

NET FORCE

VOLLEYBALL CLUB

2011 Player/Parent/Coach Handbook

Net Force Philosophy and Mission Statement

Mission Statement

To provide student athletes with the opportunity to develop physically and psychologically, individual and team volleyball skills through quality training and competition.

Goals of Net Force:

- To teach volleyball and promote positive attitudes, life choices and friendships.
- To contribute to the total development of our players.
- To assist our players in obtaining college scholarships for volleyball (if this is their goal) when and if they qualify through grades, attitude and ability. See *Collegiate Aspirants* Section for further discussion.
- To have FUN!

Club Philosophy

Since 1994 **Net Force Volleyball Club** has been dedicated to providing quality physical and emotional training to young athletes who are interested in learning the skills of volleyball, values of teamwork, responsibility and self-discipline. We have developed a program dedicated to the core values of teamwork, communication, self-responsibility, challenging yourself and working passionately towards a common goal.

Our club recognizes the profoundly positive effect that we have on athletes. Our training and teachings extend far beyond the gym as we strive to help young athletes develop “life skills.” We do this by teaching them to set difficult but achievable goals and the value of working hard. Hard work is the foundation for all our training as is key to the development of self-confidence, courage and self-esteem.

The following are additional elements of our Club’s philosophy:

Player Growth & Success

We recognize that there are a number of important lessons that come from playing team sports. The ability to recognize working hard as an immediate goal will be stressed throughout the season. A desire to win is a significant motivating force behind hard work. We believe in winning and having an enjoyable experience but these are recognized as by-products of the immediate goal of hard work. We focus on creating an environment where hard work, fun and winning can take place. Within these three concepts lies the foundation for player growth and success.

To facilitate player growth and success, Net Force offers two levels of play to suit the needs of players and families. These levels are designed to take into consideration a player’s skill level and the player (and parents) financial and time commitments. The cost of these programs varies and is based on the amount of training (practices), length of season, and the number of entered events. The three levels of play are:

Net Force Competition
Net Force Select



Playing Time

While every player will get opportunities to play at every tournament, the specific amount of playing time is at the coach's discretion and will **not** be equal for all players. Players earn playing time through game situations and practice. **Every player will get the same opportunities in practice to earn playing time.** Players that are absent from practice (whether excused or unexcused) will miss out on opportunities to earn playing time. It is responsibility of the coach to identify the strongest line-up and implement a strategy that puts the team in the best position to be successful.

Every player has a role. Understanding the role and the expectations of it are a joint responsibility of both player and coach. When a player is disgruntled over their role on the team, the appropriate response is to clarify her role with the coach and work as hard as possible to effectuate a change. Parents can best help their athlete by helping her set goals to achieve more opportunities for play.

Teams playing in the most highly competitive situations (National tournaments, tournament finals) will need to be at their best. In situations such as these, it is the judgment of the coach to identify the strongest line-up and implement a strategy that puts the team in the best position to be successful. Here the best players **will** undoubtedly play more.

Academics, Family & Social Life

A significant element of our teaching involves training our athletes to manage their time and achieve balance in their busy lives. Our program acknowledges the significance of academics and understands the demands that most of our student/athletes are subjected to. The skills we attempt to teach involve planning, time management and goal setting. In doing so, we expect that players will not miss practices due to a lack of foresight.

Family and Social engagements frequently conflict with the club season. Involvement with our program is **not** convenient. All our athletes, coaches and families will be called upon frequently, to sacrifice personal and family plans for the common interest of the team. Personal sacrifice is only a portion of the price required of participation in high-level athletics that Net Force pursues.



Multi-Sport Athletes

Net Force Volleyball Club welcomes multi-sport athletes and works to develop schedules and policies that are amenable to those with additional athletic commitments. With the decision to participate in multiple sports come the added responsibilities of added time management and priority setting. The player is expected to do everything possible to fulfill her commitment to her Net Force Team. The consequences for missing a practice or tournament due to additional sport activities are no different than for other excused absences. These consequences go beyond having to sit out a game. When athletes miss opportunities to practice, they miss opportunities to improve. This affects team continuity and performance, which in turn, affects playing time.

