



Parent/Player  
Handbook  
2008-09

# Crossfire Volleyball Parent/Player Handbook

## Crossfire Youth Sports Mission Statement

The mission of Crossfire Youth Sports is integrating Christianity and competitive sports to achieve spiritual, athletic and personal growth.

### Integrating Christianity and Competitive Sports

Crossfire Youth Sports (CYS) believes in the integration of sound biblical teaching and the pursuit of competitive excellence.

#### Integration

Integrate comes from the Latin word “integer,” meaning whole, undivided and complete.

- CYS believes that Biblical Christianity should be the foundation for achieving competitive excellence.
- If we are Christian, we should compete at the highest level of our ability.
- If we compete, we should do so as Christians, honoring God with our efforts rather than playing for our own desires.

#### Christianity

CYS is committed to Biblical Christianity as the foundation for our mission, purpose and coaching philosophy.

- CYS believes biblical competition is competing by the power of God, according to the Word of God and for the glory of God.
- The CYS Statement of Faith provides the biblical framework and expectations for all of our coaches and staff.
- Because we believe Biblical Christianity is the foundation for this ministry, CYS believes their coaches and staff should be aligned with the organization’s theological foundation.
- CYS is not affiliated with a particular denomination but believes in being an excellent and effective ministry partner with local churches and local Christian ministries.

#### Competitive Sports

CYS believes in assisting individuals and teams to compete at their highest capacity, continually pursuing competitive excellence over the pursuit of winning.

- CYS believes “excellence” focuses on being the best you can be. Winning is a by-product of the pursuit of excellence and not the end goal.
- CYS believes youth can learn from winning and losing, always with the intention of improving and pursuing competitive excellence.
- Acknowledging that all athletes are at different athletic levels, CYS is committed to offering a variety of competition levels with the purpose of seeing all athletes improve in their sport of choice and excel at a level of competition that is challenging for them.

### To Achieve Spiritual, Athletic and Personal Growth

CYS believes in intentionally investing in the lives of youth for their spiritual, athletic and personal growth. CYS understands that all athletes are at different maturity levels in their lives and, because of their unique gifting and wiring, will grow in differing ways. Our goal is to help foster that growth in any way possible.

#### Spiritual Growth

CYS believes in intentionally training and providing an environment for youth where spiritual growth is fostered in each athlete for the purpose of creating youth with solid integrity, upstanding character and boundless love.

- This is done primarily through club devotions, prayer time and team sharing.
- All coaches and staff participating with CYS sign the CYS Statement of Faith and are given the freedom to be innovative in fostering spiritual growth on their individual teams.
- CYS values and encourages youth to pursue their faith while understanding that youth in the program are at different places in their faith.

#### Athletic Growth

CYS believes in intentionally training youth for the purpose of their athletic growth.

- Each coach is committed to teaching fundamental sports skills, as well as fostering an environment conducive to high level competition where youth are stretched and challenged.
- CYS believes in providing high level training that prepares and trains athletes to pursue their athletic goals.
- It is expected that youth coming out of this program will have sound fundamental skills and a desire to compete at the highest level of their ability.
- Acknowledging that all athletes are at different athletic levels, CYS is committed to offering a variety of competition levels with the purpose of seeing all athletes grow in their sport of choice and excel at a level of competition that is challenging for them.

#### Personal Growth

CYS believes in intentionally training youth for the purpose of their personal growth.

- CYS believes in investing in the personal growth of youth so that they might be relationally, emotionally and mentally healthy human beings who can experience success in a variety of environments.
- CYS coaches believe in building healthy relationships with players, as well as a healthy team environment, where youth can ask questions and receive insight about life choices.
- CYS believes in training youth in the areas of discipline, character, humility, forgiveness, and wisdom, while recognizing all athletes in the program are at different levels of maturity and growth.

