



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIENDSHIP YMCA VOLLEYBALL CLUB PARENT HANDBOOK

VISION

Teach, promote, and encourage the game of volleyball to athletes of all ages and skill levels so they can reach their full potential both on and off the court. The Harrisburg Area YMCA is a non-profit, charitable organization committed to providing services that aid in the spiritual, mental and physical development of each person enabling them to be beneficial and continuing members of our society. The Friendship Y Volleyball Club adheres to this vision by teaching skill development, sportsmanship and teamwork with the focus on building long lasting friendships while cultivating a lifelong passion for the sport of volleyball.

OUR CLUB

The Friendship YMCA Volleyball Club was started in 2025 to expand the level of competitive play in volleyball in the surrounding area. As a member of the Middle Atlantic AAU Region, our club participates in various weekend tournaments from January through April/early May. Our program offers a dedicated & experienced coaching staff, two practices a week (starting in December), single and multi-day tournaments depending on the age level and financial assistance (for those who qualify).

A team/parent meeting will be conducted by the club and/or the coaches by early December. The player and at least one parent/guardian are expected to attend the meeting. Important information will be shared and uniform sizes obtained at the meeting. Please contact the following people if you have any questions related to the club.

- CLUB DIRECTOR: Aidan Clark | Aidan.Clark@ymcaharrisburg.org
- CLUB ADMINISTRATOR: Ann Kimmel | alk64@comcast.net

TEAM PRACTICES

- Held at: Friendship YMCA | 5000 Commons Drive, Harrisburg, PA 17112
- Practices begin week of **December 1, 2025**
- Each team will practice **twice per week for three hours per week** (unless a tournament is scheduled for the same day as a practice, or if practice is the day after a tournament)
- The practice schedules will be posted on our website once finalized in the fall.
- Practices are always scheduled unless told otherwise. Christmas, New Year's, Easter, snow, facility closing on the weekend of a tournament or immediately following a tournament, are the only reasons a practice will be canceled.
- Players who participate in school sanctioned sports or activities must provide their coach with a full schedule of practices and games (e.g., basketball, school plays, etc.).
- Players should be on time for practice. If your child is running late, please notify the appropriate coach as soon as possible.
- If a player cannot attend a practice or will miss some of the practice, the player and/or a parent are required to notify the coach as soon as she knows. Telling a friend is not acceptable. Failure to do so may result in the player receiving an unexcused practice.



- All injuries must be immediately reported to the coach. Any reported concussion symptoms and serious injury must require a doctor's note to return to practice. Failure to comply will result in one tournament suspension and a doctor's note is still required to return.
- It is the player's responsibility to want to improve. Coaches expect players to be **C**ommitted to the process, have a positive **A**ttitude, be **R**espectful, and bring **E**nergy to every practice (CARE). The coach(es) will provide the opportunity and support for player and team development. Players and coaches are both accountable.

EXCUSED PRACTICES

- Illness
- Family emergency
- Any school sanctioned sport or activity scheduled at the same time as Friendship YMCA Volleyball Club (FSYVC) practice
- Work is NOT an excused practice unless given the approval from your coach
- Unexcused or excessive missed practices will result in play time limitations

TEAM TOURNAMENTS

- Players must attend all scheduled tournaments, unless the coach is previously notified.
- Players are to be on their court and ready to warm up at the time assigned by their coach. Arrival time to tournaments is typically at least 30-45 minutes prior to the start of the tournament (coach's discretion).
- All Friendship Y teams have a duty to officiate (work) during tournaments. Officiating is a shared responsibility so all team members are expected to fulfill their responsibility. Team members must remain at the tournament site until officiating assignments are complete. Work team responsibilities include a down Ref (R2), Line Judges, a Scorekeeper, and Libero Tracker.
- Athletes and/or parents are expected to provide transportation to and from tournaments. Carpooling is encouraged!
- All anticipated tournaments will be held on Saturdays and/or Sundays.
- Tournaments will be added to our website once we are registered.
- If you know of any potential weekend conflicts, inform your coach as soon as possible, no later than December 1.
- Tournaments will be added to our website once we are registered.
 - Starting the first week of December, tournaments are released by AAU. Approval typically takes 2 weeks after payment is submitted.
- If you know of any potential weekend conflicts, inform your coach as soon as possible, no later than November 1.
- U14 and U15 teams will compete in four to six tournaments.
- Compete, sportsmanship, persevere.