Nonetheless, the club volleyball season is long. There have been numerous multi-sport athletes that have missed some training. We have found when they become fully committed; they are in great shape and catch up quickly.

Team Travel

Competition level teams will travel quite extensively during the season. Teams at this level will travel to a minimum of (2) multi-day, National event. Select level teams will only play locally. There will be additional fees assessed to cover lodging and coach's fees for these events. Failure to attend such travel tournaments will not absolve players of the tournament fees.

Considerable time and resources are dedicated to the planning and scheduling of these events. We take great pride in providing our players, teams and families with the most organized, competitive and safe travel tournaments. Players, families and coaches receive regular communications regarding these tournaments and team itinerary.

We believe that there are many benefits of our aggressive travel schedule. Such travel is useful in teaching athletes the traits of self-responsibility, time management and stress management. It is also our belief that it provides our teams a more competitive experience, facing teams from across the nation. Athletes are also exposed to considerably more collegiate coaches at such National events increasing their opportunities for college recruitment and scholarship.

Player Safety & Coaching Boundaries

Net Force Volleyball Club is committed to keeping all players and coaches safe and free of unnecessary risk exposure. All Net Force coaches must undergo background checks from USA Volleyball and Net Force administration prior to becoming registered members with USA Volleyball, the Great Lakes Region and Net Force Volleyball Club. In assuming these responsibilities, each coach is held to a strict professional code of ethics and conduct.

Prior to assuming responsibilities as a Net Force Coach, each individual must successfully complete and pass a USA Volleyball IMPACT Certification seminar and exam in addition to Net Force requirements.



Parent/Coach/Player Relationships

We hope that each and every parent becomes as much a part of Net Force Volleyball Club as the players and coaches do. Your enthusiasm, support, assistance, cooperation and positive reinforcement are always appreciated. There will be times in the heat of the battle, when the situations at hand may not be to our liking. During those times we will expect from our parents, the same that we expect from our players and coaches. Bite your tongue, lift your head up, get back into the game, and be ready for the next play. The coaching staff will communicate with any officials. It is never acceptable for parents to approach, berate, torment or antagonize opponents or game officials. The conduct of our clubs' parents is a direct reflection of the values of our club and has always been a virtue of Net Force Volleyball Club.

As a parent, there may be times when you are tempted to instruct or coach your daughter. This can be very confusing and upsetting during a heated, emotional match and may cause a player to lose their focus, especially if you are contradicting a coach's instructions or game plans. Please allow the players to focus on one set of instructions and leave the coaching to the coach.

We will not tolerate condemnation of any of the Net Force coaching staff. We acknowledge that everyone will not agree with every move a coach makes, but this does not warrant criticism or rudeness. The following guidelines have been developed to assist players and parents with resolving conflicts and disagreements that arise during the season.

- The player should discuss the concern or issue with the coach directly in an effort to arrive at a solution. No coach should be considered unapproachable. They are willing to listen to the player's concern and arrive at a mutual solution. Until a coach is made aware of a concern...nothing can be done to resolve it.
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- If the concern is not resolved the player and parent may make an appointment to speak with the coach. Please do not approach a coach at a tournament or practice where emotions are undoubtedly high and conversations may be possibly overheard by others.
- If a solution cannot be reached the player or parent should contact either of the clubs' directors to set up a meeting to further discuss the issue. The club directors reserve the right to act as the final say in such instances where no mutual resolution can be made.

If at any time you feel the ethics or safety of your child is in question, please contact club directors Mike Falk or Tom Coté.

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It is our hope that the parents will work with the coach in teaching their children how to manage the ups and downs of working within a group. Athletics can provide a positive tool in teaching our children the realities of life. Along the way, they will encounter and achieve life skills relevant to; cooperation, making use of positive feedback and constructive criticism, the value of being flexible, and the importance of handling defeat and victory in a gracious manner. Some parents enjoy the opportunity to watch, listen and learn at practice sessions. Parents are welcome at practice sessions. There may be times when for numerous reasons, a coach may choose to hold a closed practice. Each player will receive a practice schedule that will reflect any closed practices.