# Crossfire Volleyball Parent/Player Handbook

## Welcome to Crossfire Volleyball!

Congratulations for being selected to a Crossfire team. Crossfire Volleyball is a Junior Olympic volleyball program run by Crossfire Youth Sports. We are excited to begin this season and look forward to the many blessings we will share together. To ensure we make this season the very best it can be, we have put together this handbook and our website to serve as a guide for you. This handbook and our website will serve as a foundation for our club and provide many of the answers to common questions you might have throughout the season. We hope that you find this information helpful and that you will do your best to practice and live by the principles shared in these resources. Thank you for sharing your spirit, talent, efforts, and passion for Christ, Volleyball and the life you have been given.

## Purpose of Junior Olympic Volleyball

From USAV Regional Junior Olympic Volleyball Handbook

The goal of Junior Olympic Volleyball is to:

- Teach young women the skills of volleyball
- Provide a fun and enjoyable atmosphere for volleyball
- Build confidence and self-control
- Instill an understanding and drive for winning
- Teach and promote teamwork
- Develop young women emotionally and teach life lessons and growth.
- Provide an atmosphere to develop friendships.
- Teach and develop a love for a lifelong sport

## Team Structure

For the 2008-09 Junior Olympic volleyball season, we have 21 teams in 10 locations during the winter session and expect an additional 8-10 teams during our spring session. We offer volleyball opportunities for all levels of play. Teams will consist of at least 10, but no more than 12 players and be led by knowledgeable and passionate coaches. Regardless of the level, we seek to establish teams of players with similar experience and abilities to provide the richest experience possible.

\*\*\* Visit our website at [www.gocrossfire.org](http://www.gocrossfire.org) for more detailed team information.

## Commitment and Playing Time

As a member of a Crossfire Volleyball team, you are required to be committed to the program. We ask our athletes to be at all practices and competitions, be committed to giving their best effort and comply with all the standards set forth by the coach and the club. We recognize that there will be unusual circumstances which will prevent people from attending all events, but expect that this will be the exception and not the norm. Absences and failure to comply with the standards may result in a reduction of playing time or participation.

Playing time will not be equal among all athletes on a given team. Our program policy emphasizes that each team member have a defined role but may not necessarily play in every match. There are many factors that go into playing time consideration. For more information on this you can go to our website [www.gocrossfire.org](http://www.gocrossfire.org).

## Payment Information

A down payment must be received by Crossfire Volleyball in order for your child to begin participating in our program. For athletes who commit to our program and submit their down payment, there will be no refund on any fees paid to our program. In case of season ending injury or illness, a partial refund may be processed if a replacement player is found. Subsequent monthly payments will be due by on the 10<sup>th</sup> day of each month beginning January 10, 2009. If you need a copy of your payment schedule, contact [info@gocrossfire.org](mailto:info@gocrossfire.org). For your convenience, payments can be made online by credit card or a check can be mailed. To ensure proper application of all payments, please process all payments online. Please visit our website ([www.gocrossfire.org](http://www.gocrossfire.org)) to access your Crossfire Youth Sports account and make payments.

# Crossfire Volleyball Parent/Player Handbook

## Uniforms and Equipment

Uniforms for each team consist of one or two team jersey(s), shorts, kneepads, and appropriate shoes.

- Elite Teams
  - Two game jerseys, one pair of black shorts and one warm-up top will be provided and are theirs to keep
- Select and Club Teams
  - Game Jerseys- will be provided to each player and are expected to be returned at the end of the season. *(A replacement fee of \$40 will be charged for lost or damaged game jerseys).*
  - Black Shorts- will be provided to each player and are theirs to keep
- All Teams
  - Practice t-shirt- will be provided to each athlete (theirs to keep)
  - Knee Pads & Appropriate Shoes- Should be purchased by each player
  - No jewelry while at practice or tournament play
  - Hair should be up and/or away from the player's face while at practice or tournament play
  - Everyone should have their own plastic whistle for officiating purposes.

