



Handbook

Introduction:

Club Nexus is a nonprofit, 501(c) 3, organized to offer competitive pricing for young athletes to train and compete with their peers on all levels. Club Nexus was created to ensure that the financial obligation of club was not a deterrent if the child had the skills to compete. Individual and club sponsorships make it possible to offer an exemplary program for a reasonable price.

Club Nexus Vision:

Practice with Passion; Play with Purpose.

Club Nexus Mission Statement:

The mission of Club Nexus is to provide access to high quality volleyball coaching and competition to players in the southwest valley to develop their personal responsibility, commitment, self-confidence, and emotional intelligence.

Club Nexus Goals:

- To establish teams in age groups 9-18 to compete at the club level.
- To develop intelligent and compassionate coaches.
- To create development plans for each athlete that is updated on a regular basis with their accomplishments.
- To be innovative in the way we train our athletes, coaches, and parents.
- To train the whole athlete on and off the court.
- To create a family-like environment for athletes, coaches, and parents to have fun and compete as a cohesive unit.
- To challenge our athletes to believe in themselves and each other.
- To be a leader in AZ for good sportsmanship and respectful athletes.

Team Selection:

Players will be analyzed using a rubric, where skills, attitude, and leadership are ranked on a numerical scale. All coaches will be present during all tryouts and will weigh in on each team. The athletes will complete a variety of drills to test their technical volleyball skills, strategic knowledge, attitude, and leadership abilities. The coaches will compare their notes on the players and will select teams based on age and similar scores on the rubric. If a player's score is high enough, they might be asked to join a team in a higher age bracket. The decision to join a team in a higher age range is up to the player and the parents. It is not appropriate for a parent to ask to see the rubric after it has been filled out to see what their player's score was. If a parent has concerns about the placement of their player, they may address it with a director at or after tryouts.

Player Development:

Each player will have a plan developed by themselves, and their coaches. This plan will be updated on a regular basis by each party as the goals are accomplished or need to be adjusted. The coach will advise the process of goal planning so a realistic, accomplishable goal will be constructed.

Nexus Staff:

Nexus hires caring and qualified coaches and staff to instruct our athletes and organize our club. They are devoted to creating an incredible experience for every athlete and family. All staff members that interact with your child will have a background check completed along with several training courses to keep your child safe. Staff members should not be alone with athletes at any time and are encouraged to be in groups of three or more at all times. If there is a concern, you can speak with the coach or staff member directly. However, if speaking with them would be uncomfortable or inappropriate, you may address any director via phone or email so your concern can be heard immediately and dealt with quickly.

Our staff has experience working with children, instructing about volleyball fundamentals and techniques, and are motivated by their desire to see each athlete develop. The Directors spend time evaluating the coaches throughout the season, overseeing several practices, and listening to parents and athletes about their experience. Please spend time getting to know your incredible coaches and hearing their perspective on coaching and their experience. The coaches are working for Club Nexus because they have a passion for volleyball, not because they are highly compensated.

Coaching and Playing Philosophy:

The coaching philosophy Club Nexus adheres by is that each athlete's physical, mental, and emotional state can be developed through sport to create mature, responsible (wo)men. Our athletes should be focused on more than themselves, they are representing the team, the club, and their families when they are on the practice or competition court. Athletes should learn to play as a cohesive unit with their team and put their team goals first in competition. During practice, the athlete is focused on their own development and is competing for a starting position.

Tournament Information:

Tournament dates will be posted on the website calendar at the beginning of the season as soon as the directors have word from the region about when they are. The times and locations of the tournaments are decided by the week of the tournament. It will be posted on azregionvolleyball.org, the coaches will notify you through the Group Me app, (teams will be grouped with all parents, coaches and directors for ease of communication at the beginning of the season).

Fee Structure:

The fees for the season will be announced at the parent information meeting and posted on the website. The fees for the level of team your player is selected for do vary based on the level of coaching and training necessary for preparation. The fees cover practice facility, uniforms, fees for tournaments, coach's pay, and other fees necessary for the preparation of the season. If the team decides to participate in any other competitions, that will be additional fees calculated by the directors to include the coach's pay and participation in the tournament. Furthermore, if the team decides to travel, travel expenses and spending money will be in addition to the seasonal fees. No refunds will be given and a full contracted amount is required, our payment

schedule is to help divide the club fees across several payments throughout the season to allow for more affordability.

Travel Policies:

It's the parent's responsibility to get their athlete to and from practice locations and tournaments. If the tournament is out of town, the parent will agree to get their athlete to the tournament in whatever means necessary, on time and with all equipment. If team decides to travel together, via plane, bus, etc. athletes will wear Nexus gear, such as t-shirt, sweat shirt, etc. Athletes will stay together and act appropriately in public to display respect for adults, their peers, and the environment. If the team decides on a travel location, the travel expenses will be covered by the athlete's parents as well as spending money. Please remember the competition day needs to allow for the players to spend time on and off the court. All out of state tournaments should be volleyball focused, if there are any team coordinated events, please make them a priority to have your athlete attend, for example but not limited to team dinners, bonding, arriving and leaving the tournament. Coaches shouldn't be the players means for transportation for athletes; coaches can only give rides if previously approved by a director.