The enthusiasm, support, assistance, cooperation and positive reinforcement of family members and fans are always appreciated. There will be times during the course of the season when situations arise that are not to your liking. Net Force has developed specific policies and practices for resolving such situations. We will not tolerate the condemnation of any of the Net Force coaching staff. Teaching athletes how to express themselves during times of concern and disagreement is a significant part of our training and player development. While our policies allow for communication and conflict resolution, a coach will not be required to defend his/her coaching decisions. These decisions include among other things, specific match decisions (who played when, who was subbed out when, etc.).

Over the past decade Net Force teams have earned the reputation of being competitive, well-organized well-trained and good citizens. We have been able to achieve this by dedicating ourselves and our training to these values and philosophical beliefs. This system and philosophy have allowed Net Force Volleyball Club to reach great levels of success at both the regional and national levels.

THE
FIELD HOUSE
AT HINKSTON PARK

Code of Conduct

“The game does not develop character...it reveals it.”

-John Wooden
UCLA Basketball Coach

Practice Rules

All practices are mandatory. Players must notify their coach in advance of any absence from a scheduled practice. Players are required to call their coach before practice in order for an absence to be excused. Excused absences include: illness, academic related activity and school sports. School sports and related activity will only be considered excused if the coach is notified 24 hours in advance of the missed practice. Messages should be left on coaches' answering machines when they cannot be contacted in person. Homework does not fall into the category of an excused absence. Players are expected to plan ahead and must learn to become “student/athletes”. Unexcused absences from practice will result in consequences.

Practices will start on time. Practice equipment will be set up 15 minutes prior to the start of practice.

Every player, team and coach will leave the practice facility in better shape than you find it. Facility usage is a short commodity and vital to a successful our club program. Please do not underestimate the effort and time involved in acquiring a facility. Net Force Volleyball Club is committed to keeping its reputation as a responsible lessee.

Players are required to be “ready” to begin practice at the assigned time. Please allow time to change shoes, fix hair and put on kneepads before the designated start time.

Jewelry is not permitted. Make-up should be kept to a minimum. Hair should be pulled back off the face with ponytails or braids.

Only parents will be allowed to watch practices. No friends are allowed at practices.

Players are required to wear assigned practice uniforms to all practices. No uniform...no practice. Players; not parents are responsible for their uniforms.

Every team will have their bags lined up in jersey number order in a place to be determined by the coach prior to the start of each practice. Bags should be zipped closed, clothing and belongings not being worn should be inside their bag.

Players shall have their water bottles filled prior to the start of practice. Do not drink out of anyone's bottle except your own.

Abusive language (cursing or swearing), drug or alcohol use will not be tolerated and will be dealt with consequences.

Additional Tournament and Competition Rules

Each player, team and coach will leave the playing facility in better shape than you found it.

Bring any and all team uniforms to every tournament. They should be clean and neat prior to the beginning of each tournament.

If your team loses equipment during the course of a tournament or practice each player will pay a pro-rated fee to replace the equipment.

48 hours advanced notice is mandatory to notify a coach and team if a player cannot attend a tournament. If for any reason the team is penalized, fined, or loses an entry fee due to forfeiture because of unexcused absences, the player(s) with the unexcused absence will be responsible for the fine or penalty issued.

Most tournaments will be played on Sundays. Tournaments usually begin at 8:00am and conclude about 5:00pm. Each team should play at least three matches with additional play-off potential when the team finishes first or second in their pool.

Be prepared for a long day and do not expect the facility at which you are playing to be accommodating. Bring healthy food and drink. Some facilities will allow you to bring a cooler into the lobby areas but not into the gymnasium. Players and parents are expected to abide by any and all rules governing food and drinks while we are visiting other facilities.