## Practice Facilities

Crossfire Volleyball teams train at multiple facilities around the metropolitan Twin Cities. At each location, there are rules and guidelines that must be followed to ensure a positive experience for everyone involved. Coaches will have specific guidelines for your team location.

\*\*\* Visit our website at [www.gocrossfire.org](http://www.gocrossfire.org) for more information on practice facilities.

- Bethel University Sports & Recreation Center (SRC) - 3900 Bethel Drive, Arden Hills, MN 55112
- Calvary Church Edina - 5300 France Ave S, Edina, MN 55410
- The Edge Sports Training Center - 121 Cheshire Lane N, Minnetonka, MN 55305
- Grace Fellowship Church - 8601 - 101st Ave N, Brooklyn Park, MN 55445
- Heritage Christian Academy - 15655 Bass Lake Rd, Maple Grove, MN 55311
- M1 Training Center - 1701 W 94th Street Suite #300, Bloomington, MN 55431
- North Heights Church - Roseville Campus - 2701 Rice St, Roseville, MN 55113
- Plymouth Covenant Church (PC) 4300 Vicksburg Lane, Plymouth, MN 55446
- Ralia Sports Center (RSC) 8686 Valley Forge Lane N, Maple Grove, MN 55311
- Roseville Covenant Church - 2865 N Hamline Ave, Roseville, MN 55369
- Salem Baptist Church - 2351 Rice Creek Rd, New Brighton, MN 55112
- Salem Covenant Church - 2655 5th St NW, New Brighton, MN 55112

## Transportation Policy

Transportation to practices and tournaments is the responsibility of the parents. The club takes no responsibility for transportation. For safety reasons, coaches will not leave practice or tournaments until every player's transportation is accounted for.

## Weather Policy

If there is inclement weather on a practice day, contact your coach. It is the coach's decision to cancel practice. We will update the website as soon as we have information from coaches about cancelled practices.

## Responsibilities & Code of Conduct for All Players, Parents, & Coaches

Taken from J.O. Volleyball Handbook

All parents, players, coaches, and club associates will:

- Abide by all USVBA J.O. Volleyball rules and regulations.
- Show respect for other players, parents, coaches, and officials.
- Be responsible for their own actions, personal materials, and commitments.
- Refrain from making any disparaging remarks about, or gestures towards, another player, team, coach, or official.
- All members and coaches will dress appropriately and remember that they are representatives of the club and our city.
- Leave all facilities neat and clean

# Crossfire Volleyball Parent/Player Handbook

## Communication Process

If you have a concern or question about your child, team or coaching, please discuss the issue at great length with your child to get all the information possible. Secondly, make sure you are familiar with all our policies and guidelines for how we operate our program. If, at this point, you still have a concern, you must follow this line of communication. Any meetings should be set up outside of practice or competition times.

1. Player meets with coach.
2. Player and parent meet with coach.
3. Player and parent meet with coach and club director.

Please note that the player is involved in each step. We do this for two reasons. First, it ensures that the player's perception is clearly understood by both the parent and the coach. Second, it involves the player in real life problem resolution process, an important life skill. Please do not contact the Club Director without first addressing any issues with your child and the coach.

## Crossfire Volleyball Parent Expectations

- I will place the emotional well being of my child above any personal goals, agendas, plans, or competitive drive.
- I will give encouragement and applaud only positive accomplishments whether for my child, her teammates, their opponents or the officials.
- I will respect my child's teammates, coaches and fellow parents as well as the players, parent and coaches from opposing teams.
- I will help my child to learn the right lessons from winning, losing and individual accomplishment and mistakes.
- I will respect the differences between parental roles and coaching roles. I will let the coaches do the coaching, support their efforts and avoid offering instruction or criticism.
- I will help the coaches create an environment where there is no fear of making a mistake, but instead the motivation to keep trying.
- I will maintain knowledge of the website and my email for volleyball related information.
- I will pay club dues on time.
- I will provide or plan for transportation for my child to all events related to the club.
- I understand that all participants will be given the opportunity to participate, but playing time will not necessarily be equal among all the players.
- I will handle any concern or question I have related to the club in conjunction with the policies, standards and commitments I have made to my child and this club. I will involve my athlete in the resolution process and work with the coach to resolve any conflicts in a respectable, ethical manner.

