

About Arizona Fear Club Volleyball, Inc.

Welcome to **Arizona Fear Club Volleyball!** We are happy to have you apart of our team. AZ Fear is a competitive volleyball program dedicated to our athlete's knowledge and success as a volleyball player. The staff of AZ Fear is not only servicing your community, we are apart of it. The Director of AZ Fear, Chad Speer, is the Men's Volleyball coach at Grand Canyon University. In addition, AZ Fear's President, Becki Speer, is a middle school teacher at Diamond Canyon. Our opportunity to have daily contact with our students, athletes, and parents allows us to build strong relationships within our club. What distinguishes AZ Fear from other clubs, are our coaches. All of our coaches are talented, knowledgeable, and educated in the area of competitive volleyball. AZ Fear coaches come from previous coaching experience, have the gift of motivating and encouraging kids, and most have had the opportunity to work with our director, Chad Speer. We encourage our coaches to utilize their own coaching style; this allows our program to be diversified. As a member of AZ Fear, your child will be taught the skills and knowledge to become a highly competitive volleyball player. We promise to introduce, build, develop, and perfect your child's knowledge of the following:

- Conditioning: Emphasis on upper body strength.
- Positioning: Offense, defense, transition play.
- Offense: Plays, combinations, calls, communication, 5-1, 6-2, 4-2.
- Defense: Man and rotation, according to team ability.
- Terminology: General vocabulary for competitive volleyball.
- Officiating: What the official is looking for when calling the game (hand signals, verbal usage, and terminology).
- Passing: Passing, use of hands when passing, serve receive passing.
- Serving: Technique
- Blocking: Hands and foot work
- Hitting: Approach and swing

Financial Commitment

- Start-up Fee: Includes uniform, Tournament Contracts, USA Membership, & USA Registration. The Start Up fee does NOT include the monthly fee.
Both the Start Up and Monthly fees are due the week of tryouts.
- Monthly Fee: All fees are due at the beginning of every month.

**We know the beginning fees can be overwhelming,
but it is VERY important that we receive these initial costs promptly.**

**All payments will need to be mailed to:
Arizona Fear
28225 N. 31st Lane
Phoenix, AZ 85083**

Please do not give payment to your child's coach, due to the fact that we do not see coaches on a regular basis. For those of you who bank on-line, you can add us to your monthly bill pay, just use our address, etc. Payments received after the 5th of the month will be issued a \$20 late fee. All NSF checks will be charged a \$25 processing fee as well. If special arrangements are necessary, please contact Becki Speer @ azfear@cox.net.

Tournament Schedule

You can find tournament dates and locations on Arizona Region's website, www.azregionvolleyball.org. This website will give you times and locations for your specific age group. AZ Fear's Team Volunteer will also have all pertinent information for tournaments. While on the Arizona Region's website go to "juniors", scroll down to "Girls or Boys" then click on "Next Tournament". This will take you to location and driving directions for that week's tournament. Tournament locations are updated the Wednesday of the week of the tournament.

Practice Schedule

For girls and boys, there will be 2 practices per week for all teams. If practices are changed due to holiday's, AIMS testing, or individual coach's emergencies you will be notified on our website or by phone. Practice days, times, and locations will be posted on our website every month. It will be updated weekly for the upcoming practice week. It will be your responsibility to check our website often for changes and updates.

Practice Locations:

Boulder Creek High School, Anthem, AZ
Diamond Canyon School, Anthem, AZ
Desert Mountain, Desert Hills, AZ
Sandra Day O'Connor High School, Happy Valley & I-17
Barry Goldwater High School, Deer Valley & 27th Ave
Desert Edge High School, Goodyear, AZ
Millennium High School, Goodyear, AZ

Player Commitment

AZ Fear can not guarantee equal playing time for all players. Club volleyball is a competitive sport where player attendance, ethics, and attitude are taken into account. During practices, all players will have equal playing time and coach's attention. During tournaments, playing time is up to the coach's discretion.

Travel

The definition of travel is any tournament that is out of the Phoenix Metropolitan area **and** requires an overnight stay. If it is required that your child participate in an out-of-area tournament, **parents are responsible for paying for their own stay**. We are currently contacting and blocking off rooms that we "may" need. You will be given a list of these hotels and phone numbers so that you are able to reserve your room. (It is important to call in advance, many hotels become booked quickly during tournaments.) Parents are responsible to provide travel to and from tournaments (carpooling is an option).

Travel Tournaments Include:

GIRLS

Cactus Classic / Fiesta Classic (Tucson, AZ, January, 12-18's Girls Teams)
Southern California NQ#1 (Anaheim, CA, March)
Southern California NQ#2 (Anaheim, CA, April)
Las Vegas Invitational (Las Vegas, NV, April, 17-18's)
North East Qualifier (Baltimore, MD, April, 15 Red, 16 Red, 17 Red)

BOYS

Southern California (Anaheim, CA, December 12-13, 14-18 Boys)

Team Parent

Every team should have a team parent; some of the responsibilities are...