TOURNAMENT LOCATIONS

- Typically held in Lancaster, York, Allentown, Philadelphia, and Scranton areas.
- Our goal is to keep all tournaments within a 2-hour radius, unless the team agrees on a tournament further away.
- Coaches may not transport a player unless they're their own child.



FEES & PAYMENTS

The program fee for each level includes facility costs, coaching fees, team equipment, tournament fees and uniform costs. Each player will receive two jerseys and a practice t-shirt. AAU membership fees and Tryout fees are NOT included in the program fee and must be purchased prior to participating in tryouts.

AAU REGISTRATION

Go to www.aausports.org (current memberships are good through 8/31/2025) to register.

- Once you register for the 2025-2026 season, email a copy of your child's AAU Membership (expiring 8/31/2026) to Aidan Clark by 11/1/25.
- Team fees may be paid in full or in installments using our credit card draft policy.

U14 TEAMS

- YMCA Members: \$750
- Community Guests (non-members): \$900
- Full payment or installment payments accepted:
 - December 1: \$300 (\$300 CG)
 - January 1: \$225 (\$300 CG)
 - February 1: \$225 (\$300 CG)

U15 TEAMS

- YMCA Members: \$1,000
- Community Guests (non-members): \$1,250
- Full payment or installment payments accepted:
 - December 1: \$350 (\$350 CG)
 - January 1: \$325 (\$450 CG)
 - February 1: \$325 (\$450 CG)

If a player chooses to quit the Friendship Y Volleyball Club for any reason, they are still responsible to pay any remaining financial balance. In the case of an injury while participating in the Friendship Y program, refunds may be given with a doctor's excuse/note. The amount will be determined by the remaining length of the season.

Financial Assistance is available for those who qualify. You may be awarded between 10-50% off your total amount if you qualify. Please contact Aidan Clark for more information.

PARENT/PLAYER EXPECTATIONS

- Attendance is expected at all scheduled practices and tournaments. We lack effectiveness when frequent absences occur. Attendance = team development. We do, however, understand that emergencies may happen so communication with the coach is very important.
- Players should plan their homework and long-term assignments around their practice times. Should a school commitment conflict with a team event, please notify your coach as soon as possible.



- All players and parents are expected to positively represent the Friendship Y by conducting themselves in an appropriate and respectful manner to all Friendship Y coaches, players, parents, opposing teams, opposing coaches, USAV & AAU volleyball directors and officials.
- The Friendship Y tournaments are “open” for parents, friends, and relatives to watch. During these events, players are expected to be 100% focused on their team. Parents are NOT permitted to “coach” from the sidelines.
- No parent or family member may approach any Friendship Y coach at any tournament, practice, by email, or phone regarding any issue pertaining to coaching decisions, teams, or individual play within the mandatory 48-hour cool down period (explained below). Players are encouraged to talk with their coach first regarding any team concerns.
- If at any time throughout the season a player has a question or concern about practices, rotations, etc., the player should contact the coach first.
- If a player or parent has an issue or question about playing time, please address the issue with the coach 48 hours after your last tournament. **CONCERNS WILL NOT BE DISCUSSED AT A TOURNAMENT OR PRACTICE.**
- A mandatory 48-hour cool down period will be observed. We ask you to try to keep an open mind. The Friendship Y is open to all comments or concerns, so we may resolve the problem and continue to grow as a club.
- During pool play, all players will get an opportunity to play. For players that have an unexcused absence, playing time is left to the discretion of the coach. If a team qualifies for playoffs, playing time is determined by the coach to allow the team to be successful.
 - Please remember that volleyball is a position-specific sport. With this said, some players will play more or less based on their positions and court rotations.
- Together we can enjoy the season and encourage our kids to be better athletes and, more importantly, better people.
- Commitment to the team and club for the full season is expected. Any player who quits during the season may not be able to return to the club in the future.
- It is the responsibility of parents and players to check emails, the website, and/or Facebook often for important information! This is the main source of communication, and you will need to check it often! Our Facebook Group is called Friendship YMCA Volleyball.

