

MAIN BEACH VOLLEYBALL CLUB

GIRLS PROGRAM HANDBOOK – 2018/19

Co-Directors: Jan Furman and Gabrielle Houston Neville

Main Beach Volleyball Club (MBVBC) was founded in 2002 by Jan Furman and Gayle Stammer as a California non-profit corporation. The Managing Director, Coaching Staff and Board of Directors are dedicated professionals focused on delivering a high quality, cost effective, enriching and competitive environment for your player.

This handbook is intended to provide an overview of MBVBC, the Programs and Individuals, which make Main Beach a family. The Policies and Practices make us an “extraordinary Club experience”.

PURPOSE OF THE MAIN BEACH VOLLEYBALL CLUB

The purpose of MBVBC is to provide a competitive program for young athletes to develop and improve their volleyball skills while learning valuable life lessons.

GOALS OF THE MAIN BEACH VOLLEYBALL CLUB

- To provide a healthy competitive environment for all players, improve the skill level of the athlete and prepare them to compete at the college level.
- To provide a coaching staff that is knowledgeable about the game and communicates well with the players.
- To provide a high level of technical training, taught consistently through all programs, with structured and disciplined practices.
- To compete at the highest level in all leagues and competitive tournaments.
- To enable players to take responsibility for their commitment to volleyball and the Player Code of Conduct
- To support our coaches and players with a caring environment as they meet life’s challenges.

The Main Beach Girls Programs

MBVBC started with the Girls Power League Program in 2002 and has steadily expanded the programs to meet the Santa Cruz and Central Coast volleyball

community. In 2005 the need to teach volleyball fundamentals was met with the introduction of the Blenders 12 and under Program. The Sand Program began in 2009 to fill the need for a junior based beach volleyball program. MBVBC rounded out their offerings with a Boys Program in 2010. Additional information about MBVBC can be found on our website www.mainbeachvolleyball.com

MBVBC competes in the Northern California Volleyball Association (NCVA) under the umbrella of USA Volleyball, the national governing body for amateur volleyball at all levels of competition. The Northern California Region extends north to the Oregon border, south to Fresno, and west to San Francisco and east to the Utah border. The NCVA website, www.ncva.com, is a source of information on tournaments, dates, times and places as well as team status for the Power and Premier Leagues.

➤ **Girls Programs**

Travel Teams

The Main Beach Travel teams are the club's elite teams and are at the highest level of competition. These teams participate in Power League which consists of a 2 day qualifier, 3 Power League tournaments, and a 2 day regional tournament held in Reno, NV. Travel teams will also be competing in a Cal Kickoff, President's Day and Far Westerns.

Power Teams

Players selected for a Power team will compete at the highest level of play that the NCVA offers but will not be attending any qualifiers. Power league ends in the 2nd week of May. These teams will compete in the California Kickoff, President's Day and Power League.

Premier Teams

Main Beach Premier teams are for players that are committed to playing club and wish to focus more on developing their skills for the game in a slightly less competitive environment. This league was formerly known as area league and is also under the umbrella of the NCVA. This league has a qualifier, 4 league tournaments and district championships in Sacramento. The Premier league tournaments require minimal travel.

➤ Youth Program

Players in Training

Main Beach is offering a program for the younger volleyball player who wants to better their skills, and learn the game with organized practices with less emphasis on competition. It will consist of 2 days a week of practice and a few tournaments. This program will be a no-cut month-to-month sign up — no long term commitment necessary.

Blenders – 12 and Under Program (Fall and Spring)

Blenders (4th thru 6th grade) is a no-cut volleyball program designed for players 12 years and under. Blenders do not participate in tournaments. The purpose of Blenders is to teach young players the fundamental skills so they can learn the game and improve their skills

THE MAIN BEACH TEAM

The Main Beach organization consists of the MBVBC Board of Directors, Administration and our Coaching Staff

Board of Directors - The MBVBC Board consists of 5 members that meet on a monthly or as needed basis. They are responsible for MBVBC policies, oversight of the financial budgets, scholarship administration, and maintenance of the club's non-profit status. Board Members are invited to join based on their expertise and may not have a child on a current MBVBC team.

