



CLUB HANDBOOK

Aloha,

Welcome to another exciting season of KU'IKAHI Volleyball!

Please take the time to review this handbook, it contains information for both player and parent.

Pay special attention to the Code of Conduct section and the consequences of misconduct.

Good luck and have a great season.

Please feel free to call me if you should have any questions or comments.

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CLUB HANDBOOK/GUIDELINES KU`IKAHI VOLLEYBALL CLUB

The purpose of this booklet is to familiarize parents and players with junior volleyball and KU`IKAHI Volleyball Club's program, expectations, and club rules and regulations. We hope that it will answer many of the questions you may have. If you need further information or wish to assist with the program in other capacities, please do not hesitate to call Teoni Obrey, Club Director, at 523-5617. With everyone's help, we hope to make KU`IKAHI Volleyball Club an ongoing avenue to our youth in which they can attain and improve their volleyball skills, knowledge and love of the sport.

KU`IKAHI Volleyball Club (KU`IKAHI) is a seventh-year, not for profit junior boy's volleyball club established to provide a competitive program committed to building a positive character and fundamental skills for the player athlete. Through commitment, self-discipline and many hours of hard work, KU`IKAHI strives to:

- Develop the spirit of good sportsmanship through a competitive setting.
- Enhance self-image and build confidence.
- Develop each individual's mental and physical potential to the fullest.
- Promote having FUN!

MISSION:

At KU`IKAHI, we challenge all of our players to constantly improve through diligent practice and competition at both local and national levels. Using the sport of volleyball as the teaching tool, we believe in developing the entire athlete by ingraining important life lessons such as commitment, discipline, and teamwork. KU`IKAHI athletes at all age levels will have the opportunity to improve both their skills and confidence through uniform teaching and expectations in order to achieve personal and team goals. We welcome all athletes with various levels of experience and skills who will commit and dedicate themselves to playing volleyball "the KU`IKAHI way."

USA Volleyball (USAV) is the national governing body, and is responsible for local, regional, national and international rules and competition. USAV is divided into 40 regions, of which all of the island chain is part (except for the Island of Hawai'i) of the Aloha Region. Each year, players and teams must become members of the USAV in order to participate in practice and tournament play. (A portion of your son's club dues goes toward his registration into the USAV).

As a junior volleyball program, we are committed to providing quality physical and psychological training and competition-locally, regionally and nationally. The competitive athletic experience enhances social development, contributes to mental and physical well being, and teaches values of teamwork, responsibility, self-discipline and self-motivation. Our program is dedicated to giving all its members the chance to improve the many unique skills found in this original sport. We sincerely hope that by teaching the fundamentals, we will provide the solid foundation that will enable your child to play volleyball, not just in school but long into adulthood as well.

We cannot emphasize more that participating in our program requires commitment on the part of the player and parent. We expect any player considering participation to discuss the matter with parents as well as other advisers. The entire program involves a great deal of time, effort, and financial resources. At the same time, student's high school commitments must not violate the student-athlete status of anyone in the program.

REGISTRATION AND ELIGIBILITY

There are six age groups within KU'IKAHI, 13 & under, 14 & under, 15 & under, 16 & under, 17 & under and 18 & under. All participants are grouped by their age as of September 1 of the participating season/year.

Player registration into the USAV is handled and paid by the club. Once you become a member of KU'IKAHI **AND** participate in a USAV sanctioned tournament as a team member, you will not be eligible to play for any other club during the same junior season. Absolutely no refunds are given except for medical reasons or by the decision of the club coaches and/or director.

KU'IKAHI'S ORDER OF PRIORITIES

- 1st Family Responsibilities
- 2nd Academics/School Athletics
- 3rd KU'IKAHI Volleyball Club
- 4th Outside athletics, activities, etc.

TIME COMMITMENT

- The club volleyball season is split into two sessions. Session I runs from October until mid-January. Session II runs from after mid-May to mid-July. Players are expected to make a commitment to attend all practices and competitions scheduled by the coaching staff. It is understood that conflicts may exist, and if so, it is required that the player notify his coach of such so that proper adjustments and plans can be made.
- Practice and competition schedules will be provided as much in advance as possible. (Many times, coaches will not know if the tournament director has approved their entry into a tournament until the Tuesday before the given weekend.)
- Each team will have at least two scheduled practices, typically one of those practices during the weekend, depending on gym availability. Practice sessions are two (2) hours each.
- Competition/Tournaments are for the most part scheduled on weekends and will take place about once a month. Duration of each tournament could last around four to five hours long.