Each team will be responsible for officiating duties. This is a part of club volleyball and players should expect to be asked by coaches to act as officials numerous times during the season. There may be times when your team will be required to officiate after your team has finished competing for the day. You will stay and complete your responsibilities. Players are not permitted to leave a tournament early.

Players are expected to remain with teammates during a tournament. Players may not socialize with friends unless given specific permission from their coach.

All players will attend a mandatory officiating training to be held during the practice season. Players will receive training on how to function as: up official, down official, line judges, and score keepers. The date of this training will be announced at practice.

Players may be required to assist and work at Net Force sponsored tournaments at sometime during the season. This helps to promote our sport and club and helps us to continuing hosting quality events.

Cost and Payment

2011 Club Fees

The designated fees cover the following expenses: gym rental, USA fees and dues, uniforms, tournament fees, coaches' salaries, administration fees, equipment, medical supplies, postage, office supplies, coaching certification and training, and insurance. *Players attending travel tournaments and ordering additional team sportswear incur additional charges.*

<i>Net Force Competition</i>	<i>\$1,975.00</i>
<i>Net Force Select</i>	<i>\$1,500.00</i>

2011 Payment Schedule

The following schedule has been developed to specify club fees and payment expectations. The below listed payments should be mailed to club director Tom Coté at: 3745 Cherokee Dr., Johnsburg IL. 60051.

Questions regarding extended payment plans should be directed to Tom Coté at (815) 385-8046 or at: netforcecoach@yahoo.com. Make all check payable to: Net Force Volleyball Club. Please indicate the players name and team on each check.

Do not give these payments to your coach.

Date Due	Payment Purpose	Amount Due
11/22/10	1st Dues Payment (Family Orientation Night)	\$900 Comp \$700 Select
2/1/11	2 nd Dues Payment (Mail In)	\$875 Comp \$600 Select
	Travel (Mail In)	TBD

A \$200.00 non-refundable deposit is due upon completion of try-outs. This deposit will secure a players' position with the club.

Refund Policy

If for any reason a player elects to voluntarily leave the club or is involuntarily terminated by the club administration, a pro-rated refund will be administered. Players and parents are asked to refer to the *Net Force Volleyball Club Memorandum and Understanding of Agreement* for terms and conditions of refunds. It should be noted that no refunds will be given after the final payment date.

Team Selections

Tryouts are a “necessary evil” due to limited resources of gym time and coaches. Players are evaluated by the entire Net Force Coaching staff on their athleticism, talent, character and team play in 1 or 2 day sessions. Our staff is very sensitive to the disappointment of those not chosen and attempt to go about this process in a most sensitive and supportive manner. While we recognize the stress of such a try out, we acknowledge this as part of athletic competition and experience.

Practice Facilities, Times and Sites

Net Force Volleyball Club is proud to utilize The Waukegan Park District’s Field House for all training and practices. Teams will practice twice weekly. Weeknight practices will run from 5:00-7:00pm or 7:00-9:00pm. Weekend practices may be instituted and will run 8:00-10:00am. Optional Core and Fitness training will be offered to athletes in conjunction with Waukegan Park District staff. Additional schedules for these trainings will be developed and posted.

The monthly practice schedule, along with the month’s competition schedule will be posted on the Net Force Volleyball Club web site.

Collegiate Aspirants

By no means will your participation in Club volleyball guarantee college scholarship offers. Club volleyball will however, enhance and opportunities available through increased competition and training, exposure from tournament attendance and networking. Net Force Volleyball Club has developed an extensive network of relations with college coaches at all levels of play. This has been instrumental in our ability to link our players with programs that best fit their athletic and academic needs.

It is the responsibility of the athlete to communicate with their high school counselor and coach(s) regarding issues related to eligibility, recruiting procedures, college visits, etc. The club will assist players in any way possible. Please let us know what we can do to assist your efforts.

The Club Season

In agreement with Regional policy, try-outs will be held at the conclusion of the Illinois High School Association (IHSA) volleyball season. Practices will begin in December. Select teams conclude in April while Competition teams will end in June.