President - Wendy Grande

Vice President - Pat Coash

Secretary - Melissa Coash

Managing Director - Jan Furman

Director - Gabrielle Houston Neville

Member at Large - Dale Murray

Parent Advisor - Nico Peruzzi

Administration – The day to day Operations and Guidelines of MBVBC are the responsibility of the Administration Staff. The MBVBC Director and the respective program directors are responsible for selecting Coaches, establishing the baseline skills

and techniques to be taught at each level of play and preparing and adhering to the Annual budget.

MBVBC Managing Director - Jan Furman

Girls Program Manager - Gabby Houston Neville

Boys Program Managers - Chicory Roth and Jake Landel

Youth Program Manager - Carly Craig

Facilities - Dale Murray

Accountant - Wendy Scott

The MBVBC website has the most current information on our teams, coaches, dates and schedules. Bookmark www.mainbeachvolleyball.com.

MBVBC Policies

The policies shown below are how we govern the MBVBC as an organization and are set at the discretion of the Board of Directors

CODE OF CONDUCT FOR PLAYERS

Each player is expected to abide by the Code of Conduct for players. Signing with MBVBC is your agreement to the Code of Conduct for Players. Players not adhering to the Code of Conduct will be asked to leave MBVBC.

COACHES CONTRACT

Each coach is expected to sign a Contract which outlines the MBVBC financial obligations to the Coaches and the Code of Conduct for Coaches. Coaches not adhering to the Code of Conduct will be asked to leave MBVBC

PARENT/GUARDIAN CONTRACT

Each player must have a responsible parent/guardian agree to the terms and conditions of the MBVBC Contract. The contract outlines the Code of Conduct for Parents and their Financial Obligations to MBVBC.

FINANCIAL OBLIGATION OF PARENT/GUARDIANS

Payments must be received based on the schedule set at the start of the season, or the player will be suspended. There are no exceptions. Refunds are not possible as the majority of the expenses are incurred at the start of the season.

MBVBC GRIEVANCE POLICY

As a club philosophy, we encourage open communication between players, parents, and coaches. However, if a grievance arises, no matter how small, please use the following guidelines to resolve the grievance.

1. Player discusses the grievance with their parent/ guardian. If not resolved, then
2. Player talks directly to the coach about the issue. If not resolved, then
3. The player and the parent/guardian talk to the coach together. If not resolved, then
4. The player and parent/guardian takes the grievance to the Club Director. If not resolved, then

5. The Club Director takes the grievance to the Board of Directors. The decision reached at that level would be honored by all parties involved.

Main Beach has a 48 hour rule to address an issue or concern. Should you have an issue or concern with a coach, you cannot address the issue with the coach until 24 hours after the issue has occurred. You may however call the MBVBC Managing Director, Jan Furman, at ANY time.

Code of Conduct for Players

- Practice good sportsmanship at all times
- Work towards being the best student athlete possible
- Have a positive attitude
- Support your teammates
- Use appropriate language at all times
- Contact the coach as soon as possible if you cannot attend practice or a tournament. This is YOUR responsibility, NOT your parent's
- Be on time to practice and tournaments
- Get permission from the coach to leave the playing site at a tournament and always go with a partner when leaving the playing site
- Keep personal possessions (cooler, gym bag, etc.) clean and orderly at all playing sites. Pick up after yourself and throw away your trash.
- Obey the coach's curfew and rules when participating on an overnight trip.
- No tolerance policy regarding tobacco, alcohol or drugs.
- Address the coach directly with problems about volleyball to discuss and resolve the issue.
- Attend all practices and tournaments or playing time may be affected. Practices and tournaments are mandatory and critical ensuring a strong commitment to the team.

Student Athlete: By signing with Main Beach Volleyball Club I understand and agree to the Code of Conduct as stated above.