Injury Policy:

If the athlete becomes injured during play, the coach will remove the player from the game until their condition is analyzed. The coach will make the final determination if the player can go back into the game or not. The coach will always have an emergency contact form and a medical release form on their person at every tournament and practice with instructions of who to contact and how to act in that circumstance. If an athlete is injured, the parent of the athlete will be contacted, if they weren't there to witness the incident themselves. If the injury happens at practice or a tournament, an incident report will be completed by the coach and filed with the AZ Region of USA volleyball. This will enable the parents to file for secondary insurance if the athlete needs medical attention. If the athlete does need medical attention, they cannot return to play until a doctor's note is provided to clear them.

Expectations of Players:

- To attend every practice or let the coach know at least 3 hours in advance that they will miss.
- To attend every tournament scheduled for their team or let their coach know 2 weeks in advance they will not be attending.
- To represent Club Nexus by practicing and competing with passion and treating all coaches, athletes, referees, and parents with respect.
- To cheer for every Club Nexus team and support their fellow athletes.
- To be committed to their team for the entirety of the season- at every practice and every competition putting their team first.

Commitment:

For the club season, which ranges from August- January for boys and November- July for girls, and the possibility of Nationals in the summer, the athlete is committed to Club Nexus and will not play for another club during this time period. The only exception to this is if the athlete and

parents speak to the directors about getting a release to play for another club. Without a release, the athlete is in violation of their contract. An example of a time that the directors would be willing to grant a release is if the athlete wants to compete with another club team in the summer after Club Nexus' season is over. It is the athlete and parent's responsibility to communicate with a director before making a commitment to another club; if it's feasible to accommodate, the directors will release the athlete.

Club is a commitment for the family of the athlete as well and Club Nexus recognizes the sacrifices parents and family members make throughout the season to prioritize club. We want to thank you in advance for scheduling for practices and tournaments throughout the season. If your athlete is involved in other sports, please continue to communicate with both coaches about various practices, games, and tournaments so accommodation can be made, if possible.

Attendance:

Attendance of all team specific events during the season is vital to the athlete's success and development. But we also recognize that things happen that make attendance impossible. Your athlete is permitted 3 unexcused absences before suspension or termination of the contract which is enforced by the directors. An unexcused absence is one in which the athlete or family does not communicate to the coach at least 2 hours before practice that they will not be attending. The athlete is also allowed 3 excused absences, which include illness, faith, family, and academic commitments. The dates for tournaments are posted weeks in advance of the club season, which is why athletes must let their coaches know 2 weeks in advance that they will be missing a tournament. If they do not give their coaches this notice, they will not play in the subsequent tournament either, at coach and director's discretion. It also needs to be understood that missing practices and tournaments can greatly affect your athlete's playing time.

Image Presentation:

Athletes, parents, coaches, and staff are all representing Club Nexus during practices and tournaments. We are a club that highly values good sportsmanship and integrity. Arguing with referees, coaches, players, scorekeepers, or line judges and disrespecting their authority is never tolerated. There is a selected representative on the court who may respectfully address the referee. No others may do so; even the coach must defer to the captain on the court. Athletes must not make negative comments to girls on other teams or disrespect their coach or teammates. This is in addition to the USAV and AZ Region sportsmanship rules and regulations, along with the purple card violation. If these behaviors are observed, the coach will address and might adjust their playing time. Furthermore, if the behavior does not stop and is disrupting practice or games, the athlete might be asked to leave. If it continues, a director will start to be involved and they might be suspended from the club. Club Nexus prides itself in being a club that acts with respect, integrity, and sportsmanship and our belief is all parties will have a more enjoyable season if they adhere to appropriate conduct guidelines. The referee may also issue a Purple Card for not adhering to sportsmanship rules and regulations.

Respect for the Rules of the Club:

Athletes, parents, and all Club Nexus staff will respect the rules of the club and each team will respect the procedures adopted by the coach. We also observe AZ Region of USA volleyball and AAU rules and policies.

General Facility Rules:

Club Nexus rents facilities of local schools for practice and any season events for the use and insurance to cover the activities. However, this does not mean the teams can act disrespectfully during our time. Please only bring water to the court; no food or other beverages can be brought into the practice areas. The volleyballs are the property of Club Nexus and they must be counted and collected by the coach at the end of each practice, the teams needs to ensure the balls are all accounted for at the end of any event. No volleyballs should be used outdoors- this will keep them in good condition. Don't bring valuable items to practice facilities, as you will most likely share the space with another team. Club Nexus is not responsible for lost or stolen items. At the end of practice, teams are responsible for putting away nets, poles, balls, and carts before they leave. No athlete should leave until all equipment is put away and organized correctly. If a player does cause any vandalism to the rented property, it will be deemed at the parents expense to repair said damages.

