



Nunthorpe Eagles Volleyball Club Information Pack

This pack should provide you with all the information you need to know about our club when you first join.

Additional and current information such as fixture and event information as well as match reports are displayed on the club's web site which you can find at www.nunthorpe.com



EVA Volley 1.2.3 Mark 1 Accredited Club (2006)

www.nunthorpe.com

Welcome to the Nunthorpe Eagles Volleyball Club

We are a fully inclusive club with approximately 50 members of varying age and ability.

Our club is the first North-Eastern club to gain the English Volleyball Association (EVA) Accredited status. What this means is that we have a club that is recognised by the EVA as safe and responsible. In support of this accreditation we have committee members who have attended courses on, and are committed to ensuring we deliver; Good Practice and Child Protection, Equity in Coaching and Sport for All. We also have a Child Protection Officer.

Club Location and Training Times

We play at (but are not associated with) Nunthorpe School, Guisborough Road, Nunthorpe, TS7 0LA.

Sessions: (twice weekly through most of the year during school terms although we do have some breaks for tournaments). A calendar is available on our website (www.nunthorpe.com).

Thursdays 7:00 to 9:00 pm—there are normally two courts in use, one for the old or more experienced player, the other for young/less experienced.

Sundays 5:00 to 9:00 pm—the first hour is aimed at the less experienced player. After 6:00, during the league season, home matches are normally played. These are normally scheduled 6:00 to 7:30 and 7:30 to 9:00, the lower divisions playing first. If there are no home matches then training continues to around 7:00/7:30 pm.

Club Contact Details

Chairman: for re-election
Tel:

Secretary: for re-election

Treasurer: Colin Gordon
Tel: 01642 319397, Email: volleyball@nunthorpe.com

Head Coach: Dave McManus
Tel: 01642 310236, Email: mcfamily@dmacmanus.orangehome.co.uk

Social Secretary:
Sally Lofts, Email: sally.lofts@ntlworld.com

Information

For up-to-date information including a session calendar, please use the club website. This can be found at www.nunthorpe.com.

Alternatively, contact one of the committee members directly.

Joining the Club

The club is open to all. We have members of all ages. You are welcome to attend two sessions for free, after this, if you decide to stay, we ask that you become a member. Membership is required to meet insurance requirements and to ensure we have personal contact details.

To become a member of the club we require an annual membership fee (due each September) and payment for attendance at training sessions, matches and tournaments. The preferred method of payment is by monthly standing order which covers all session and match costs (there may be additional charges to cover tournament attendance), but we also accept annual post dated cheques, and in special cases, with agreement, payment per session. Note that for regular players, by far the cheapest way to pay is by standing order or post dated cheques.

There are reduced rates for juniors (under 14's). Reduced rates may also be made available to those on low incomes.

Full details of current fees and subscription rates are provided below.

Please note that we are a non-profit making club. The committee and coordinators offer their services for free. All funds raised go towards paying the hall hire fees, providing equipment, and paying necessary memberships and insurances. Any income remaining is used to subsidise the cost of tournaments, club wear etc.

Membership and Session Fees (provisional) - 2009/10 Season

Age is as of 1st September and is applicable to the whole season.

Annual Membership/Joining Fee—valid from 1st September to 31st August
Over 14's—£20, Under 14's—£10

Session Fee Payment Options:

Monthly Standing Order (12 months) - this covers all session and match fees.
Over 14's—£10, Under 14's—£6

Cheques (3 terms) - to make administration simpler, we require all three cheques at once dated 1st September, 1st January and 1st May. These will not be cashed until the appropriate time and any un-cashed cheques will be returned if you choose to leave the club.

Over 14's—three cheques each of £40 made payable to Nunthorpe Volleyball Club

Under 14's— three cheques each of £24 made payable to Nunthorpe Volleyball Club

Per session/match fees—payment method accepted in special cases only (e.g. members away at University). These fees are payable for all training sessions and matches (home & away).

All ages: £3 per session

An application form can be supplied on request.

Club Activities and Achievements

The club has had yet another successful season in 2008/9:

Pontins, July 2009—Grass Tournament, winners in more groups than any other club

Yorkshire Grass, July 2009—U16 Girls winners, U14 winners & runners up

U16 Girls National Knockout 2009 —Quarterfinalists

England Beach Volleyball Invitational Tournament, Sept 2007 at Brighton Beach. Under 14 Girls competition—Nunthorpe Eagles Winners. August 2008 at Brighton Beach. Under 16 Girls competition—Nunthorpe Eagles Winners.

A Brief Guide to the Rules of Volleyball

(Abridged Rules for Volleyball by Charlie Orton, EVA National Referee)

Volleyball is a game played between two teams of at most 6 players.