## Crossfire Volleyball Player Expectations

- I will do my best to attend all scheduled practices and games.
- I will contact my coach in advance about any events I am unable to attend. I understand that my tournament play can be affected by missed practices.
- I will bring a positive, enthusiastic attitude to all events to help foster a positive team experience.
- I will attend a scheduled officiating clinics (Dates communicated by coaches/website)
- I will have my own whistle for officiating purposes
- I will have appropriate shoes, kneepads and attire for volleyball
- I will not wear any jewelry while practicing or playing
- I am responsible for team communication as it is explained by the coach (calling trees, etc.)
- I will maintain knowledge of the website and my email for volleyball related information.
- I understand that all participants will be given the opportunity to participate, but playing time will not necessarily be equal among all the players.
- I will conduct myself in a manner which contributes to the goals and objectives of the team and comply with the standards set forth by Crossfire Volleyball.

# Crossfire Volleyball Parent/Player Handbook

## Crossfire Volleyball Coaches Expectations

As a Coach I will:

- Lead by example in my words, actions and ways
- Respect my players, other coaches and parents as well as the individuals from opposing teams
- Bring a positive, enthusiastic and spiritual attitude to all events to help foster a positive team experience
- Act professionally, responsibly and in a manner which contributes to the goals and objectives of the team and comply with the standards set forth by Crossfire Volleyball
- Place the emotional well being of my athletes and team above any personal goals or competitive drive
- Give encouragement and applaud positive accomplishments to promote positive competition and a strong work ethic
- Mentor my athletes so they learn the right lessons from winning, losing, accomplishments and mistakes
- Foster an environment where there is no fear of mistakes, but instead the motivation to keep trying
- Handle any parent or player concerns or questions in conjunction with the policies, standards and commitments I have made to my athletes and this club. I will work to resolve any conflicts in a respectable, ethical manner.
- Maintain knowledge of the website and my email for volleyball related information.
- Effectively communicate expectations, goals, guidelines and club information with players and parents
- Maintain a current knowledge of volleyball skills, rules and regulations and be Impact Certified
- Plan and run practices at an age/skill appropriate level for my team
- Follow club guidelines on basic coaching style and volleyball techniques
- Attend and participate in all try outs, practices, tournaments and scheduled club events.
- Communicate any conflicts to the club director prior to an absence and find a qualified substitute to attend the scheduled practice, game or event.
- Ensure all athletes have transportation accounted for before I leave any scheduled club event.
- Strive to give each participant the opportunity to participate in every match, with the understanding that playing time will not necessarily be equal among all the players.

## Crossfire Volleyball Coaches Statement of Faith

Crossfire is a non-denominational, Christian sports ministry. As a coach for Crossfire, I am entrusted with responsibly representing these beliefs to myself, my fellow coaches, my athletes and their families, my opponents, and any others to whom I have the opportunity of being a witness.

**1. I believe the Bible to be the inspired, the only infallible, authoritative Word of God.**

*(2 Timothy 3:16,17: All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work).*

**2. I believe that there is only one God, eternally existent in three persons: Father, Son and Holy Spirit.**

*(Matthew 28:19: Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit).*

**3. I believe that all people are sinners and are saved by God's grace alone, not trusting in any personal works, but in the sacrificial death and resurrection of Jesus Christ.**

*(Romans 3:23: for all have sinned and fall short of the glory of God).*

*(Ephesians 2:8-9: For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast).*

**4. I believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life.**

*(Ephesians 1:13-14: And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory).*

**5. I believe in the spiritual unity of believers in our Lord Jesus Christ.**

*(Philippians 2:1-4: If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others).*