



Southern Heat Volleyball Club Information
Established 2004

Philosophy

We are a COMPETITIVE TRAINING PROGRAM.

The philosophy of Southern Heat is to educate, develop and train young athletes in the sport of volleyball. We are dedicated to the development of teamwork, communication, sportsmanship and good work ethic. Provide training which allows each player to participate successfully on their grade /high school teams and for Junior/Seniors an opportunity to seek scholarships for collegiate teams if desired.

Club Requirements

Listed below are policies established because of our commitment to train serious athletes, and because of our desire to build an atmosphere of respect, responsibility, leadership, and teamwork amongst all of our members. Joining Southern Heat Volleyball Club is a privilege and by joining our club, parents and players willingly agree to the items listed below. If any of these items present a problem for you, we ask that you to reevaluate your decision before joining our club.

Season and Teams

- Club volleyball season is January through May. National's is in July.
- Teams consist of members of each age group, ages 10 through 18. Please note the age requirement from the gateway region. This is a regional rule. You are eligible to play up in an age group but not down.
- The number of players per team is usually 10 but may have up to 12 depending on the makeup of the team.
- Teams ages 10-13 do not travel. Tournaments are in the St. Louis Metro East Area. 13's will possibly travel to Springfield, IL.
- **Travel Teams – ages 14 through 18. These team travel to at least one out of town tournament or more at the coach's decision.**

Practices times and location

- Every player should attend every practice in order to gain the most from their club experience.
- **Each team** will practice 2 times a week, once during the week and Sunday. **One** day during the week is technical training for specific skills.
- Practices to held at local church and school gyms in the Metro East area.

Tournaments

- 12's will participate in 5 local tournaments, 13's through 18 will participate in 10 local tournaments in the Metro East and St. Louis area. 14 through 18's will travel to at least one out of town Qualifier tournament.
- **ATTENDING TOURNAMENTS.** It is important to the success of the player, team and club that all players attend all tournaments.
- It is not fair to the team, coach and club for players to cancel at the last minute. Last minute team cancellations result in the club losing entrance fees, being fined and receiving sanctions.
- In region Tournaments, coaches are to be informed of any tournament conflicts with your schedule as soon as the seasons schedule is issued which is usually complete by January 31st.
- **TRAVEL TEAMS – Attendance is MANDATORY.** Players shall not request, nor accept a position on a travel team if they plan on participating in other activities that would interfere with the tournament schedule.
- Local tournaments usually start at 8:00 a.m. and conclude around 5:00 p.m. Be prepared by bringing healthy snacks, drinks, pillows, blanket and lawn chairs.
- Players shall attend all tournaments from start to finish which includes REFFING AND OFFICIATING DUTIES.

Understanding our Policy on Playing time

- Southern Heat philosophy is that practice and training is where players receive the most instruction and experience.
- Tournament play is only a supplement to participating in Club Volleyball.
- Southern Heat offers **NO guarantee** of playing time or position.
- Players and parents must be satisfied with the opportunity to train.

Respecting Coaches Decisions and Discussing Issues

- Coaching decisions are the **SOLE** responsibility of the coach.
- Specific match decisions about who plays when, who subs in and out, and the amount of time any given athlete is on the court is the result of a complex determination, in that coach's opinion, of an athlete's ability, an athlete's potential, an athlete's attitude, an athlete's position, rules about substitutions, the team's needs at the moment, and the team's needs in the future.
- The coach will not be required to defend his or her thought processes or decisions, and it is improper and unacceptable for a parent to request a coach, or the club to do so.
- Under **NO circumstances** during practices, matches, tournaments, or other club activities is a coach, club administrator, or any other club personnel to be approached or confronted with a complaint from a parent.
- If a parent has a legitimate concern, or is not satisfied with a particular issue, we require a formal complaint, or letter of concern, to be submitted in writing or via-email, to the coach and then the specific issue can be addressed.

Budget

- Fee per player is \$475.00 for 12 and under and \$575.00 for 13 to 18. Fee includes the local tournaments, uniforms, coaches and gym rental.
- There are additional costs for the out of town tournaments. Each team is responsible for paying for the tournament fee and the coach's travel room and board. Cost is approximately \$200 more or less per player per out of town tournament.
- You are still responsible to pay your portion of the out of town tournament expenses even for some reason you are unable to attend.
- \$300.00 is due at the time of registration usually the Tuesday after tryout. Balance and out of town tournament expenses is due January 15th.