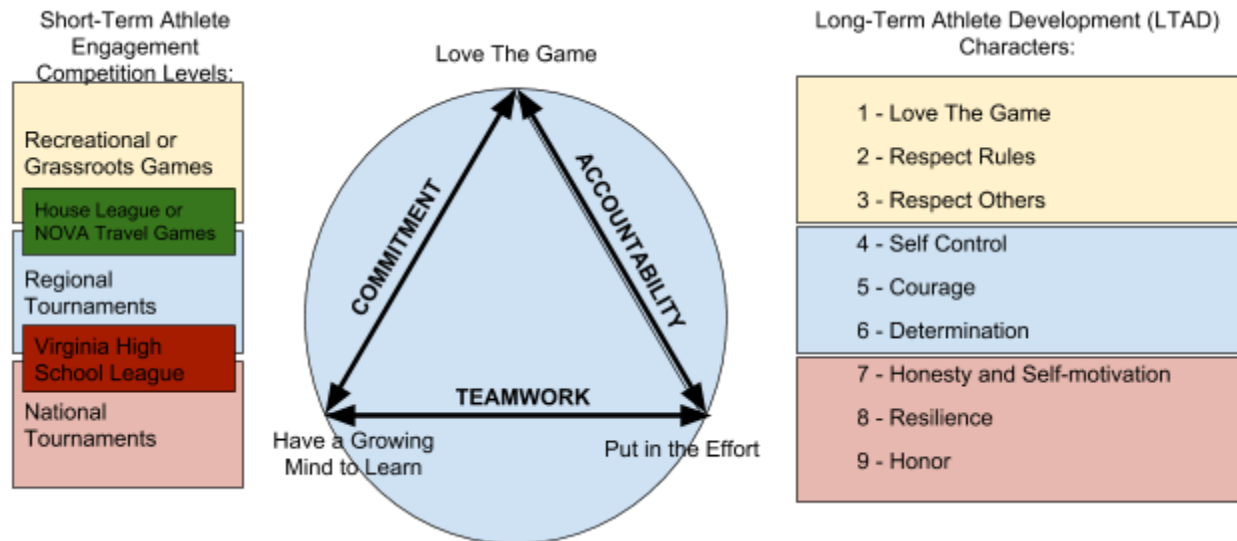
Nowadays if kids are given a choice between playing in sport activities or games on electronic devices, most kids would choose games that connect with other in the cyberspace. I called this is a losing battle between cyberspace vs physical sport activities, but hoping one day kids would choose to go to a gym and be active playing sports with their friends.

2. Philosophy

The Cyhuri name is intended to provide a sensible discipline model of new and traditional philosophies. The philosophy stems from three principles: fun, effort and willingness for players to grow into elite athletes (or simply a virtue human being).

The purpose of this handbook serves as a 2018-2019 guide to help emphasize this philosophy and address the following questions:

- Who are we?
- What are we trying to accomplish?
- Where are we going?
- What are our core values?
- When are general programs?



3. Who are we

We are a dedicated group of coaches and parents who volunteer our times to support the long-term development of the well-being of our young athletes. Regardless of the player's abilities or exposure to the sport, kids are welcomed to join us to grow their love for the game.

Since 2017, the Cyhuri team exceeded the coaches' and parents' expectations and was able to compete at three CHRVA tournaments and the All-Star NOVA Regional tournament, and played at the McLean House league.

4. Mission Statement and Goals

“Our mission is continued to provide and maintain a positive-discipline and fun environment to help youth athletes discover life skills while training and competing at the highest level for which they are capable.”

The Cyhuri club goals are to:

1. Instill a love for the volleyball game
2. Teach teamwork and cooperation in order to be competitive in USAV Junior Olympic level
3. Enhance individual volleyball skills as well as individual athleticism
4. Prepare athletes to be active contributors to Middle/High School team
5. Allow older athletes the opportunity to be recognized and recruited by colleges
6. Discover and practice all nine LTAD characters.

There is always a high number of interested players at all ages but not enough opportunities. Thus, we are constantly balancing our activities using the above goals to set our priorities.

5. Practice Locations

Our practice locations are held in local school gyms in various Fairfax County Schools located near the capital beltway e.g. Luther Jackson Middle School (MS), Westlawn Elementary School (ES), and Graham Road ES. Locations vary depending on the season. For the latest practice schedule, please contact admin at vbc@cyhuri.com.

6. Teams

6.1. USAV Club Team (highest competitive level is national qualifier)

The USAV season is annually from January to May/June. Tryouts start in Nov/Dec. The USAV-Sanctioned Junior Volleyball team makeup depends on the number of players and ages of interested players, the availability of court time for practices, and qualified volunteer coaches. Players are required to be placed on an age-appropriate team (i.e. 11s on U11, 12s on U12, 13s on U13, etc). However, depending on the distribution of the ages of the players, players are combined with younger or older players to form a team.