Conduct at Tournament/ Practice Sites:

Club Nexus wants to be a leader in Arizona for athletes who are respectful team players. Other clubs and referees will want to work with us because we display good sportsmanship and work hard at every practice and tournament. Athletes will stay with their team during tournaments and not leave the site until they're done playing. Staying in the competitive mindset is important to the success of the athletes, which is why we encourage them to prioritize team bonding. Tournaments are great times to get to know each other and have time to get to know all members of your team. Please be aware of the times athletes might be left out or not included and make it a priority to reach out to them.

Each team member is important and an important part of the team. Tournament days are about the team and what's best for them, not for the individual athlete. Practice is when the athlete can act as an individual and ask for attention to work on specific skills with a coach but isn't guaranteed. Each player is responsible for growing as a team and the coaches are responsible for making each team grow their skills in a competitive environment as a unit and not as individuals. Parents will refrain from talking to coaches about games and their athlete during tournament, even breaks. Coaches come to tournaments with a strategy and game design in mind. Please be respectful of the decisions they've made for the day and remember they're people who have lives outside of volleyball as well.

Maintaining Good Grades:

Although Club Nexus is not a school team, we do prioritize education and the importance of academics. Nexus coaches will not ask to see grades or help with homework, but we want to emphasize the importance of keeping up your grades. Club practices are at least two days a week and attending those practices is vital, so please schedule doing homework and

participating in school projects at other times or days. However, if an athlete needs accommodation for grades, please talk to your coach. There might be times when the athlete would get back late from a tournament, please don't use that as an excuse to miss school. School is the priority. Also, consider that if your athlete wants to get recruited for college volleyball, the recruiter will look at their grades as well.

Nexus Parents:

Our Nexus parents are very important to us and to the success of their athletes. The support of Nexus parents is important to the coaches and staff. Therefore, if there are concerns, Nexus has provided a way to discuss that respectfully. We care about your concerns and want to address each one, but there is a time and place to discuss it effectively. For tournaments, Nexus respects a 24-hour cooling period. This means that although emotions might run high on tournament days, we ask that you respect the coach's time and allow 24 hours to pass before you contact them about your concerns. Your coach will give you their contact information and tell you how they would prefer to be reached; it could be by phone or email. This 24 hour wait period will allow for emotions to calm down and for you to prepare what you'd like to discuss in a respectful way with your coach. Our coaches know that there will be concerns they must address with parents, and they are happy to speak with you. However, please keep in mind, there might be situations that are tough for a parent to understand and at the end of the day the coach is making their decisions for the betterment of the entire team. No discussion about other players on the team will be entertained during this conversation. Also, if any issue or concern arises outside of playing time, and you feel a director is needed to be notified please feel free to reach out, the directors are on all the team communication.

The club environment is intense and competitive, maybe more than your athlete has experienced before. So, we can understand when it might become emotional and mentally challenging. The season is long, and the stamina of each athlete will be tested. Remember that Nexus is going to push your child to their limit throughout the season. Please help us by supporting your coach's efforts to challenge your child.

Parents cannot help at practice or interact with athletes while they are on the court. Only individuals with background checks and training can be on the court in any capacity. The last 30 minutes of practice will be open to parents. Please be on time to that portion so you can observe your child and pick them up on time. Coaches cannot leave practice until each child has been picked up, so please be respectful of their time.

Grievance Procedure:

The first step in a grievance is for the athlete to contact the coach and request a meeting. If the child is under 13, the athlete may request that their parent is there. Please contact the coach by their email or phone to request a meeting time. Time will not be taken out of practice to address an issue; it must be done outside of practice time. If this does not resolve the issue, the second step is to request a meeting between athlete, parent, and coach. If there is still an issue, the third step is to request a meeting between athlete, parent, coach, and director or member of the board based on availability. Ultimately, please be respectful of a decision made by these

parties as we will consider each grievance carefully. Our season is successful because of the athletes and parents that are supporting us; we want club to be a positive experience for everyone involved.

In event of a grievance concerning finances or an admin issue, you may contact Club Nexus by email at clubnexusvolleyball@gmail.com. This email address is checked by the directors periodically throughout the day and it is the quickest way to guarantee a thoughtful response from a director. Please allow 24 hours for a response. The directors need time to research the problem, discuss with the staff involved, and make a decision. If it's an emergency of some kind, you may contact Kassie Zachman at 907-306-7200 via phone call or text or direct message through the Group Me App.

Parent Representative Responsibilities:

Each team will have a parent representative that will communicate directly to the coaches on a regular basis. Our parent representatives will be chosen by the coaches and asked if they will take on the responsibility. They will help communicate with the other parents on behalf of the coaches. Here are some items that they could be responsible for:

- 1) Communicates regularly with the coaches and informs the parents of any practice changes, tournament times, and any other information that needs to be distributed.
- 2) Serves as a team representative to the administration of Club Nexus. Attends meetings with other representatives and communicates back to their team's parents.
- 3) Assists in the distribution of team apparel.
- 4) Prepares a team directory for all parents with names of players and parents, address, phone numbers, etc.
- 5) Coordinates team area during tournaments with participation of other parents.
- 6) Encourages team spirit!

Please let your coaches know if you are interested in this role. Thank you in advance for your help!