- Start the phone tree in case of changes in practice time or location or cancellation of games or practices.
- Coordinate maps/directions to all tournaments.
- Coordinate team bonding parties (such as decorating hair ties, sandals, water bottles, t-shirts, etc).
- Coordinate after season party.
- Assist with any tournament activities.

This is a general outline of what the Team Parent can do to help. Remember to delegate tasks as you and other parents agree and get agreement of the coaches and club staff as needed. Coaches & club staff should have the authority to make or request changes, additions, or exclude duties as needed.

Parent Conduct

Much of the joy of being a club parent comes from watching your child compete in tournaments. There are very few kids who are not bolstered by looking into the stands and seeing their mom and dad cheering them on. As part of their responsibilities, parents should be at every one of their child's tournaments. Fortunately, the majority of parents behave appropriately at these events. But those who misbehave can spoil it for the rest. It takes only a few out-of-control parents to turn what should be a pleasant atmosphere into one that is stressful for everyone.

In addition to some of the obviously inappropriate actions, such as profanity, drinking alcohol, use of tobacco, throwing objects and the like, the following rules of thumb for personal behavior should be followed:

- Do not interfere directly or indirectly with your child's coach. Parents must be willing to relinquish the responsibility for the child to the coach for the duration of the game. Negative comments and gestures of displeasure toward the coach only undermine the coach's efforts.
- Do not shout instructions of criticism to the athletes.
- Do remain in the spectator area during the event, never approach the bench during a tournament. Any concerns need to be addressed after and in private.
- Do express interest, encouragement and support to your child.
- Do lend a hand when a coach asks for help.

And what about those parents who violate the rules of conduct? Good sportsmanship among all spectators is a goal worth working for, especially for parents, who have the obligation not only to control their behavior, but to also remind others around them of their responsibilities. AZ Region of Volleyball has strict guidelines, they will give one warning if a second occurs, the team will be fined and the parent will be thrown out. The fine will be the parents responsibility.

HOW TO ESTABLISH RAPPORT WITH YOUR ATHLETIC CHILD

1. Make sure that your child knows that win or lose, scared or heroic you love her, appreciate her efforts and are not disappointed in her. This will allow her to do her best, to avoid developing a fear of failure based on the specter of disapproval and family disappointment if she does mess up. Be the person in her life she can look to for constant positive enforcement. Learn to hide your feelings if she disappoints you. Try your best to be completely honest about your child's athletic capability, her competitive attitude, her sportsmanship and her actual skill level.
2. Be helpful but don't "coach" her on the way to the track, diamond or court. . . on the way back. . . . at breakfast . . . and so on. Sure, its tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction. Teach her to enjoy the thrill of competition, to be "out there trying" to be working to improve her skills and attitudes . . . to take the physical bumps and come back for more. Don't say "winning doesn't count" because it does. Instead, help her develop the feel for competing, for trying hard, for having fun.
3. Try not to re-live your athletic life through your child in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure her because of your pride. Sure, she is an extension of you, but let her make her own voyage of discovery into the world of sport. . . Let her sail into it without interference. Help to calm the water when things get stormy, but let her handle her own navigational problems.
4. Find out what she is all about and don't assume she feels the way you did, wants the same things, has the same attitudes. You gave her life, now let her learn to handle it, enjoy it. Let her need you on her terms, help her to death. Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when her world turns bad on her. If she is comfortable with you-win or lose-she's on her way to maximum achievement and enjoyment-and you will get your kicks too! In the meantime, start to think of your child as a child, not as "my daughter, the athlete!" If you do, the morale of the family will greatly improve.
5. Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that" ad nauseam. This, I realize, is often hard to take-especially for the father who has had some sports experience or for the mother if what the "coach says" refers to the youngster's eating pattern. When a certain degree of disenchantment about the coach sets in, some parents side with the youngster and are happy to see the coach shot down. This is a mistake. It should provide a chance to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules, regulations and so on.
6. Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team, at least in her hearing. And if your child shows a tendency to resent the treatment she gets from the coach, or the approval other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly-protective parent who is blinded to the relative merits of your youngster and her actual status as an athlete and individual, you will merely perpetuate the problem. Your youngster could become a problem athlete.
7. You should also get to know the coach so that you can be assured that her/his philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to that coach. The coach has a tremendous potential influence.
8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home. Don't cut your youngster down if you feel she is exaggerating-just take a look at the situation and gradually try to develop an even level. Above all, don't over-react and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem is not as it might appear.
9. Make a point of understanding courage, and the fact that it is relative, there are different kinds of courage. Some of us can climb mountains but are frightened to get into a fight; others can fight without fear but turn to jelly if a bee approaches. Everyone is frightened in certain areas nobody escapes fear and that is just as well since it often helps us avoid disaster. Explain to your youngster that courage does not mean an absence of fear but rather means doing something in spite of fear or discomfort.