



SPVB HANDBOOK 2016-2017

WHERE CHAMPIONS LEARN TO TRAIN

SOUTHERN PERFORMANCE VOLLEYBALL ACADEMY

4759 Alton Court, Suite 105 A

Irondale, Alabama 35210

Website: southernperformancevolleyballclub.com

Email: spvb2005@gmail.com

Dear parents, players and coaches,

We hope each and every one of you will take the time and put forth the effort to read the operations manual. We would like to welcome you and your family to the Southern Performance program for the 2016-2017 season. We have had very good tryouts and expect the upcoming club season to be successful at all levels

As we enter our 1th year, we would like to share with you some lessons that we have learned along the way and will hopefully benefit your daughter as she strives to attain a certain level of excellence.

- We have learned that when a group of people make a commitment to do something great, success usually follows. Words such as sacrifice, dedication, hard work and TEAM have great value in not only athletics, but in all areas of life.
- That winning is fun, but losing is much more valuable.
- That the lessons we learn from losing actually shape us into winners.
- That part of becoming a successful adult is learning to deal with failure as a child. That is how we grow and eventually prosper. There is nothing noble about falling down, but getting back up each and every time is possibly the most important quality we can teach.
- Finally, one of the key lessons is being comfortable in uncomfortable situations. By this we mean asking a little bit more of ourselves each day so we can continue to grow and improve. When the situations become difficult we are confident that we have done the work, paid the price and success will follow.

If you understand the core beliefs of this organization then it will be much easier to understand how and why we do things the way we do them. Athletics are something we participate in while we are young, but the lessons learned from athletics should last a lifetime. We want to welcome all of you to the Southern Performance program and look forward to another exciting season.

Sincerely,

Julie Dailey
SPVB Director

IMPORTANT NAMES, NUMBERS, EMAILS AND DATES

Southern Performance Volleyball Academy: 4759 Alton Court, Suite 105A, Irondale, AL 35210
Office: 205-957-0984

College Prep Director	All 15-18 teams Julie Dailey jdaileyspvb@gmail.com
Scholastic Prep Director	13 & 14's teams Shelbie Dailey- Haars sdaileyspvb@gmail.com
Youth Academy Director	12 and under teams Mellissa Gilbert mjilbertspvb@gmail.com
Youth Academy Director	Level 1, ages 3-10 Meg Davis mdavisspvb@gmail.com
Accounting Issues/Payment Plans	Adriane Wheat awheatpvb@gmail.com
Compliance Coordinator	Ashley Atkinson aatkinsonspvb@gmail.com
College Recruiting Questions Recruiting Coordinator	Julie Dailey jdaileyspvb@gmail.com
Travel or Itinerary Issues	Mellissa Gilbert mjilbertspvb@gmail.com

Important Dates:

Thanksgiving Break	November 21-27, 2016
Christmas Break	December 22-Jan 1, 2017
Spring Break	March 27-April 1, 2017

SOUTHERN PERFORMANCE VOLLEYBALL CLUB

CONCUSSION POLICY AND PROCEDURES FOR ATHLETES

Southern Performance Volleyball Club is committed to ensuring the health and safety of our athletes. The following concussion policy has been created using the latest medical research regarding the prevention and management of head injuries.

An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play on that same day until cleared by a certified athletic trainer or a physician licensed to practice medicine in all its branches in Alabama.

In cases when an athlete is still experiencing signs and symptoms on the day following a possible head injury (i.e. concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purpose of this policy, a “licensed health care provider” shall be defined as a physician licensed to practice medicine in all its branches in Alabama or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

The health and wellbeing of each athlete will be the primary consideration throughout this process.

Definition of a concussion

“Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

- Concussion may be caused either by a direct blow to the head, face, neck, or elsewhere on the body with an “impulsive” force transmitted to the head.
- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.

Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged”

(Consensus statement on concussion in sport the 4th International Conference on Concussion in the Sport held in Zurich, November 2012 Br J Sports med 2013;47:250-258)

Concussion Facts:

- May be caused by a direct blow to the head, face, neck, or elsewhere on the body with an impulsive force transmitted to the head.
- Symptoms can be subtle, such as a headache or feeling sluggish.
- Symptoms may not surface until 48 to 72 hours after injury.
- Recovery is different for every person who sustains a concussion, thus recover time cannot and should not be predetermined until after medical evaluation and post-concussion evaluation by a certified athletic trainer.

Concussion Signs and Symptoms

The following is a list of possible signs and symptoms of a concussion. This list is not all-inclusive, and other signs, symptoms or problems may be present that are not listed.

- Headache/Pressure in Head
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred Vision
- Balance Problems
- Sensitivity to Light
- Sensitivity to Noise
- Feeling Slowed down
- Feeling “In a Fog”
- Don’t “Feel Right”
- Difficulty Concentrating
- Difficulty Remembering
- Fatigue or Low Energy
- Confusion
- Drowsiness
- Trouble falling asleep
- More emotional
- More irritable
- Sadness
- Nervous or Anxious

Referral Guidelines:

If an athlete is determined by a physician or a certified athletic trainer (AT) to have possible concussion, the following guidelines will determine next steps

1. Immediate Referral to Emergency Room

An athlete presenting with any of the following signs, symptoms, or problems will be referred to the emergency room immediately via EMS upon on-site assessment

- Deterioration of neurological function
- Progressive or sudden impairment in consciousness
- Irregular respiration
- Irregular pulse
- An increase in number or intensity of concussion signs and symptoms
- Any signs or symptoms of associated injuries (i.e. spine or skull fracture)
- Mental status changes: lethargy, difficulty maintaining arousal, confusion
- Cranial nerve deficits
- Uncontrollable vomiting
- Seizure activity

2. Delayed Referral to a Physician

If the athlete’s signs and symptoms have remained consistent or improved by the end of practice or competition, they will be given a concussion information sheet containing basic concussion knowledge, instructions for the maintenance of a head injury, and best practices for monitoring an athlete with a suspect concussion, as well as contact information for the AT. This information sheet will be explained and given to the parent/guardian to insure proper monitoring of the injured athlete.