Name

Date

MBVBC Parent Guardian Contract 2018/19

To help MBVBC maximize your Volleyball experience, it is critical that the parent-guardian understand both the MBVBC and their own responsibilities.

Terms and Conditions

1. I have read the Main Beach Volleyball Club Parent Handbook
2. I have read the MBVBC Parent/Guardian Contract and agree to the Code of Conduct for Parents:
 - Provide your student-athlete with the support needed to uphold their contract with MBVBC.
 - Ensure that the financial obligations of the MBVBC are fully met in a prompt manner.
 - Understand that all communications to the coach concerning practices, playing time, position, and relationship with the Coach and player is to be done by the student-athlete first, not by the parent-guardians.
 - Parent-guardians are to conduct themselves at all MBVBC functions and events in a manner that provides an appropriate role model for their player and teammates in terms of good sportsmanship, respect of authority and concern for others.
 - In the event of a complaint; the grievance policy will be followed.
3. Financial Obligation (Travel, Power and Premier Teams)
 - \$500.000 is due at the commitment signing on Nov 12, 2018
 - The balance is due on January 5, 2019, or you may choose to pay in 3 monthly installments (January 6, February 6, and March 6). If you choose to pay in 3 monthly installments there will be a \$50.00 extra charge each month.
 - All payments must be paid in full by March 6, 2019. There are no exceptions. If payment is not received in full at this time the player will be suspended from MBVBC until the account is paid in full. In the event the balance is not paid by March 30, 2019 the Board will pursue options available to collect remaining fees due.
 - Refunds are not possible as the majority of the expenses are due and paid by MBVBC at the start of the season.

Parent-Guardian – by signing below, I am verifying that I understand and agree to the Terms and Conditions as stated above.

Printed Name	Signature	Date

MBVBC Guidelines

The guidelines outlined below are how we function as an organization and are at the discretion of the Director(s) and Coaching staff

PLAYING TIME

The amount of playing time a player receives is a function of the position she plays, her skill level, her commitment to attending practices and tournaments, and her behavior, concentration and attitude at practices and tournaments. The focus of our club is to field the most competitive teams; therefore playing time may not be equal.

PLAYER TIME COMMITMENT

Players are required to be at all practices and tournaments. Practices are held at Cabrillo College and Aptos High School and will be two nights during the week (MW or TTH) and on Sundays at Cabrillo, unless playing in a tournament that weekend. Generally there are two tournaments per month for Power League, one or two for Premier League and one for the Hybrid Team. Regional and non-league tournaments are usually two to three day tournaments.

All tournaments usually start at 8:30 a.m. The girls are required to be at the playing site one hour prior to the tournament start time.

Tournaments can end from early afternoon to late evening. Departure times are decided on a team to team basis. ALL players are required to stay until the end of all the Team responsibilities.

PARENT/GUARDIAN RESPONSIBILITIES

Parent/guardian participation is essential for Main Beach. Every parent/guardian is responsible for the transportation to and from practices and tournaments. Players must be on time, once they are at practice or a tournament, it is the responsibility of the coaches to supervise their team. If you are unable to transport your daughter to practice or a tournament it is your responsibility to arrange for transportation. Coaches and 'Team Parent' are not responsible for the transportation or arranging transportation for your daughter.

Parents are expected to make their own travel arrangements. Hotels will be posted on the website as soon as the location is confirmed and the Hotel accommodations are made.

RESPONSIBILITIES OF THE 'TEAM PARENT'

The 'team parent' is responsible for communicating with the head coach throughout the season. The main responsibility of the 'team parent' is to manage the player's needs at the tournaments with the support (time and funds) of the Team parents. They are to organize the "team site": which parents are responsible for set up, food, snacks, water and take down, etc. at tournaments. They ARE NOT responsible for organizing any transportation.