Players will participate in tournaments on the average of twice monthly. The season may be extended for teams qualifying for National competition or who choose to play in an additional festival in the spring. Additional fees will be charged when a team's season is extended.

Insurance/Injury

Tournament and practice site liability insurance is set at \$2,000,000 for USA Volleyball sanctioned and approved competition. Every incident will be documented by the coach and submitted to the club director for processing. This insurance is considered secondary, and will cover additional expenses the player's primary insurance carrier does not cover.



Meet the 2011 Net Force coaching staff

Tom Coté

Club Director Net Force Volleyball Club

(815) 385-8046

netforcecoach@yahoo.com

As one of the founding members of Net Force Volleyball Club, Tom begins his 18th season with Net Force. He is also the recipient of the Great Lakes Region's 2003 Lindsey Award presented for outstanding performance in the region. Tom was selected as Co-Head Coach of the 2002 Great Lakes Region Youth team, which competed and captured the gold medal at the USA Volleyfest in Park City, Utah. Tom is a Junior National Certified official as well as an IHSA and Collegiate certified official. He is employed as the Manager of Safety Services for the Union Pacific Railroad and specializes in employee training and communications. Tom is married (Lisa) and has three children; Colleen (30), Allison (28), and Jim (25).

Mike Falk

Club Director Net Force Volleyball Club

17 Competition Coach

(224) 430-4581

kmfalk@aol.com

As a founding member of Net Force Volleyball Club, Mike begins his 18th season with Net Force. Mike has coached all level of competition including coaching in our boys program. In 2010 Mike coached his 16 Competition team to a historic 66-19 record and a top 25 finish in the prestigious Great Lakes Power League. The team concluded its' season by participating in the AAU National Championships in Orlando, Florida. Aside from his coaching duties, Mike holds several key administrative duties as Club Director including; site and tournament facilitation, marketing and staff recruitment and development. He has coached several Division I and Division II athletes during his tenure with the club. Mike is a former NCAA volleyball player from George Williams College 1983-1984. He has a Master's degree in Human Services and is employed by the Lake County Health Department where he specializes in the treatment of persons with substance abuse and mental illnesses. Mike is married (Janet) and has three children: Kollin (23), Megan (20), and Kevin (18)

Bill Eager

16 Competition Coach

This is Bill's 8th year with Net Force. Bill formerly played for the University of Arizona's Men's Volleyball Club leading them to two Club National appearances. He has also been head varsity volleyball coach at Notre Dame High School, Belmont, California in 1992. He also has participated on the AVP pro-beach volleyball tour 1992-1993. Bill is currently the Junior Varsity coach at Grayslake Central High School. Bill holds a Master's degree in Counseling Psychology and is currently employed by Abbott Laboratories, Abbott Park, IL. Bill is married to Cathleen and they have on daughter Autumn (7) and a son Austin (1).

Ashley Fallos

16 Select Coach

This is Ashley's first season with Net Force. She has previous coaching experience at Team Indiana where she coached in there 14s division. Ashley is a former Net Force player and Warren Township High school graduate who went on to play Division II volleyball at the University of Indianapolis. She was a 4-

year starter, playing both Outside Hitter and Defensive Specialist. Ashley earned her Bachelors of Social Work degree from UI and went on to receive a Masters of Social Work degree from Indiana University Purdue University. Ashley is presently employed as a Social Worker for Catholic Charities.

Bill and Janet Szczesniak

15 Competition Coaches

This will be Bill and Janet's 16th season with Net Force Volleyball Club. They are experienced coaches that have coached at all levels of our program. Both have High School coaching experience. Bill is the former varsity coach at Carmel High School in Mundelein and Janet is currently the sophomore coach at Lakes High School in Lake Villa. Both Bill and Janet have completed advanced level coaching training earning CAP I certification with USA Volleyball. Bill and Janet have a daughter Kathy (21) who is a junior at Carthage College.

Bill Rapp

15 Competition Coach

This is Bill's Second year of coaching with Net Force. He has been coaching volleyball in Lake County for over 10 years.