6.2. Local Travel Team

During the Fall and Spring season, the club team coaches and parents can decide to participate in the Northern Virginia Travel Volleyball League. Club team is often played one level up in the NOVA Travel Volleyball League. This team usually has some available positions that allow new players to experience more competitive games for the tournament. All player and coach of local team travel must be a USAV member in order to maintain secondary insurance.

6.3. General Practice Group

Practice sessions are often available throughout the year and are led by parents/volunteers every Friday. These grassroots practices are ways to allow new players to participate and allow for recreational playing time. In Spring season, players

can sign up under Cyburi VBC club to play against another team in Mclean Youth Volleyball House League.

7. Club fees and Outline of Year Round Activities

The club fees are to cover basic costs to maintain the team to include coach expenses, practice gym times, balls and equipment, tournament jerseys, tournament fees, and other incurred admin costs. Coach expenses include USAV membership fee, background check fees, and potentially other travel costs; however it does not account volunteer time. The team fee varies depending on the numbers of players. More participating players result in lower per player fees. The table below provides a general outline of the expected fee.

7.1. Club Team fee for 2018-2019

	Basic USAV fee per player	Practices and Tournaments	# players per team
U11	Estimate \$234 - \$351	1 practice per week, 4 tournaments in CHRVA	8-12
U12/13	Estimate \$325 - \$485	2 practices per week, 5 tournaments in CHRVA, * Participate in the NOVA Travel League (MS 8 or HS 9-10) Level	8-12
U15	Estimate \$869 - \$1305	3 practices per week, 8 tournaments in CHRVA, 3-days tournament at Capitol Hill Classic, * Participate in the NOVA Travel League (HS 11-12) Level	8-12

Fee above does NOT cover:

- Required individual USAV membership fee (~\$55)
- Travel cost or hotel accommodation; usually not needed unless a team goes into national qualifiers tournament

Due Date and Refund Policy:

Once teams are selected, athletes must register and pay fees. All players must be in good standing with Cyburi VBC by paying their registration fees by the final due date before they will be allowed to practice and compete. Players who removed themselves from the team will receive no refund. However, prorated refunds to players will be considered if a player has been released by the coach, a documented injury occurs that ends the player’s season.

7.2. Outline of Year Round Activities

Gym Season Dates	VHSL	USAV *	Others **
Fall (Monday after labor day - 11/15)	School Team or Conditioning & Strength program (Individual)	VB Clinic, Tryout	General practice, House League, Boys Northern Virginia Travel Volleyball League
Winter (11/16-3/15)	No activities	Club Team in CHRVA, Player/Parent meeting	General practice
Spring (3/16-6/15)	No activities	Club Team in CHRVA, and other USAV tournaments	General practice, House League, Girls Northern Virginia Travel Volleyball League
Summer (6/16 - 2nd Saturday in August)	No activities	Conditioning & Strength Program, EoY Bjerring Tournaments	General practice, Charity tournament, Grassroots Tournaments

Detailed schedules and matches are determined at the coach’s discretion. All scheduled games are posted on the website <https://vbc.cyburi.com> under the calendar section.

8. Attendance & Commitment

Being a member of a USAV club team requires a high-level of commitment by the athlete and family. Though attendance is not mandatory nor will athletes be penalized for nonattendance, players and parents must make a commitment to the team to participate to avoid discouraging other players or impacting the quality development of the team. Parents should immediately consult the coach if players are unable to meet team commitments.

8.1. Practice

The club motto is “Practice like competing in a game, and competing in a game like you practice.” Practices are simulated as close as possible to real competition games. A team that practices without you is learning to how to play and compete without you. Attendance at practices is essential for both player and team development. Absences from practices can cause significant disruptions in practice plans. Many game-like drills (grills) and exercises require a certain number of players or specific players in order to maximize the team’s benefit from the grills. Changing practice plans because of players’ unexpected absences can make practices chaotic and unfocused. Parents should notify the coaches well in advance of any absences so appropriate changes in the team practices can be made.

If players are sick, please stay home! As a general rule of thumb, if players are sick to go to school, players are too sick to be at practice. Practicing when a player is sick puts teammates at risk of getting sick and missing practice themselves.

8.2. Athletes’ Commitment

All athletes with Cyburi are expected to

- Demonstrate respect and support for their teammates and coaches, as well as for officials and opponents;
- Refrain from participating in any personal or electronic communication that is critical of or disrespectful toward any member of the team, the Club, or an opponent;
- Fulfill responsibilities as a member of the elite team by meeting time commitments for training and competition. As an elite athlete, each player is expected to manage his/her schoolwork, family life, and sporting activities in a way that enables him/her to meet all obligations (notify coach in advance if a player is unable to attend a practice or a game).