SCHOLARSHIPS

The MBVBC will hold functions for the sole purpose of raising funds to provide financial support Volleyball players who are not able to meet the MBVBC club fees. Scholarships must be applied for by both the Player and the Parent/guardian. Awards are based on financial need and the Player's commitment to volleyball. The due date for Scholarship applications is October 26, 2018. [Refer to the mainbeachvolleyball.com website for additional details, application and information on named scholarships.](http://mainbeachvolleyball.com)

TAKING VOLLEYBALL TO THE NEXT LEVEL

To ensure a complete Volleyball experience MBVBC offers excellent coaches that will provide valuable instruction grounded in fundamentals and practiced through repetitions. This may include personalized instruction and the use of software, Dartfish, designed to visualize body positioning to improve play. Refer to the MBVBC website for details

MBVBC is committed to enabling our players to continue to play volleyball in college. Several Tournaments are selected based on college recruiting schedules. Player information sheets are made available at these tournaments for recruiters. Review the recruiting services offered MBVBC Handbook or contact the MBVBC Managing Director for more information.

FEES – 2018/19 GIRLS PROGRAM

18 Elite Travel: \$3575 (*includes all hotels – but not flights*)

17 Travel: \$3950 (*includes hotels for regionals in Reno and the Reno Qualifier*) ***

16 Travel: \$3950 (*includes hotels for regionals in Reno and the Reno Qualifier*)

16 Power: \$3600

15 Power: \$3600 (*includes hotels for regionals in Reno*)

15 Travel: \$3950 (*includes hotels for regionals in Reno and the Reno Qualifier*)

14 Travel: \$3950 (*includes hotels for regionals in Reno and the Reno Qualifier*)

14 Premier: \$2850

12 Premier: \$2500

(Travel Fees include travel costs to National Qualifiers and Junior Nationals)

Power Teams do not go to National Qualifiers or Junior Nationals

- Coaches and Staff Salaries
- NVCA Power/Premier league fees, coaches, team mom fees, Administrative fees
- Tournament entry fees
- Facility Fees and Insurance
- Nike apparel warmups, jerseys, spandex, back pack socks, knee pads and practice shirts.
- Equipment, coaches flights and stipends, Holiday party and banquet.
- Hotels for the following tournaments: National Qualifier in Las Vegas, NV (Travel Teams only).
- Regionals in Sacramento and Reno, NV.

Payments

Payments can be made by credit card through our PayPal account or by check made out to MBVBC and sent to MBVBC, P.O. BOX 683, Capitola, CA 95010

At the Commitment signing, on Nov. 12, 2019, the initial payment of \$500 is due.

OPTION A - The remaining balance paid in full by Jan. 5, 2019

OPTION B - The remaining balance paid in three payments with a \$50.00 Processing fee per payment.

Payment 1 - January 5, 2019

Payment 2 - February 5, 2019

Payment 3 - March 5, 2019

THERE ARE NO REFUNDS.

MAIN BEACH IS A NON-PROFIT ORGANIZATION. OUR TAX I.D. NUMBER CAN BE PROVIDED BY REQUEST.

MBVBC RECRUITING SERVICES

The MBVBC Coaching staff will take care of our Players!

Main Beach provides recruiting services to players interested in playing volleyball at the college level. She meets individually with the player, and their parents, to outline the recruiting services available.

Recruiting Services may include the following:

✓ College Discussions with the Player – reviewing volleyball skills, academics and potential

majors

✓ College Selection – reviewing programs and best fit options for the player based on skills

and academics

- ✓ Coach Introductions – at tournaments or at the college(s)
- ✓ College Visitations – set up visitations that include visiting the college team and coaches
- ✓ Player Guidance – coaching the player on the College selection and follow up process

MBVBC Players working with Jan have visited and been accepted at NYU, Oregon State University, Stanford, Chico, UC Davis, UCSC, Cal, and UCSB to name a few. MBVBC is proud that 77% of our Players played volleyball in college, with 58% playing 4 years and graduating. Our MBVBC College players are listed on the following pages. College Scholarships will be discussed, but are not guaranteed.