Volleyball is a "TEAM SPORT" and without committed participation, there would be no "TEAM WORK" or cohesiveness, which is necessary in this sport. If your son is unable to make this "Commitment" we ask that you notify his coach and/or the club director immediately so that we will be able to give someone else a chance to be a member.

PRACTICE LOCATIONS

Hawaii Baptist Academy Gym – Stan Sagert Campus

2429 Pali Hwy.
Honolulu, Hawaii 96817

Hongwanji Mission School Gym

1728 Pali Hwy
Honolulu, Hawaii 96813

Moanalua High School Gym

2825 Ala Ilima St.
Honolulu, Hawaii 96818

Star of the Sea School Gym

4469 Malia St.
Honolulu, Hawaii 96822

FINANCIAL COMMITMENT

Again, KU`IKAHI Volleyball Club is a seventh-year, not for profit organization and every penny of your son’s club dues goes toward operating expenses with nothing to spare. It is also important that dues be paid in a timely manner because we cannot afford to operate in the “red”.

FEES INCLUDE

- Equipment and Gym Rental
- Coaching Fees
- Registration in to the USAV both as a player and team
- Referee Clinics and Certification
- Tournament Fees
- Uniforms (2 numbered jerseys, shorts, jacket, warmup pants, practice t-shirt, kneepads, bag)

FEES

KU`IKAHI fees are **\$785.00** for our traveling teams and **\$675.00** for our non-traveling teams. This is a non-refundable fee. This cost would cover everything mentioned above **EXCEPT** for Mainland travel expenses.

PAYMENT OF FEES

You may make your checks payable to KU`IKAHI VOLLEYBALL CLUB. **NO CASH PAYMENTS** (except for fundraising money) will be accepted. We ask that you note what the payment is covering. Please give your payment to your son’s coach or coach Teoni. (A receipt will be written and available for your pickup.) (All unclaimed receipts will be discarded at the end of the year.)

WHEN TO PAY?

Fees are payable either in full during the Players/Parents meeting on **September 12, 2009** OR in two payments. For our traveling teams, the first payment, \$485.00, will be **due at the Players/Parents meeting** AND the final payment, \$300.00, will be **due December 1, 2009**. For our non-traveling teams, the first payment, \$375.00, will be **due at the Players/Parents meeting** AND the final payment, \$300.00, will be **due December 1, 2009**.

LATE PAYMENT SANCTIONS: (Note posted deadlines)

1. **One week late:** Reminder notice will be sent and a **\$10 late fee** will be applied.
2. If the required payment is not received within two weeks after receipt of the first notice (Now 1 month delinquent), your son will be ineligible to participate until the payment, plus \$10 late fee, is received.
3. If the required payment is delinquent by two months after the due date, your son’s membership could be terminated.

*** PLEASE CONTACT COACH TEONI IF YOU HAVING ANY DIFFICULTIES WITH PAYMENT. HE WILL BE GLAD TO WORK OUT A PAYMENT SCHEDULE TO FIT YOUR BUDGET. ***

TRAVEL

All KU`IKAHI RoShamBo teams plan to participate in the SCVA Junior Boy’s Invitational in Anaheim, California and the USAV Junior Olympic Boy’s Volleyball Championships in Atlanta, Georgia.

The dates for the 2009 Junior Olympic Boy’s Championships are as follow.

Age	Competition Dates	Travel Dates
	July 1 – 8, 2009	

The dates for the 2009 SCVA Junior Boys Invitational are as follow.

Age	Competition Dates	Travel Dates
All	January 16 – 18, 2009	January 14 – 19, 2009

Expenses for travel are **NOT** part of your Club fees. Travel for participation in mainland tournaments is **NOT** included in the above-mentioned fee. The SCVA Junior Boys Invitational in Anaheim, CA will be approximately \$1,000.00 and the USAV Boys Junior Olympic Volleyball Championships in Austin, TX will be approximately \$2,000.00. These estimated costs can be defrayed through fundraising efforts. A \$300.00 **non-refundable** travel deposit for each player on our RoShamBo teams will be collected at the **mandatory** Player/Parents Meeting on **September 12th**. The travel deposit will be applied to your son’s travel cost to both the SCVA Invitational and Junior Olympic Volleyball Championships.

Reimbursements will be made to parents should there be an over payment made upon completion of travel.

SAMPLE MAINLAND TRAVELING EXPENSE BREAKDOWN

TRAVELING COACH'S EXPENSE: (Sample Only)

Players will be dividing the coach's expense equally. Those expenses would include Airfare (x 2), Room, and miscellaneous tournament registration fees.

Example: Coaches Apportionment based on **12 players/2 coaches/2 chaperones**

Airfare	\$ 800.00
Asst. Airfare	\$ 800.00
Room	\$1100.00
Per Diem	\$ 80.00
TOTAL	\$2780.00/10 = \$231.67 each player cost for the coaches

CHAPERONE: (Sample Only)

Players will also be dividing the chaperone's expense equally. Those expenses would include Airfare (x 2), Room and applicable registration fees.

Example: 12 players/2 coaches/2 chaperones

Airfare (x 2)	\$1600.00
Room	\$1100.00
TOTAL	\$2700.00/12 = \$225.00 each player cost for the chaperones

PLAYER COST: (Sample Only)

Airfare	\$800.00
Room	\$250.00
Van/Gasoline	\$166.67
Tournament Fees	
Team Entry	\$ 75.00
Misc. Costs	\$ 40.00
Coach's Expense	\$231.67
Chaperone's Expense	\$225.00
TOTAL	\$1788.34 = TOTAL PLAYER COST

KU'IKAH I VOLLEYBALL CLUB STAFF

Teoni Obrey, Director / Head Coach, 7th Year
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Email: kkelli15@yahoo.com

Christopher Wells, 4th Year Assistant Coach
Andrew Shiira, 3rd Year Assistant Coach
Andrew Agcaoili, 2nd Year Assistant Coach

FUNDRAISING

KU'IKAHI will participate in fundraising activities in order to help defray some of the expenses your son may incur. Fundraising is optional but we assume that each player and family will be participating. If you do NOT wish to participate in any given fundraising activity, please notify your coach of such so that we can plan accordingly. In most cases, when a player participates in any given fundraising activity, profits earned by the player will go directly to the player's account.

A committee will be formed to handle the fundraisers for the club. This committee will be comprised of the club director, the club administrator, and a parent from each team. The duties of this committee will consist of the decision on the type of fundraisers, the distribution of information regarding the fundraisers to each player/parent, and the collection of any money earned from the fundraisers.

Each player will have their individual fundraising account set up in their name within the club. Any money earned will be deposited into their individual account to be used for club dues, additional gear, and travel. If a player is asked and/or leaves the club for any reason, the money in that individual's account will remain with the club to help with the gym fees.

LATE FORM SANCTIONS:

Starting this season, there is a deadline for forms to be submitted by. It is necessary for each player's forms to be submitted in a timely manner. There are a couple of reasons for this. The player will not be covered by USA Volleyball if their registration and medical release forms are not submitted. Also, registering early allows the teams to be entered in local tournaments earlier and allows the club to enter the mainland tournaments sooner. The sanction for late forms is that the **player is not allowed to practice with his team until all of the forms are submitted to Coach Teoni**. The following forms will be due by **October 3, 2009**:

- USA Volleyball Registration (online)
- USA Volleyball Medical Release Form
- KU'IKAHI Volleyball Handbook Agreement Form
- KU'IKAHI Volleyball Uniform Information Form
- Copy of the player's Birth Certificate
- Copy of the player's Medical Insurance Card

CODE OF CONDUCT

FOR COACHES, PARENTS AND PLAYERS

SPORTSMANSHIP – PARENTS AND PLAYERS

Sportsmanship and fair play are very important elements in competition and the philosophy of KU'IKAHI Volleyball Club. KU'IKAHI will also require parents to adhere to the same rules and regulations that your son must follow as a member of the USAV. Each player, coach, and parent will be required to follow the below mentioned Code(s) of Conduct. Should any party fail to do so, during any club function, such as picnics, impromptu team/group outings, practice, tournaments, travel, etc., he/she will be subject to disciplinary actions as followed. Please be aware that multiple warnings can lead to dismissal from KU'IKAHI.

Coaches Code of Conduct

As a Junior Volleyball Coach in the Aloha Region the coach will:

- Put the athlete first – Winning second
- Develop a positive self image in each athlete
- Be aware of the health and safety of each athlete
- Provide quality coaching and instruction

KU'IKAHI COACHES AND PARENTS will agree to: never use any form of verbal or physical abuse while as a coach/member parent of the club. Examples of abuse as follow:

VERBAL ABUSE

- Name calling
- Hurtful comments regarding performance
- Swearing at players or game officials
- Swearing at practice
- Comments directed to demean an individual's integrity

PHYSICAL ABUSE

- Slapping
- Grabbing
- Shoving
- Hitting

ILLEGAL SUBSTANCE

- No smoking
- No drinking
- No drugs

CODE VIOLATION SANCTIONS

KU`IKAHI would like to not have to address the above concerns. But in case the need arises, the below Warnings, Penalties, etc. will be put into place and utilized if necessary.

1. **FIRST OFFENSE:** Warning.
2. **SECOND OFFENSE AND/OR FLAGRANT ABUSIVE ACTS:** Dismissal from KU`IKAHI. (Can be invoked at any time.)

This Club Handbook/Guidelines acts as KU`IKAHI's notice of our intent to enforce the above Rules when the Code of Conduct is violated. **Again, please be aware that a player can be dismissed from the club without a warning or second offense.**

The coach and/or club director has the authority to decide any matter involving practice, games, implementing sanctions, etc. – including situations not mentioned above.

“ATHLETES FIRST, WINNING SECOND”

PLAYER GRIEVANCES

Steps toward solutions and better understandings

Parents have the responsibility for teaching their sons steps to remedy the situation.

1. Parent should first listen to their son and understand their child's feelings and the nature behind the grievance.
2. Parent should then help the child attain a better understanding of the circumstances that gave rise to the grievance. Try to place themselves in the shoes of the coach. See things from the other perspective.
3. If the player still isn't satisfied, the player should take time to discuss his grievance with the coach. (Note: Parent should provide guidance to their child by helping them translate their feelings into words/questions to be posed to his coach.) The player should then be encouraged to try to resolve those grievances with his new found understanding of the coach's perspective.
4. If all of the above has failed. The parent should make an appointment with the coach in a setting where there are no distractions. The best approach is one that first calls for a clarification of the coach's perspective on the issue. This should be done in a non-attacking manner and as two adults attempting to arrive at a strategy for working with the child that would be most beneficial.

Please note that, practices or competitions are inappropriate times for parents to engage coaches in discussions about the team or their child. A rule of thumb is that parents should *never confer with a coach in a gym*.

Bear in mind that although the parent and coach may have different perspectives, we share a common commitment in helping their child develop their skills and attitudes to the highest possible levels.

Understanding, communication and mutual encouragement are keys to having good working relationships between all parties.

GUIDELINES FOR BEING SUPPORTIVE PARENTS

It is important that parents demonstrate their commitment to the program by making their presence felt at as many events as their schedules permit. At competitions, it is most appropriate for parents to demonstrate enthusiasm for the activity by cheering on the team. However, it is essential that cheering be of a **POSITIVE** nature. In NO case should technical instructions be shouted to players. In addition, NO negative comments should be made. Lots of **POSITIVE REINFORCEMENT** is a must!

Supportive parents should:

- First focus on their child's mastering the skills and strategies RATHER THAN WINNING.
- Decrease the pressure to win.
- Believe that a sport's primary value is the opportunity for self-development.
- Understand that there are risks involved with competitive athletics—the chance that your child may fall.
- Not forget that their child had given their best.
- Leave the coaching to the coach.
- Control negative emotions and think positively.
- Not use punishment or withdrawal of love to pressure a child to perform better.
- Not nag or constantly remind their child that they need to practice, condition more or concentrate.
- Understand that their child, at times, will be nervous or under pressure, and is a signal to give emotional support.
- Congratulate the athletes for a job well done and leave the awards to the tournament director.

“ATHLETES FIRST, WINNING SECOND”