- Arrive 10 minutes before the official start of practice to get dressed and arrive at least 30 minutes before official tournament start time to check in and warm up;
- Strive to put 100% effort in all practices and training, demonstrate positive behaviors regardless of the situational outcome, and willingness to learn and grow;
- Disclose all injuries to a coach and parent that have a bearing on their ability to participate safely in practice or competition;
- Attend competition ready for performing at best, having ensured proper rest and bringing appropriate nutrition

8.3. Coaches' Commitment

All coaches with Cyburi VBC are expected to adhere to the following:

- Teach and mentor the long-term development of athletes through both effective discussion and activities that tailored to player's age, physical and mental abilities, ensuring that every team member has an opportunity to grow and demonstrate their capabilities;
- Behave ethically by demonstrating respect for the rules and spirit of competition;
- Respect the dignity and feeling of young athletes by behaving in a manner that is fair, open, and equitable;
- Treat officials, parents, spectators, and other participants in competition with respect and dignity by refraining from negative criticism and behavior;
- Communicate clearly and regularly with athletes and parents about the team and player-related matters such as training schedules and player progress;
- Encourage communication with athletes in order to develop confidence, self-efficacy, and clearly communicate expectations;
- Communicate confidentially when speaking with parents and players while respecting individual privacy;
- Must successfully complete and maintain all required USAV training courses and background check;
- Attend Club meetings, and be responsible for running a club team independently such as tournament booking and handling conflict accordingly.

Knowledge is power. For most of us, coaching volleyball is not our first career. It is important to stay on top of the latest volleyball education and training. As great reminder quote for great coaches by John Cotton Dana, "Who dares to teach must never cease to learn."

9. Tournament Information

Our main club focus will be preparing and competing at the USAV Junior Olympic level games. Tournament days are LONG, running from 7 - 10 hours, so this is a commitment for the family, not just the player. All other friendly tournaments and house leagues are secondary if team schedule conflicts arise.

All USAV club 12U and above team(s) will compete in the full CHRVA tournament season. All USAV club 12U and above team(s) compete in the three days Capitol Hill Classic tournament with the condition of registration acceptance.

9.1. Tournament Day

Most CHRVA tournament locations are scheduled within 50 miles radius distance and approximately 1-hour drive from practice location. We highly encourage players and families to coordinate carpools to tournaments. All travel plans will be left up to each member and families. Parents are expected to provide transportation for their player(s) to and from tournament sites and practices unless prior arrangements have been made.

Players should bring their own breakfast, snacks, drinks, and money for lunch. Players should mark all their food, water, and personal items with their name.

Athletes are NOT allowed to leave the tournament site until excused by their coach.

Often a team has officiating duties or team meetings after their last competitive match of the day. All players must stay for team meetings and when a team has an officiating assignment. Only in rare or exceptional circumstances will a player be excused by the coach to leave the tournament while a team is still working.

9.2. Officiating

Officiating is a shared responsibility of the entire team. At each tournament, the work team will have to provide scorekeepers, line judges, and first and second referee for at least one match. All club team players will be trained and expected to become proficient at these skills. All players are required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay with your team even if you are not working that game.

Know the rules of the game and respect these rules. Officiating requires significant focus and concentration. Players are expected to take these responsibilities seriously. Poor officiating calls open lead to frustrated parents and players especially in tight competitive games.

9.3. Other games/tournaments

Compete in the Northern Virginia Travel Volleyball League.

Participate in the Summer Charity CVN one full-day tournament (outdoor).

Compete in the End of Year Grassroots Summer Tournament (outdoor).

10. Handling Issues and Escalation

When dealing with players, team members and parents in a large group, it is expected that a player has minor team conflicts and individual development concerns. Most of these minor problems should work out with directly between coach and player as part of individual development. However, zero tolerance issues (abuse and misconduct) and major issues can be escalated as the following:

10.1. Zero Tolerance Policy

Together we have adopted ZERO TOLERANCE for abuse and misconduct that defined in the USAV SafeSport. This includes not only on-court safety but also off-court safety in any part of volleyball programs. In accordance with USAV SafeSport's ZERO TOLERANCE Policy, the Cyburi VBC is committed to creating a safe and fun environment for all members. Any violation of the Zero Tolerance Policy must be reported to the Club Director, vbc@cyburi.com.

10.2. When Dealing with Player Concerns

At the competitive level, it is not expected players have equal playing time. Playing time is earned through hard work, demonstrated behaviors, and performance. However, if you wish to discuss anything regarding a game, concerns or questions, here are the procedure:

- Wait 24 hours before and after tournaments. This will allow everyone time to think about their questions and its relevance.
- Schedule a meeting with the coach outside of tournament or practice time. If you wish to have a discussion, involving playing time or any aspect of the season that does not involve a medical issue this meeting will occur only with the presence of your son/daughter.

- An athlete must always try to raise concerns to coach first, then athlete with parent and coach, and then the parent with the coach and club Director.