RECRUITING

MBVBC COLLEGE PLAYERS

A stated goal of MBVBC is to provide a healthy competitive environment for all players, improve the skill level of the athlete and prepare them to compete at the college level. The following list shows our players and College Commitments. Denotes 4 years of play and a graduate. * denotes play in college

2016 Commitments

Maddy Bol – University of Chicago
Avery Keathley – Concordia
Irvine Nikki DeSerpa – Marist College
Rebecca Lee – Lewis and Clark , Oregon
Jennifer Lane – Willamette
Lauren Matias – UC Davis

2015 Commitments

Amber Bothman – Cabrillo College
Claire Coash – UC Irvine

Vanessa Ditz – Cabrillo College
Natalie Picone – Cabrillo College
Olivia Tabron – Cabrillo College

2014 Commitments

Jenna Belton – USC Sand Volleyball

2013 Commitments

Shannon Cotton – Chico State
Carly Craig – Cabrillo College
Rachel Linden – Sacramento State
Morgan Matias – Cabrillo College
Quinn Morrison – Scripts
Kelsey Shaver – Cabrillo College

2012 Commitments

Shivani Bigler – Tufts University
Alex Bol – UC Davis
Delanie Borek – Cabrillo College
Clare Bozzo- Manhattan College, NY
Maddy Call – University of the Pacific
Karly DaRosa – Cabrillo College, SF Academy of Art
Chloe Dlott – MIT
Alex Flores – UC Santa Barbara
Sandy Fung – UC Riverside
Ragine Graves – University of Chicago
Ariel Magnum – Pepperdine University
Bria Morgan –Unv of Hawaii, Hilo
Allison Ota – UC Santa Cruz

Sarah Rodriquez – Notre Dame de Namur
Deirdre Wilson – Wheaton College, MA

2011 Commitments

Bailey Agnello - Notre Dame de Namur
Julia Ashen – Cal State Monterey Bay
Gabi Cinkova – Fordham University
Jordan Cotton – Cabrillo College, SF Academy of Art
Nicci Reynaud – University of Puget Sound
Kayce Skocko – Gavilan College, SF Academy of Art
Lizzy Stivers – Creighton University
Lauren Sutton – Azusa Pacific University
Ellen Yamasaki – Pomona College

2010 Commitments

*Victori Bozzo – Western Nebraska
Mary Kathryn Brazil – Cal State Stanislaus
Sierra Clark – Cabrillo College
Alisha Cornick – University of Redlands
Erin Mitchell – Evergreen & Humboldt State
*Natalie Morgan – Oregon State University

2009 Commitments

*Katherine Brown – Cal State Berkeley
*Karissa Cook – Stanford University
Roque Hesson – Cabrillo College
*Justine Hunter – Pepperdine University
*Megan Levonian – Claremont McKenna College
*Shelby Oliver – NYU

Sara Reams – St Mary's College

Olivia Ruff – UC Santa Barbara

2008 Commitments

*Alex Bell – Sonoma State

Evin Cotton – Baylor University

Emily Kortsen – Utah State

*Alexa Rosendale – Portland State, Humboldt State

2002 to 2007 Commitments

* Annie Baer – NYU –played 2 years

* Katerina Cinkova – American University

* Treva Crocker – Cabrillo College, Bethany Collage

* Emily Deleisseguess – Seattle University

* Chelsea Fowles – Utah State

* K C Fox – University of Portland

* Alyssa Gibbon – Seattle University

* Becky Glasgow – Cal Poly – played 2 years

* Randy Goodenough – University of Arizona – played 2 years

* Lorel Grande – Dominican University, San Rafael CA

* Megan Hall – Endecott College

* Brogie Helgeson – Tufts University

* Amy Knight – UC Santa Cruz

* Janelle Murray – Cabrillo College – Played 2 years

* Leanne Ringquist – Claremont McKenna College

* Kiersten Sambrailo – Oregon State University

Leslie Schipper – Hawaii Pacific University

* Tori Vaughan – Central Connecticut University

*Erin Tucker – Cabrillo College – Played 2 years