



## JUNIOR MEMBER INFORMATION BOOKLET

### *Junior Policy*

- Players are expected to conduct themselves in a manner worthy of the club at all times and abide by the club player's Code of Conduct.
- Players must wear the correct uniform at all games.
- To play, a player must have paid membership of Austral Volleyball Club and Volleyball SA by the due date.
- Division 1 players have no guaranteed court time. In all other grades, players should receive approximately equal court time over the whole season, provided they abide by the rules set down for:
  - Attendance and punctuality
  - Behaviour and appearance
  - Attitude towards their team, team mates, coaches and referees
- Once selected to play for the Austral Phoenix Volleyball Club, players playing continuous Junior seasons with Austral will be guaranteed a position within an Austral Team.
- Positions may be in a team playing in either the VSA Junior League competition, the Spikezone competition (for primary school aged players) or both.
- Players not selected in an Austral team may train with a team only with the consent of the Junior Development Manager

### *Junior League player expectation*

- You must arrive at the venue, on time for trainings and 30 minutes before games in the appropriate uniform so you are prepared to start on time.
- You must treat training venues with utmost respect and leave them clean and tidy. Report any damage immediately to your coach. Any damage that you cause either inadvertently or by misbehaviour will be billed to you, and may result in further disciplinary action if it is the result of misbehaviour.
- If you cannot attend training (or will be late), you (not your parents) must inform the coach directly (not through someone else) BEFORE the session commences.
- You must wear suitable clothing, kneepads and shoes and bring a water bottle to each training.
- Players are expected to maintain satisfactory scholastic results. There is substantial evidence in published sports research that students who maintain regular sporting commitments throughout periods of high study commitment (e.g. Years 10 – 12) actually achieve stronger scholastic results than those who give up everything to concentrate on study alone. This is perhaps due to the health benefits of having a break and exercise but may also be due to the improved time management skills learnt by necessity. Therefore except during key exams, it is expected that players attend trainings as stipulated. If there is a need to miss trainings due to study or family commitments to a level where it is likely to or is affecting team performance, then parents should contact the coach or Junior Development Manager and discuss player options. .



- You should attend training or games unless you are sick. If you are injured then you should discuss options with your coach. Some injuries will allow modified training and/or for the player to still learn by observation.
- You must inform the coach or instructor of any injuries that may hinder or prevent you during training or games.
- You must follow the instructions of the coach or instructor at trainings to ensure your own safety whilst performing skills.
- You will not argue or remonstrate with referees in any way during a game. You will be immediately substituted from the game if you do so. If you have a problem tell your coach. The coach will then bring this to the attention of the referees/on court captain as appropriate.
- You will support your team at all times, whether you are on the court or on the bench, both verbally and with positive body language.
- You must complete cool down routines, debrief and complete any administrative tasks before leaving the training or game venue.

### *To the players*

Welcome to the Austral Phoenix Volleyball Club for another year. We hope that you will have a positive and worthwhile experience for the next 12 months and beyond.

Volleyball is important, but keep a balance in your life. Be the best student you can be, be the best person you can be and be the best player you can be.

When playing or training, we want you to be play hard, play smart and play fair. Respect your opponents by competing at all times. When games are easy do not belittle your opponents. When games are hard keep trying and set goals around your improvement not your results. Both of these situations offer game skills you need to learn.

You play for Austral Phoenix, your team and for yourself. You must be willing to make personal sacrifices for the good of your team and club. We hope you feel proud to be a part of one of South Australia's longest running volleyball clubs, and no one individual is bigger than the club.

It is vital you communicate with others. If you have any issues (or positives) talk to your team-mates. If you cannot resolve them talk to your coach. If they still have not been resolved talk to the Junior Development Manager if the problem has not been resolved to your satisfaction.



### *To the coaches*

Yours is the one of the most important jobs in the club.

You have the opportunity to give back to the sport you love by providing the foundation for juniors to not only improve in the technical skills of volleyball, but also to develop strong life skills. Your most important contribution to a player is to foster a love of the sport. Remember that whilst you or the club have set goals, it is only through helping the player achieve their goals along the way that you are truly coaching.

Different divisions and ages require a different focus and emphasis on winning, however in ALL junior teams, the development of the player and team is the priority. As a club we are not successful by winning Junior competitions whilst 'burning the players' who then leave the sport disillusioned with overly high pressure on results over development.

