



Updated 8/27/09

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. **Parent and Player commitment is the key your teams success.**

Season and Teams

- Club volleyball season for boys are October thru Feb, 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 held on Saturday or Sunday. 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.**

Team Tournaments Local & Travel Attendance is Required– Local tournaments are in the Metro East and St. Louis Area.

- Girls and boys 12's and girls 18 will participate in 5 local tournaments,
- Boys and Girls 13 to 18 will participate in 6-8 local depending on tournaments available.
- Travel teams are Girls 14 through 18's and will participate in at least one **out of town Qualifier tournament** which is additoinal cost.
- Any age group has the right to attend out of town tournaments at the decision of the coach and will be an 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 exceptions of tournaments cancellation, etc.
- **PLAN YOUR PERSONAL SCHEDULE ACCORDINGLY.**
- Local tournaments usually start at 8:00 a.m. and conclude around 5:00 p.m. Be prepared with drinks, blanket and lawn chairs.
- **Players shall attend all tournaments from start to finish including REFFING AND OFFICIATING DUTIES.**

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

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 coach for their team.
- Southern Heat offers **NO guarantee** 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:s Boys & Girls 12 and Girls 18 \$525.00; Boys and Girls 13-17 and Boys 18 \$625.00. Fee includes the local tournaments, uniforms, coaches and gym rental.
- There is an **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.
- **Note:** You are still responsible to pay your portion of the out of town tournament expenses even for some reason you are unable to attend.
- \$325.00 is due at the time of registration, the week after tryout. Remaining balance and out of town tournament expense will be turned in the night of registration but deposited in January.

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.

I have read an acknowledge the terms and conditions as stated above.

_____ Parent and Player signature & Date