



HANDBOOK
2019-2020

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INTRODUCTION

My name is Sam Samana, director and proud coach of Earth Volleyball Club. I've been coaching for 33 years at top southern California girls' clubs, including Ichiban, Laguna Beach, and American Flyers volleyball clubs. Welcome to our family! Let's stand tall, let's stand together and be proud.

MISSION STATEMENT

The mission of Earth Volleyball Club is to provide a quality and competitive volleyball program for young girls to develop their volleyball skills, emphasizing the importance of academic achievement, sportsmanship, the importance of family, community, global care, and how to be a great humanitarian which will follow them through life, all while leaving them with a positive and growing experience.

CLUB BASICS

Alcohol and Drugs

Earth Volleyball Club has a **no tolerance** stance on the use of alcohol by minors and the possession or use of drugs. Federal and State laws prohibit their use. Any person found in violation of the law will be immediately dealt with and potential consequences may include suspension or termination without a refund. Parents are prohibited from attending tournaments/practices intoxicated and/or having or drinking alcohol courtside during tournaments or practice. Possible consequences may include being removed from the courtside and/or banned from future tournaments.

Correspondence

Please send all dues, required paperwork and other correspondence to:

Earth Volleyball Club
2892 N. Bellflower Blvd. #431
Long Beach, CA 90815

If you need to contact a coach, use the contact number he/she provided on the roster or for an emergency only, contact Coach Sam at (562) 714-2054. Email is the most effective way to communicate with coaches. Please be sure your coach has your most updated email address and that you're checking your email daily, as you will get a response as soon as possible.

Club Fees – Checks Preferred

The Earth club fee for the 2019-2020 volleyball season will be **\$3500**.

The start-up fee will be **\$1500**

The second payment, due January 15th, is **\$1500**

The final payment, due March 15th, is **\$500**

Delinquency in Club dues will result in your daughter not being allowed to practice or play with her team until your account is brought to "paid" status. Included in the Club Fees are USA Volleyball individual and team registration, as well as the uniforms.

PLAYER GUIDELINES

The Earth VBC program is very committed to the young athletes and the Club's goal is to train them to become complete volleyball players and positive, respectful young women. Things to keep in mind while participating in any sporting activity are:

- **Work/play hard** – Do your very best at all practices/tournaments to help the team succeed.
- **Have fun** – It's a fun game to play, to coach, and to watch.
- **Respect** – Your parents, coaches, teammates, other players, spectators and the facilities all deserve respect.
- **Represent yourself and the Club** – Always be a quality person/competitor.
- **Be coachable and a team player** – Always listen and follow directions from all coaches and team representatives (team mom/dad).
- **Attendance and punctuality** – Players are expected to be at all training sessions and tournaments and should arrive at all events at the designated time. Know when and where your team is meeting and plan to arrive 15 minutes early.
- **Follow all gym rules** – At all practices and tournament sites, know the rules and follow them. We have to take care of all gyms. Tournament penalties for gym misuse/abuse are stiff.
- **Playing time** – All players earn their playing time and falls under the discretion of the coach.
- **Team wear, equipment, etc.** – Be sure to bring all your team equipment to every practice and tournament. Anything not being worn should be in your team bag (practices and tournaments). All team bags, etc. must be neatly arranged at the gym (practice and tournaments). Take care of all Club equipment (shag balls, care for the carts, training kits, etc.). Keeping track of the balls is your job.
- **Academic Expectations** – All players must maintain a 2.5 and above GPA and no lower than a 2.0 GPA.
- **Social Media** – Review Safe sport guidelines

PRACTICE SESSIONS

All teams will practice a minimum of two times per week and a minimum of two hours per session. (Beach volleyball practice on the sand will be indicated on the practice schedule.) Practices are mandatory and missed practices will affect your playing time at tournaments. If you are going to miss a practice session, you need to let your coach know at least one practice session in advance.

Practice Locations – Check your team schedule for specific practice location and time.

American Sports Center (ASC)
1500 S. Anaheim Way
Anaheim, CA 92805

AIM Sportsplex
1718 Apollo Ct.
Seal Beach, CA 90740

The MAP Sport Facility
12552 Western Ave.
Garden Grove, CA 92841

United Collective Agency
300 Pacific Coast Hwy.
Huntington Beach, CA 92648

REFUND POLICY

Trying out for the club, completing the required paperwork and paying dues, the girls have made a commitment to being a player with Earth Volleyball Club. There will be **no refunds in part or in full.**

TRANSPORTATION

Transportation will not be provided to and from practices or to tournaments due to insurance constraints. That responsibility lies with the parents and players to get to practice to the local tournaments. We do provide a team roster for carpooling.

TRAINING PHILOSOPHY

Fundamentals

- We will teach every player **exactly** how to perform each skill, both in general and in game situations.
- Players are expected to execute the skills **precisely** as taught, with no variance. We play only one way!
- Focus on movement and agility
- Skills – Serving, ball control (passing (SR), defense), overhand and setting skills, hitting (bow and arrow technique, three-step approach, shots, jumbo shrimp shots, etc.) and blocking

Team Play

- Players are taught all positions and their specific jobs in the early stages (14s).
- As positions are established, the specific roles are trained (16's and 18's).
- Positions and roles are taught both in isolation as well as from a tactical sense. "Here's how to do it and here's why it's done this way."

Competitiveness

- Players are taught how to compete, what it takes to be ready to play and how to focus.
- We teach! Always play to win, but success is measured by how closely we performed to our potential.

Team Community Service

- Beach cleanups, military and homeless donations, food drives, etc.

ADVICE FOR PARENTS

Exhibiting "Class" is Vital in Athletics

We all recognize the element of "class" in athletics when we see it. Obviously, we can also easily detect the opposite... behavior that lacks "class." However, even though "class" is easily observed, it is somewhat difficult to define.

The following may be a step in the right direction:

- Regardless of personal feelings, never publicly criticize an opponent.
- If you lose a game, give credit to your opponent. At least admit that on this given day or occasion, the opponent may have played better. Perhaps the coach simply did a better job.
- Do not blame the loss on injuries or officials. Over the long haul, these variables always seem to even out among opponents.
- Always participate in the traditional post-game handshake. This simple act sets the necessary tone for players and fans.

The element of "class" is a combination of many things. It is treating others in a dignified fashion with politeness, compassion, courtesy and respect, even under very trying circumstances. Being considerate and positive is certainly involved. "Style" may be another word in which we can connect to "class" or exhibiting "grace under adversity" is another way to look at it.

In spite of the difficulty to concisely define “class” in athletics, we know it when we see it. The element of “class” may be the most important barometer of athletic success, even more important than wins and losses.

POSITITVE IDEAS FROM THE POSITIVE COACHING ALLIANCE

Respect for:

- RULES – Follow the letter and spirit of how the game should be played.
- OPPONENTS – Remember a worthy opponent brings out our best.
- OFFICIALS – Respect them even when you disagree.
- TEAMMATES – Remember our commitment on and off the field.
- TRADITION – Remember it’s a privilege to participate.

SAFE SPORT GUIDELINES

Please review the USA Volleyball and Southern California Volleyball Association Guidelines as we all follow them.

NOTES FROM PARENT MEETINGS: