

# KVBC stands for: **KoMet VolleyBall Club**

KVBC runs the KoMet Volleyball JO Program and also acts as the booster club for the school based 7-12 volleyball program. KVBC is managed by a volunteer Advisory Board and a Club Director.

KVBC supports VBall in the KM area through these programs:

- The High School & Middle School Fall Programs
- Volleyball 101 – 102 in the Fall. (2<sup>nd</sup> – 6<sup>th</sup> grade)
- **USA JO Volleyball in the Winter/Spring (5<sup>th</sup> grade & up)**
- KoMet Volleyball Summer Camps & Practices
- **The Annual KoMet Krunch JO Volleyball Tournament**

# What is JO Volleyball?

- JO Volleyball is just the term used to refer to off-season or club volleyball for youth volleyball players across the country.
- Our JO Volleyball teams are sanctioned by USA Volleyball (USAV) & we play in the North Country Region (NCR)
- The NCR and USAV require that all coaches have background checks and USAV provides insurance for all of their teams and members.

# When does the JO season start?

## How long does the season go?

### **VARIES DEPENDING ON THE TEAM**

- Open Gyms / Skill Sessions
  - Start in November (Optional)
- Team Practices:
  - Advanced teams may start in early December
  - Other teams will start in January.
- Competition Events (scrimmages / tourneys)
  - Usually start in January & go thru April or May depending on the level of the team.

# Practices

## How often, when, where?

- Avg 1-2 practices each week. (depends on team)
- Usually held on week nights (except Wed) & wknds.
- Most practices in KM School gyms. NVC if needed.
- Skills practices on Sunday Nights throughout season.
- Coaches schedule practices for their team & will try to work with families to schedule around other activities when possible. (not always possible)
- Once a practice schedule has been made and players have made commitments, they will be held accountable to those commitments.

# Competition Events

## **Scrimmages, Tournaments, etc..**

- Competition schedules are unique for each team & are created by the coach of the team based on the availability of players.
- Approx 4-6 events per year for our youngest teams.
- Up to 10-13 events per year for advanced teams.
- Some may be 2-day events. (usually in Rochester)
- There may be an overnight event in the Twin Cities.
- Once a player has committed to play in an event, they will be expected to honor that commitment and will be held accountable.

# Why KVBC?

- KVBC has open tryouts. No one is excluded and everyone has a chance to make a team. Anyone who is interested in playing and signs up for tryouts is welcome.
- We'll be offering open gyms and club-wide practices again through November and December. Experienced coaches will be running those practices and getting our players prepped and ready to hit the JO season at full speed!
- Skills practices on Sunday Nights throughout season
  - Led by KM Head Coach Adam VanOort. This gives all KVBC players a chance to learn the skills in a way that will enable them to transition into HS Volleyball without having to relearn things or unlearn bad habits when they reach that level.
- Strength and conditioning session available for 13+ teams, led by NASM certified personal trainer, Yvonne VanOort.

# KVBC Season Fees – 2017/18

11s & 12s “White” Teams	\$460
-------------------------	-------

12s “Blue” and 13s & Older “White” Teams	\$560
--	-------

13s & Older “Blue” Teams	\$660
--------------------------	-------

\*\*\* 1<sup>st</sup> half due at Commitment Mtg. 2<sup>nd</sup> half due Feb 1<sup>st</sup>, 2018.

\*\*\* You will receive 5% discount if the entire season fee is paid up-front by check at the Commitment meeting.

There is an opportunity to earn a \$100 refund!

\*If a family fills two 2hr shifts at the KoMet Krunch, they will be issued a \$100 refund check for season fees.

*The Krunch will be held: March 10th & 11th, 2018.*

# What are my Fees used for?

- Coaches (Head Coaches each paid: \$1200 - \$2000/yr)
- Gym Fees (\$2,000 - \$3,000 per year)
- NCR / USAV Membership Fees
  - \$35/12 & under player, \$50/13+ player, \$50/coach, \$65/team
- Tournament Fees: \$110 - \$335 per tournament.
- Uniforms / Clothing Fees
- Equipment (balls, etc)
- Admin Fees (printing, advertising, website, paypal, etc)
- Bad Debt (unpaid fees from previous years)
- Extravagant all-inclusive vacations for KVBC Board \*\*\*

\*\*\* Just kidding... Those dummies do this for free! 😊



# Fee Detail per Team

	<b>Fees / Player</b>	<b>11s (all) &amp; 12s White</b>	<b>12s Blue</b>	<b>13+ White</b>	<b>13+ Blue</b>
What Family Pays	without krunch credit	\$460	\$560	\$560	\$660
	with krunch credit	\$360	\$460	\$460	\$560
What KVBC pays for each player	Coach	\$150	\$175	\$175	\$200
	Gym Space	\$25	\$25	\$25	\$40
	NCR Fees	\$47	\$47	\$62	\$62
	Tourney Fees	\$115	\$185	\$185	\$230
	Uniforms / Gear	\$100	\$100	\$100	\$100
	Adverstising, web, misc	\$20	\$20	\$20	\$20
	<b>Total cost to club</b>	<b>\$457</b>	<b>\$552</b>	<b>\$567</b>	<b>\$652</b>

## Last Year's Fees:

- 12's and under: \$364
- 13's and older: \$443

# 2017/18 KoMet Krunch JO Tournament

- Saturday, March 10<sup>th</sup> & Sunday, March 11<sup>th</sup>
- 12s & 16s on Saturday, 3/10. 14s & 18s on Sunday, 3/11.
- Each team will play one day & then the families will have an opportunity to work the other day to earn a fee refund.
  - Families can work two 2-hour shifts to earn a \$100 refund.
- **Volunteers Needed for Krunch Committee.**
  - Contact KVBC board through website.
- Proceeds benefit both our JO Teams & 7-12 School Teams:
  - New equipment: balls, carts, ball bags
  - Additional Coaches for Middle School & Varsity

# **KVBC 2018 COACHING STAFF** (IN PROGRESS)

## **Returning Coaches:**

Adam VanOort, Yvonne VanOort, Raegan Froelich,  
Lainey & Jarek Moen, Danielle Vlazny, Darin Grabau,  
Brooklyn Grabau

## **New Coaches:**

Laura Threinen, Morgan Starkson, Mary Harders,  
Kim Stradtman, Julie Prigge

**Other Potential coaches in progress. TBD based on  
needs after tryouts.**

# Points of Emphasis for 2017/18

- Fee Payment Schedule & Refunds
- Blue vs White Team Levels Explained
- Commitment Levels & Attendance at Practices/Events
- Excused vs Unexcused absences.
- KVBC Playing Time Policies
- Problems and Conflict Resolution

# Fee Payment Schedule & Refunds.

## Handbook page 5.

- Fee Payment Schedule
  - 1<sup>st</sup> half due before or at Commitment Meeting on 11/19.
  - 2<sup>nd</sup> half due February 1<sup>st</sup>.
  - Players with missing or late payments will not be allowed to practice or play.
  - Note: The board is willing to negotiate hardship cases
- Refunds: If full fee is paid up front & player has a season ending injury prior to Feb 1<sup>st</sup>, or if a player is dismissed from a team prior to Feb 1<sup>st</sup>, then 50% of the fee will be refunded. No refunds will be given if a player quits for any reason.

# Blue vs White Team Levels Explained.

## Handbook pages 7-11.

- Blue level teams require a higher time commitment: They have a longer season, practice more frequently, play in more events, and pay more to be on the team.
- White level teams require a lower time commitment: They have a slightly shorter season, practice a bit less, play in fewer events, and pay less to be on the team.
- We will still form a 1s & 2s team in each age group, assuming there are enough players for 2 teams.
- We will designate teams as “Blue” level teams IF the coach and a majority of the players on the team can make the larger time commitment.

# Commitment Levels & Attendance.

## Handbook pages 7-11.

- Players are expected to make practices & competition events a priority.
- Practice schedules are created early each month
- Competition schedules created in Dec/Jan.
- Coaches will schedule what works for majority.
- It may be impossible to attend every practice & event, but commitments must be honored.
- Players will be held accountable for unexcused absences.

