



Updated 9/22/08

Philosophy
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 reevaluate your decision before joining our club.

Season and Teams

- Club volleyball season for boys are October thru Feb and girls are January through May. National's or late tournaments are in June or July.
- Teams could consist of ages group, ages 12 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 9 but may have up to 11 depending on the makeup of the team.
- Teams ages 12-13 do not travel. Tournaments are in the St. Louis Metro East Area. 13's may travel at the coach's decision.
- **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 and Conditioning

- 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 with conditioning times also available.
- Practices to be held at local church and school gyms in the Metro East area.
- Conditioning and strength training will be supplied by either and/or the club or outside resources.

Understanding our Policy on Playing time

- Southern Heat's philosophy is that practice and training is where players receive the most instruction and experience as individuals and as a team. Missing practices or tournaments will affect your playing time as decided by the each coach for their team.
- 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 given any athlete on the court is the result of a complex decision determined by the coach's evaluation of an athlete's skill ability, attitude, position and overall make up of the team.
- 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 \$500.00 for Girls 12 and under and \$600.00 for Girls 13 to 17. Girls 18's \$500.00 Fee includes the local tournaments, uniforms, coaches and gym rental. Boys \$575.00.
- There are **additional costs for 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 depending on location.
- There are additional cost for conditioning and strength training. Cost TBA.
- 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 week after tryout. Balance and out of town tournament expenses is due before your first tournament.

Tournaments – Attendance is Required

- 12's will participate in 5 local tournaments,
- 13's through 17 will participate in 8-10 local tournaments in the Metro East and St. Louis area. 18's 5 local or TBA. Boys 5 local.
- 14 through 18's will travel to at least one **out of town Qualifier tournament.**
- Any age group has the right to attend out of town tournament at the decision of the coach and will be additional cost to each player.
- **This is a team sport. Anytime a player misses a tournament they are disrespecting their commitment to the team.**
- Tournament schedules are decided on by the end of January, boys in October, with a few exceptions if tournaments cancel, etc. Plan your personal schedule accordingly.
- Local tournaments usually start at 8:00 a.m. and conclude around 5:00 p.m. Be prepared to bring healthy snacks, drinks, pillows, blanket and lawn chairs.
- Players shall attend all tournaments from start to finish which includes REFFING AND OFFICIATING DUTIES.

College Recruiting

Southern Heat can assist high school players in developing their Profile and skills tape as well as contact colleges where players are interested in attending.