If an athlete is still experiencing concussion signs and symptoms the day following the injury, the athlete must be seen by a physician so they may be cleared by a licensed health care provider.

SPVB PARENT/PLAYER CONTRACT

2016-2017

We have read the following rules and guidelines and agree to follow them at all times for the entire season (must be signed by both player and parent)

Parent Name: _____ Parent Signature _____

Player Name: _____ Player Signature _____

1. We realize that Southern Performance is an excellence program and we pledge our financial support for the entire 2016-2017 season, even if our daughter chooses to leave the program. If your daughter decides not to participate in the club season after the start of the program, a written notice needs to be sent to her age group director or through e-mail or dropped off in the office with the last date of participation. You will still be financially responsible for all outstanding fees.
2. We realize that using illegal drugs, alcohol or tobacco could result in a athlete's dismissal from the Southern Performance program
3. We will be positive and refrain from any public outburst that could be viewed as detrimental to our child, the coaches, and teammates for the Southern Performance program. We also have the right to expect the same courtesy from Southern Performance staff members. We also agree to handle any and all complaints in a professional manner and will observe a 24 hours policy before responding. All problems should be addressed to the *AGE Group Master Coach*.
4. We realize that there will be tournaments that are required outside of the greater Birmingham area and that by playing for Southern Performance VBC, our daughter is required to attend. We understand that our daughter is responsible for all of her travel costs unless otherwise noted by Southern Performance.
5. We understand that during all tournaments, our daughter will eat team meals if and when determined by the coach as well as be present at any and all team meetings.
6. If your daughter is travelling with the club on out of town tournaments, and you sign your daughter up to travel with Southern Performance, you, the parent is fully responsible for paying those travel fees, even if you cancel and the deadline for refund by the hotel, Bus Company, rental Car Company or airlines has passed.
7. Practices are closed. Please note that every 6-8 weeks, we will host an open house for parents to come in, and observe a practice. That information will be sent out as the dates get closer.
8. If we have made different payment arrangements with the club than normal payment arrangements, we understand that we are responsible for participating in fund raisers.
9. Practice and Tournament Protocol
 - a. Practices are mandatory. If you cannot attend practice you must email your Master Coach immediately.

- b. Only seniors are allowed to miss practice for Prom (1) day only. Seniors all other prom activities must be attended on your own time. You are not allowed to miss any other practices or tournaments for prom.
 - c. All players will have pre-practice or post-practice work duty.
 - d. Players will observe Lombardi time whenever possible (15 minutes early).
 - e. Gum, jewelry, make-up and nail polish are not part of the practice or match uniform. We want you to be respected for what you are, not how you look.
 - f. All athletes will remain at tournaments until the last Sports performance team is finished. If there are 2 waves then it will be by the wave.
 - g. Volleyball shoes are to be worn ONLY in the gymnasium NEVER outside.
 - h. All players will be involved in weight training or conditioning and will be expected to keep themselves in excellent shape at all times.
 - i. Players will be given detailed information regarding proper recovery and nutrition
10. For athletes (Grades 12th-7th Full Season) four (4) study days will be allowed to complete homework and prepare for finals and mid-terms. These study days can be taken during any Practice days, but not on Fridays, Saturday or Sundays while travelling for a tournament.
11. Training in practice is equal for all players. Playing time in competition is earned with the understanding that Southern Performance will do everything it can to make sure all players are given the opportunity to showcase their skills during competition. Your daughter will be expected to attend practice on a regular basis and if she is injured or continually absent, then playing time could be affected.
12. We will not discuss why or how teams were selected. We work very hard to make the right choices regarding team selection for every team and player. WE also reserve the right to make changes to rosters if we see that a team or individual player can benefit from a possible roster change.
13. We ask that you never approach a coach in regards to playing time at a tournament. Please contact your age group director to discuss this matter after the 24 hour period as stated in rule #3.
14. NEVER approach a line judge, official or score keeper before, during or after a match. This will result in an immediate removal from the playing facility and suspension from future tournaments.
15. To promote harmony and team spirit we ask that all Southern Performance athletes remain at a tournament until the last Southern Performance team has completed play. This is 10+ year tradition and one that we are very proud of.

EXCEPTIONS TO RULE 15

- JVA World Challenge, playing in Gold on last day of tournament or the AAU National Championships when teams will need to leave the gym to eat or get to bed for an early match the next day. These instances will be handled on case by case basis. The master coaches will be in contact with the teams in their age group to make these decisions.
- Tournament play is in wave then it will be based on the end of the wave.
- If you are in a play-in match for Gold you can leave and come back for that match
- 6th, 7th and 8th grade teams if playing on Sunday night and there is school the next day, you may be released prior to the last Southern Performance teams has completed play.

WE WISH ALL OF THE ATHLETES AND COACHES THE BEST OF LUCK IN 2015-2016!!