1. **Welcome**

Welcome to Club Volleyball at Inside Out! My name is \_Lindsey Kotecki\_\_ and I am one of the club coaches here. The purpose of this video is to give you a brief overview of how we run our Juniors teams and what you can expect during the season. Hopefully we will be able to answer most of your questions during this video, but if you have any questions after watching please feel free to contact us.

1. **Club Management**

The Club Director for Inside Out Juniors is Rick Rykse. Rick is the owner and President of Inside Out Volleyball and is also the Head Coach at Muskegon Community College. In addition to directing the club Rick also oversees all of the training of the teams plus he coaches one of the Inside Out National Travel Teams. Lindsey Balcom is the office manager and is the person you would deal with regarding all club payments. Ted Edsall is one of our master coaches and helps with all of our positional training and hiring of coaches in Muskegon. Ted also coaches a National Travel Team. For our Inside Out Morley program Matt Kozuch is in charge of all practices for each of the teams, the hiring of coaches and also coaches one or more teams.

1. **Coaching Staff**

Our coaching staff consists of college coaches, some area high school coaches as well as current and former college players. By using a wide range of coaches we feel that can effectively reach more players as each coach brings a unique perspective to the court in how they teach but also how they relate to the players. We like having the younger coaches because they tend to stress more fundamentals since they are currently practicing these in their own playing careers. The more experienced coaches also help to mentor our younger coaches and are more adept at dealing with any issues that may come up during the season. Most of our coaches have had experience working with or playing for Rick, our club director, in the past and know what he wants taught. In Muskegon we do have quite a few high school coaches involved in our program. Most of them have been coaching high school and club for many years. In Morley many of the coaches are former and current players from Ferris State University. Some of them have also grown up playing for Inside Out while they were in high school.

1. **Team Levels**

We offer two levels of travel teams, national and regional. Also, the schedules vary slightly from the Muskegon Teams to the Morley Teams. National teams practice 2-3 times each week and play mainly 2-day events. We have 2 possible schedules for our national teams to choose from. Typically they decide on a schedule after the team is selected. Regional teams practice 2 times each week and play in the power league as well as 1 -2 tournaments. The power leagues for regional teams are 1-day events. When you are filling out your tryout forms, please be sure to indicate all levels that you are interested in.

1. **Power Leagues and Tournaments**

All of our teams compete in a combination of Power Leagues and Tournaments. During the Winter club season all of our teams participate in either the two day open power leagues or the one day club level power leagues. During the Spring Season our National level teams do not play in the power leagues but instead play all multiple day tournaments. Power leagues are nice for all of the regional level teams as it is a more set schedule and you are only in the gym for 6 hours at a time. Tournaments are typically more competitive but they also require a much higher level of commitment as the schedules can vary greatly and you could be in the gym all day. Power leagues are basically a series of tournaments with multiple rounds over a 3-4 week period. It is aimed at creating more equal play as teams move up or down as each round is completed.

1. **Team Composition**

Teams are composed of 9-10 players. Players are placed on teams based on their age, ability, commitment level, and position. We do not allow players to be on a team below their grade. For example a 9th grader can only play on a team that is a 15’s team or higher. Even if she is young for her grade and would qualify for a 14’s team we would not place her on that team as she would then be playing mainly against 7th and 8th graders. You also can not play below your age. For AAU volleyball your age is determined as of September 1st in the upcoming school year. Teams are also constructed based on position. The average team would carry 1-2 setters, 3 Outside hitters or right sides, 2-3middle hitters plus a couple of defensive players. This allows each player to have a role or to be able to compete for playing time at their position. As a coaching staff we try to balance what the player wants to play as opposed to what we feel they are best at doing. A player might make a higher level team playing a different position than what they are accustomed to playing in school but we also recognize that sometimes they have to stay with that position as it is necessary for their school team. Be sure to indicate on your forms if you must play a certain position. If you must be placed with another person for ride-share purposes, be sure to indicate this on your try-out form. We do not encourage this, especially for the higher-level teams. If one of you is more skilled than the other, you will be placed on the lower team since we will not move someone up a level just for ride-share purposes.