# Excused vs Unexcused Absences: Handbook pages 15-16.

- Excused Absences.
  - Absence due to sickness, injury, or other emergency.
  - Other examples of excused absences (if communicated early)
    - Religious obligations such as Mass, Sunday School, etc.
    - Family events: weddings, anniversary celebrations.
    - School activities: band, choir, school sports, theater, etc.
    - No penalty for a planned excused absence that's communicated early.
- Unexcused Absences.
  - When a player is absent because they choose to do something else
  - Examples of unexcused absences
    - ANY absences that were planned ahead but communicated late.
    - Forgetting/skipping.
    - Homework. Time management is important.
    - Babysitting / other job.
    - Social activities with friends.
- Unexcused Absences may be unavoidable at times.



# KVBC Playing Time Policies.

## Handbook pages 12-14.

- Playing Time Policies vary by team. (11s != 13s)
- KoMet Volleyball & KVBC Playing Time Principles:
  - Everyone is given opportunities to improve in practice, but in competition we compete to win and therefore playing time will not be equal in some cases.
  - KVBC is not a “pay to play” club. You are not paying for playing time, you are paying for your daughter to be part of a team on which she will have the opportunity to improve, to work hard to earn playing time, & to learn the importance of accepting different roles on a team.
  - No one is entitled to playing time. Playing time is competitive and must be earned & starting positions are competitive & must be earned.

# KVBC Playing Time Policies – cont'd

- Regardless of playing time, every role on the team is important and every role must be filled and embraced in order for a team to succeed at a high level.
- Not everyone is going to play the same amount, but everyone is expected to contribute to the team's success by embracing their role and performing in their role to the best of their ability.
- There are many different roles on a team, and EVERY role is critically important to the team's success.
- There are lots of ways to help your team win the next point without being on the court!

# Problems and Conflict Resolution.

## Handbook pages 20-21.

- Parents should never talk to coach about any problems or disagreements without the player present.
- Use 24hr rule. Meet in person. Don't email, text, call.
- If player & parents can't resolve issue after mtg with coach, then the parents can approve the KVBC Board.
- Parental behavior can result in player consequences.
  - Verbal abuse of coaches will not be tolerated. Slander & libel against KVBC or coaches by parents may result in player being dismissed from team & banned from club.

# IMPORTANT DATES

## **5<sup>th</sup>-8<sup>th</sup> grade Tryouts - Sunday, Oct 29<sup>th</sup>:** MS Gym.

5<sup>th</sup>-6<sup>th</sup> Grade: Registration & Sizing: 1:00pm – 1:30pm

Assessment: 1:30pm – 3:00pm

7<sup>th</sup>-8<sup>th</sup> Grade: Registration & Sizing: 3:00pm – 3:30pm

Assessment: 3:30pm – 6:00pm

## **9<sup>th</sup> grade & older Tryouts - Sunday, Nov 12<sup>th</sup>:** MS Gym.

Registration & Sizing: 3:00pm – 3:30pm

Assessment: 3:30pm – 6:00pm

## **Player/Parent Commitment Mtg: Sun, Nov 19<sup>th</sup>:** HS Commons

6:30pm – 8:00pm for returning families.

6:00pm – 8:00pm for 1<sup>st</sup> year families.

## **KoMet Krunch JO Tourney: Sat, 3/10/18 - Sun, 3/11/2018**

KVBC's biggest weekend of the year!

# KVBC ADVISORY BOARD

- The KVBC Board meets every 3<sup>rd</sup> Wednesday of the month starting 7pm in the Kasson American Legion. Meetings are open – All are welcome!
- KoMet Volleyball NEEDS to have a strong and organized KVBC Board in order to be successful.
- Existing members please introduce yourselves!
- Currently looking for a Treasurer!
- If you've been positively effected by KoMet Vball, please consider joining the board to give back!

Find updates at [www.KMVolleyball.com](http://www.KMVolleyball.com)

# QUESTIONS??

Go to: [www.KMVolleyball.com](http://www.KMVolleyball.com)

or email: [KVBC@KMVolleyball.com](mailto:KVBC@KMVolleyball.com)