PROTOCOL FOR CONCERNS

1. Player to Coach
2. Player + Parent to Coach
3. Player + Parent to Club Administrator
4. Player + Parent + Club Administrator to Club Director

If you have a concern during the season, the player is to contact the coach and set up a convenient time to discuss it. We will not take time out of practice or at a tournament to discuss a concern. It is not a good time for anyone as emotions may be high, and the coach has the team to focus upon. Should you leave a tournament in anger/frustration without coach permission, you have resigned from the current season and will not be invited back for future seasons. Please be patient, allow your emotions to settle, and contact the day after the tournament to set up a meeting.



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Team personnel and dynamics may change from set to set, match to match, and tournament to tournament. Be patient as we begin the season. What happens in December may or may not be what it is in later months. This is a process. Your support for your daughter, the team, the club, and the coaches is very much appreciated. Drama will not be tolerated. Positive encouraging words of support are very much welcomed. Parents, players and coaches are expected to act with respect, integrity, responsibility, and demonstrate sportsmanship at all times (practices, tournaments, YMCA activities).

CLUB DISCIPLINE POLICY

If there is a problem throughout the season dealing with inappropriate behavior, bullying, or situations from players, coaches, parents, etc., please contact the Club Director.

OFFENSE NUMBER	DISCIPLINARY ACTION
1st Offense	WARNING. Player, parent, and coach meeting. Club Director notified.
2nd Offense	Player/Coach/Parent/Club Director meeting. One week suspension.
3rd Offense	Parent/Club Director meeting. One month suspension.
4th Offense	Suspended for remainder of year. Refund will NOT be provided.
Note: Any offense can be deemed by the Club Director and/or Assistant Club Directors to be a major offense and will result in immediate suspension. No refunds will be available if a suspension occurs.	

CLUB MEDIA AGREEMENT

I hereby grant FSJ Volleyball, its coaches, staff, agents and representatives the right and permission to:

- Photograph, record, or capture video/audio of my child during practices, games, tournaments and other club related events.
- Use such media in any lawful manner, including promotional materials, social media posts, websites, newsletters, and marketing content related to the Friendship YMCA and FSJ Volleyball.
- Edit, reproduce, publish or distribute the media without compensation, notice, or further approval.
- I understand that all photos, videos, and related content become the property of the Friendship YMCA and FSJ Volleyball and may be used for club purposes indefinitely unless I revoke consent in writing.

DIRECT COMMUNICATION POLICY

To ensure effective team coordination and player development, coaches and staff may communicate directly to athletes through approved communication methods. Approved methods include:

- Emails regarding scheduling, feedback, and team-related matters
- Group messaging applications or social media used for team coordination



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POLICY SAFEGUARDS

- All communication between coaches, parents, and athletes will remain professional and relevant to club activities.
- Parents/Guardians may request to be copied or included in any individual communications at any time.
- Coaches and staff agree not to use personal communication for non-team related or inappropriate discussions.



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ACKNOWLEDGEMENT

By signing below, I acknowledge that I have read and understood the above information and grant permissions for the use of media and communications as outlined.

PARENT/GUARDIAN SIGNATURE: _____

GOOD LUCK! The Friendship YMCA wishes you a great volleyball season!

PLAYER'S NAME: _____

PLAYER SIGNATURE: _____

**PLEASE SIGN & EMAIL THIS PAGE TO AIDAN CLARK (CLUB DIRECTOR) NO LATER THAN
NOVEMBER 1, 2025.**