Be a positive role model for your players. Your players' actions will generally mirror the leadership you provide. The expectations for players are also the minimum expectations the club hold for you as a coach.

Be consistent, encouraging, transparent and fair when dealing with players. Player actions which are contrary to the interests of others, the team or the club must be addressed quickly and fairly. Any form of bullying (no matter the source) will not be tolerated.

Coaches are expected to abide by all Austral Phoenix Volleyball Club and SA Volleyball Association (VSA) policies including Child Safety and Member Protection. All coaches and other 'club prescribed' roles must have a current Police Certificate registered through the club and VSA. All coaches are bound by 'mandatory reporting' processes for child safety. You can access all required information on these policies via the Austral Phoenix Committee.

Use a variety of approaches with players and be mindful that individuals learn differently and at different rates. Ensure constructive feedback is not isolated to correction of poor behaviour and skill errors but also includes strong emphasis and recognition of the specific behaviour you wish to develop. One part of a player's development is the ability to receive feedback in the spirit it is given so coaches must ensure the intent behind the given feedback is in the player's/team's/club's best interest..

Constructive feedback means dealing with correcting/recognising player *behaviour* not criticising/praising the individual as a person.

Enjoy the experience. It is very rewarding to be able to assist a player or team develop and to be part of that team success.

The club thanks you for the contribution you make.



### *To the parents and supporters*

We are privileged to be able to work with your son or daughter for the next 12 months and hopefully beyond.

We know and appreciate the enormous commitment you make, so that your son or daughter can be involved in organised sport and other activities. Our club success would not be possible without your support.

Austral Phoenix Volleyball Club has some of the most highly qualified volleyball coaches in South Australia. The time, personal and financial sacrifices they make is balanced by the rewards of success, personal friendship and the opportunity to work with some great young people.

Please be supportive of them. They have to make many decisions every day concerning the welfare of the club, the team and the individual players, and it is not always easy. Effective communication between yourself and the coaches is the key to ensuring your child is best supported through their time at the club.

If you have positive feedback please provide this at any time. If, however, you have issues that need to be resolved, please follow the appropriate process:

1. Wait a day and then talk to the coach. 95% of problems are resolved here. Coaches are instructed not to deal with negative feedback following a game when their focus should most properly be given to the team.
2. If after talking to the coach, the issue has still not been resolved, contact the Junior Development Manager
3. Finally, if there is still a problem contact the Club President who represents the Management Committee.

Please follow the above process. Coaches and club management will not deal with issues that have not followed proper procedure. This ensures that everyone communicates and deals with each other openly, honestly and with integrity.

During games or trainings, please support the whole team, not just your son or daughter individually.

Coaching from the sidelines, no matter how little or great your knowledge is not welcomed and in many cases places your child in an awkward position of needing to please both parent and coach whilst hearing different instructions. The coach is the sole source of technical feedback. Parents can be of most assistance in supporting the coaches in understanding what motivates their child, any unknown difficulties or preferred learning styles. Should you be keen to coach, the club is always on the look-out to recruit new coaches for junior teams so contact the committee.

By all means, be passionate and vocal at games. Give encouragement to the Austral team, but please also praise good play by our opponents. Negative feedback towards referees is not tolerated and without them we have no game.



Finally, the club, its committee and coaches make many decisions daily for the benefit and interest of all the members of the Austral Phoenix Volleyball Club first and foremost. Most of the time, these have only positive consequences for all. Some of the time, they have short-term negative impact on individuals. Please accept both of these equally, and educate your child on how to handle success as well as how to negotiate hurdles they encounter.

Their ability to cope with both success and failure and how to use both to develop new skills and resilience are some of the most valuable lessons they will learn from their club experience. It is one of the objectives of not only the Austral Phoenix Volleyball Club but also one of the key benefits organised competitive sport can offer all participants.

### *Membership Fees*

The club is financially dependent on memberships for income and a full list of fees are available on the website or by contacting the Treasurer.

Subscriptions are payable prior to the beginning of each season. Players who remain 'non-financial' after the advised due date will not be permitted to play. If you experience payment difficulties, you should discuss any possible options with the Treasurer.

Parents are also invited to become Associate Club members (reduced membership rate) and become involved in club activities and directions. All parents are additionally able to join VSA as non-playing members (free membership) to receive Vnews (regular email newsletters) and stay up to date with State Trials, Recreational Competitions and other volleyball information which may be of interest to you and your child.