He has an extensive background in strength and conditioning, and believes in working hard to achieve an objective.

His approach to volleyball is to focus on fundamentals and improving athleticism to allow the girls to maximize their volleyball potential.

Sue Gomez

15 Select Coach

This will be Sue's 1st year with Net Force. She has an extensive history as a coach and player. A graduate of Mundelein High School, Sue went on to play for Illinois Wesleyan University in Bloomington, Illinois for 3 years. She has coached for the past 6 years at St. Patrick's School in Wadsworth.

Jason Janczak

14 Select Coach

Jason returns for his 8th season with Net Force. Jason is an Impact Certified coach with USA Volleyball and is also the varsity volleyball coach at Grayslake High School where he has won 2 Regional titles in the past 4 seasons. Jason holds a Bachelor's degree in Political Science from Michigan State and is a Social Sciences teacher at Grayslake High School.

Jen Connell

13 Select Coach

This is Jen's 6th season with Net Force. Jen is an Impact certified coach who has acted as assistant coach on various levels of our program. This is her 2nd season as head coach of our 13 Select team. Jen is also a USA Volleyball certified official and is employed as a sales representative for a pharmaceutical company.

Kelli Aaron

13 Select Coach

This is Kelli's first season with Net Force Volleyball club. Kelli has previously coached volleyball at St. Patrick School in Wadsworth, IL for the past 2 years and has coached Warren Wave travel softball for the past 5 years. Kelli attended Southeastern Community College in West Burlington, IA on a full volleyball scholarship, while there she had achieved an invitation as the only junior college player to attend the Olympic volleyball festival in Lincoln, NE in 94 and the US National Olympic B team in 95. Kelli is currently employed by Abbott Labs and resides in Waukegan, IL with her 3 beautiful girls, Taylor (12), Kayleigh and Samantha (8).

Rod Polich

13 Select Assistant Coach

Rod has been coaching for St. Peters Catholic School in Antioch, Illinois for the past 4 years. He has coached 5th-8th grade girls' volleyball there. Rod is married and has two daughters. This is Rod's first year with Net Force Volleyball Club.

Distinguished Net Force Alumni

- 1997 Amie Fair – Beloit College
- 1998 Amy Wanta – McHenry Community College
- 1998 Jennifer Gussarson – University of Dubuque
- 1998 Laurie King – Linsey Wilson College (KY)
- 1999 Amy Foley – College of Lake County
- 2000 Kristin Nicoline – McHenry Community College
- 2000 Megan Carlander – Lakeland College
- 2000 Sarah Schmidt – St. Benedict's College (MN)
- 2000 Page Needham – Wheeling Jesuit University
- 2001 Corrie Magnus – University of Toledo
- 2001 Michele Barkley – University of Dubuque
- 2001 Eleni Swearingen – Drury University
- 2001 Jackie Bart – McHenry Community College
- 2001 Linsey Jasper – Southern Illinois University
- 2003 Natalie Howard – University of Dubuque
- 2003 Christa Klausner – North Central College
- 2003 Jenny Hein – College of Lake County
- 2004 Madeleine McNally – Northern Michigan University
- 2004 Jessica LeClaire – Milikin University
- 2004 Allison Friedrich – Elmhurst College
- 2004 Marisa Martin – Lake Forest College
- 2008 Derrick Norris – St. Ambrose University
- 2008 Jeff Halverson – Lindenwood University
- 2008 Lisa Blagg – Knox College
- 2008 Megan Falk – Carroll University
- 2008 Kathy Szczesniak – Carthage College
- 2009 Tory Dohm – St. Norbert College
- 2009 Shannon Curtis – University of Wisconsin Parkside
- 2009 Kaitlyn Klausner – College of Lake County
- 2009 Thomas Hannum – Stevens Institute of Technology
- 2009 David Schweitzer – St. Ambrose University
- 2010 Allana Connors- William Penn University
- 2010 Tori Drasler- Lake Forest College
- 2010 Stephanie Glogovsky- UMass Boston