1. **Try-Outs**

There is a $30 try-out fee. If you paid for the winter try-outs, you do not need to pay again in the spring season. Try-out forms can be turned in at the first day of try-outs, or you may mail or email them in prior to that. We encourage each player to attend as many try-outs as possible so we are better able to judge the level where they will be most successful. We run our tryouts more like a practice where we do give instruction during the drills. Sometimes it takes a new player a little time to get used to our drills. The more they come the more comfortable they will be with our drills and coaching staff. We try to look for the potential we see in each players rather than just the skill level that they are currently at knowing that each player is receiving different levels of instruction based on the school they are at. The more we see a player the greater the chance that we will see their full potential. Age determination is as of Sept. 1st of that club year. We do not allow players to play below their grade levels.

1. **Practices**

Practice days and times for each team are determined after team selection. If there are days and times that you cannot practice please include that on your tryout form as that may be a factor in which team you are placed on. A copy of the schedule of your school sport team should also be given to us at tryouts if the conflict may cause you to miss club activities. We want everyone to be able to make the majority of their practices as that is where much of the playing time is earned. If a player rarely attends practices it is difficult to justify why they should get to play in games.

In addition to team practices there are also opportunities for positional training in Muskegon. Each week we vary what positions or age groups the training will be geared towards. We highly recommend going to as many of these sessions as possible. They are part of the club program and do not cost extra for players that are part of a club team.

Many clubs have closed practices. A closed practice means that parents may not come in and watch during practice. We do not do that. Parents are welcome to watch. We do ask however that when parents are there watching that you do remember who is the parent and who is the coach. Parents should not be coaching their daughter or trying to communicate with her during practices as it is distracting to the team and the coach. If you are not able to just sit and watch then I would highly suggest that you go to a different part of the gym or maybe go shopping for a while. If it would become a problem then we would have to ask a parent to leave.

1. **Playing Time**

Each club has their own policies regarding playing time. Some clubs require that everyone plays the same amount. Other ones will only play the best players during competition while 3-4 kids never see the floor. We are somewhere in the middle. We do not do equal playing time. Never have and never will. If you want equal playing time then we are not the club for you. We also do not feel that some players should hardly ever play. Everyone should play. It just won’t be equal. Some players will never come off the floor. Others might play half the time. It is rare that a person would see less than 40-50% play time. They still might sit out a game but overall everyone should be participating on a regular basis. Keep in mind that playing time is earned. If you never come to practice it is going to be difficult to earn playing time. If there ever is a playing time issue the following steps must be followed:

1. Player talks to the coach and asks what they need to do to earn more playing time.
2. If that does not resolve the issue then the parents would contact the coach or club director to set-up a meeting which would include the player, parent, and coach.
3. Parents may not approach the coach before or after a match to discuss playing time or how their daughter is being utilized. Must wait 24 hours before contacting the coach. Things such as strategies, substitution patterns, or other people’s playing time are not open for discussion. Only those things that relate to your daughters role on the team or how to improve are open for discussion.
4. **Fees**

Our player fees include everything associated with the cost of the team, like court fees and tournament entry fees. It does not include any uniform expenses, travel costs, AAU memberships, or any extra tournaments that the team may decide to add to their schedule. Jerseys are required and are the only part of the uniform that you must purchase. You may choose to add that cost onto your total club fees if you wish to do so. We do try to use the same jersey for a few years in a row so hopefully you do not need to purchase one every year. AAU memberships must be done on your own each year. You need to be an AAU member in order to participate on our teams.

1. **Financial**

All payments must be made in person at Inside Out in Muskegon, online, or by mail. Do not make any payments through your coaches. The $30 try-out fee should be paid when you come to try outs. You may pay that ahead of time online as well. We do require a $200 deposit by the end of try outs in order to be placed on a team. This will count toward your total fee and is non-refundable. If the deposit is not paid, you will not be placed on a team. After the deposit, we have two payment options:

1. Pay in full -This is typically due a week or two after tryouts. For the spring season, we do offer a discount to players who played in the winter and pay in full in the beginning of the spring season.
2. Make 2 installments – This requires a credit card. This option splits your balance up into two equal payments. The first is due typically a week or two after tryouts, and the second is due about a month later. Due dates can be found on our website as well as on the try out forms.

If for any reason you think you will have trouble making the payments, please contact Lindsey Balcom directly. We are willing to work with people in order to make it possible for kids to play, but we deal with this on a case by case basis. We do not refund for injuries unless a player is found to take your spot on the team as well as take over your financial obligation. If you decide to quit, there will not be a refund and you will still be liable for the total amount of the season.