### *Volunteers and Player/Parent's Commitments*

The club is dependent on the support of volunteers to carry out all of the work it does and the great majority of the club members are students (school and university) with the rest generally made up of working players and coaches.

Parents/Carers are therefore asked to assist in whatever way they are able. It is customary for players and parents to attend Club events and functions.

*At a minimum it is expected that all players will attend the End of Season Celebration and the annual Austral Phoenix Quiz Night where they will be expected to bring at least one parent/carer to form a player's table and parents table.* Each team needs a team manager to assist in organising the players so any parent who is willing to do this is urged to make themselves known to the coach of their child's team.

Parents who are willing to volunteer some time to assist in coaching, organising club events such as the Quiz night or assist with other fundraising are welcomed with open arms so again, please make yourself known to the club via the coach or website email address.

If you are short of time (and who isn't) and you would like to contribute in other ways, like sponsorship, donations or just great ideas or experience, please let the committee know.



### *Austral Phoenix Website, Facebook and VNews*

- Austral Phoenix has its own website at <http://australvolleyball.org.au/> where you will find club information, news and events.
- Find us on Facebook <http://www.facebook.com/austral.vc> and join the group to be updated with club events and invitations and stay in touch with team progress.
- Join VSA <http://www.volleyballsas.com.au/members> as a playing or non-playing (free) member to receive Vnews a regular emailed newsletter from Volleyball SA the state volleyball association and keep up to date with wider volleyball information, photos, competitions, special offers and events.

### *Training*

Players are required to be punctual at training to enable full warm-up routines and any team discussion. Generally Junior League players should expect 1 training session a week but this will be communicated by the coaches once selection is completed.

At the completion of training sessions, players will complete cool down routines, debriefing and any administrative duties.

### *Playing uniforms*

All junior players are required to wear the correct uniform at all games. Playing shorts, and a numbered playing top are compulsory. Other optional Austral merchandise may be purchased and worn to games or trainings. Junior Players can purchase their uniform by order through their coach or arrange a free hire of playing top with a \$50 refundable deposit.

### *Player action response*

1. Poor Sportsmanship
  - If seeing behaviour the coach deems to be poor sportsmanship, the coach has the option to sub the player off the court.
  - The player will automatically sit off for the rest of the game on second offence in the same game.
  - Subsequent breaches must be referred to the Junior Development Manager for possible further action. Severity of penalties will increase for each breach.
2. Training Attendance
  - Late attendance or non-attendance to training without prior direct communication may result in a team penalty consequence.
  - Subsequent breaches must be referred to the Junior Development Manager for possible further action. Severity of penalties will increase for each breach.
  - Training includes those sessions decided upon by the Coach and the Junior Development Manager as required sessions.



### *Austral Nippy's Spikezone Competition (Primary School aged players)*

The Austral Nippy's Spikezone Competition is an initiative of the Austral Phoenix Volleyball Club in conjunction with Volleyball SA. The focus of the competition is to provide a mini-volleyball competition for primary school aged teams at a club level to foster fun and volleyball skills in a modified game. It provides a foundation for players to join a club and progress to Junior League and ultimately Senior teams all within the club environment.

The games are currently played on Friday afternoons 4.00 – 5.00pm at Westbourne Park Community Centre gymnasium (Goodwood Rd, Westbourne Park).

All primary school aged teams/players are welcome to join the Austral Nippy's Spikezone Competition. More information is available at <http://www.volleyballsaustralia.com.au/spikezone/austral>, contacting our Junior Development Manager, Anne-Marie McAinsh on 0402 206 667 or by emailing [juniors@australvolleyball.org.au](mailto:juniors@australvolleyball.org.au).

### *After school 'jobs'*

Junior League Players who have parental support and are interested in refereeing after school for some extra pocket money should make themselves known to the Junior Development manager as they may be needed to umpire in the weekly Austral Nippys Spikezone competition or can be referred to other Volleyball SA recreational competitions.

### *Austral Phoenix Management Committee*

Adam Harris	Club President
Lexi Young	Vice President
Sam Paull	Treasurer
Craig McAinsh	Secretary
Michaela Jenkinson	Committee Member
Peter Bawhey	Committee Member
Beth Mutton	Committee Member
Tom Putland	Committee Member
David Pickering	Committee Member
Lewis McDonald	Committee Member
Mark Thurlow	Committee Member