Each team has a court 9m square separated by a net at 2.43m for men, 2.24m for women.

The object of the game is to play the ball over the net and make it land in the opponents court. The ball cannot pass round the posts.

A rally is won if the ball lands in the opponents court, or is lost if the team fails to play the ball over the net, hit it out of court or a foul is committed.

The ball is played by hitting it with any part of the body. The contact with the ball must be a single hit, it must not be held or thrown.

Each team is allowed three hits before the ball must go over the net. No player can play the ball to themselves.

A defensive block of an attack, by placing the hands above the net, does not count as a first hit.

No player can touch the net while playing the ball or during an attack.

Players must not cross into the opposing court.

Only the three players on front court, may make an attack hit or defensive block from above net height in the front 3m of the court.

The ball is put into play by a service. This is performed by hitting the ball with hand or arm from behind the base line. During service the ball may touch the net. Only one service attempt is allowed.

The team who wins the rally scores a point.

If the non serving team win, they rotate positions clockwise on the court and the player moving to back court takes the next service.

The first team to score 25 points or more with a two point lead wins the set.

The first team to win 2 or 3 sets (according to the competition rules) wins the match.

Unsporting behaviour or arguing with the referee is a foul.

Full Rules available from the FIVB web site (see the Club web site for the links).

Code of Conduct for Coaches

The club adheres to the EVA Code (Jan 2003) as reproduced below

Introduction

The purpose of this Code of Conduct is to address and set the expected behaviour of coaches/leaders/tutors in the English Volleyball Association (EVA) and to inform and protect members of the public with whom they work.

Coaches are expected to:

- a) Maintain responsible association with the EVA through annual registration or licensing
- b) Continue personal and professional growth, remaining current on new developments in the field through continuing education
- c) Use their knowledge and professional expertise for the benefit of the people they serve
- d) Always strive to be truthful and put players, colleagues or other professionals in a positive light
- e) Respect the integrity, rights to confidentiality and protect the welfare of people they are working with
- f) Avoid discrimination in all of its forms

The EVA has produced a Child Protection Policy and all persons working with or in contact with children under the auspices of the EVA will be subject to this policy.

Richard Harrison, President EVA Coaches Commission

Relationships

Coaches must develop a relationship with athletes (and others) based on openness, honesty, mutual trust and respect

- All relationships with coaching staff and players will be maintained on a professional and confidential basis
- Must not engage in behaviour that constitutes any form of abuse or harassment (physical, sexual, emotional, neglect, bullying)
- Must take action if they have a concern about the behaviour of an adult towards a child by reporting any suspected cases of abuse according to the EVA Child Protection Policies
- Direct comments or criticism relative to the performance, not the athlete
- Strive to develop individual and team respect for the ability of opponents
- Encourage athletes to accept responsibility for their own behaviour and performance in training, participation and competition
- Observe the rules of the game and encourage athletes to adhere to the spirit of the rules
- Comply with regulations concerning transfer of players

Rights

Coaches must respect and champion the rights of every individual to participate in sport

- Assist in the creation of an environment where every individual has the opportunity to participate in a sport or activity of their choice
- Create and maintain an environment free of fear and harassment
- Recognise the right of all athletes to be treated as individuals
- Respect the rights of others to hold values, attitudes and opinions that differ from their own

- Do not engage in discrimination based on age, gender, race, ethnicity, national origin, religion, sexual orientation, marital status, disability, language, socio-economic status
- Be aware of academic pressures placed on student athletes and be flexible in your conduct of training sessions and matches

Responsibilities

Personal Standards

Coaches must demonstrate proper personal behaviour and conduct at all times:

- Consistently display high personal standards and project a favourable image of volleyball and of coaching
- Must be fair honest and considerate to athletes and to others in their sport

Professional Standards

To maximise benefits and minimise the risks to athletes Coaches must attain a high level of competence through formal qualifications and commit to ongoing personal development to ensure continuing safe and correct practice :

- Make a commitment to provide a quality service to athletes
- Provide a safe environment that maximises benefits and minimises risks to athletes in achieving their goals
- Ensure that all activities are suitable for the age, experience and ability of the athletes
- Do not tolerate the use of performance-enhancing drugs
- Educate athletes as to their responsibilities in contributing to a safe environment, and to do their best to ensure that all facilities and equipment meet safety standards and that they are age/ability appropriate
- Consider the athlete's future health and well being as foremost when making decisions regarding an injured athlete's ability to continue competing or training, and seek professional medical opinions to serve as a basis for decisions.
- Plan to be present at all practices and competitions and, when unable to attend, organise knowledgeable and safe supervision
- Contribute to the development of coaching as a profession by exchanging knowledge and ideas with others
- Regularly seek ways of increasing professional development and self-awareness