**WELCOME TO**

**QUICKSET VOLLEYBALL**

**All Club Information is on the web site or contact Tim Dando by email**

[**quicksetvbc@yahoo.com**](mailto:quicksetvbc@yahoo.com)

[**www.quicksetvolleyball.com**](http://www.eteamz.com/qsvc)

**570-617-7409**

**Club mailing address**

**531 W. Nicholas St.**

**Frackville, PA 17931**

**Quickset Handbook 2024**

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**ABOUT QUICKSET VBC**

**QUICKSET**, formed in 1991, is affiliated with the Girls Junior Olympic program of USA Volleyball (USAV), the National Governing Body for volleyball in the United States. QuickSet's coaching staff consists of USAV, collegiate, high school, and CYO coaches who are USAV certified and members of the American Volleyball Coaches Association (AVCA). Our coaching staff continues their education and development through attendance at seminars, clinics, and programs sponsored by the USAV CAP, the AVCA, and the PA Volleyball Coaches Association (PVCA). QuickSet's program runs from December through April each year.

**QUICKSET VALUES** each player's self-esteem, honesty, and spirit.

**QUICKSET's VISION** is to provide an optimum atmosphere for the development of young volleyball athletes and assist each player in becoming the best she can be.

**QUICKSET's GOALS** are to:

• Improve the volleyball skills and leadership of each team member through specialized instruction and competitive team play.

• Continue to raise the quality of girl's volleyball in the Lehigh Valley area - as evidenced by the continued success of Quickset players on their local high school teams.

• Provide specialized training opportunities and key competition exposure for athletes who are considering playing competitive volleyball in college.

• Promote good sportsmanship, responsibility, and the lifelong spirit of volleyball.

**Quickset Philosophy**

**Playing time**

To improve skills of the Lehigh Valley region’s players. This is done through a variety of drills at practice.

**Playing time:** Based on the value to the team at any given point. **Players do not pay to play**. Quickset limits the number of players to 9 or 10 to get each player’s maximum time on the court but during matches there are other factors that enter into the decision as to whether a player actually plays. Attending practice is essential. Missed practice time could affect play time.

1. Rotation – players are slotted into a certain rotation which is driven by the play of the teams and the flow of the match. There will be times when the rotation does not rotate in a way to allow all players their anticipated playing time.
2. Playing level – some players just have bad days and thus the coach will make the necessary adjustments to allow the team to be successful.
3. Situational coaching: Using their knowledge of the player and the situation the team is in, the coach will make a coaching decision based on that knowledge. At no time should a player take anything personally. Coaching is not an exact science thus all decisions should be accepted for what they are meant to achieve “success for the team”.
4. Position: players are selected to a team based on their ability at certain positions. We do not “load” a team with 5 outside hitters thus making it impossible to have each one get appropriate playing time at that position. Some players show during practice that they are able to handle multiple positions and some exhibit talent at one certain position. It is the hope that as the players mature they will develop into multiple position players. In a perfect world that would mean all players but it is simply not going to happen. A player needs to come to an understanding of their own talent level and what position or positions they are best suited to play.

**Player Code of Conduct**

As a member of the Quickset Volleyball Club I am expected to follow the code of conduct outlined below.

**Attendance** : I will attend all practices and tournaments. I will contact my coach immediately by phone call or text if I am unable to attend practice.

**Attitude** : Players are to encourage each other in a positive manner. Any abusive behavior towards another player, the coaching staff or officials is a violation of the code and will result in the player being benched, suspended, or expelled from the club. Players are not to “coach” another player.

**Cell phones** : I will not use my cell phone during practice. It will be in my bag and on vibrate. I will not use my cell phone during warm ups or work assignments at tournaments.

**Playing time** : I have read the Quickset Philosophy and understand “playing time”.

Consequences of breaking the code will involve sanctions against the player such as benching, suspension, or removal from the team and club.

**Printed player name - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Code of Conduct**

**Communication**: all comments/questions should be directed to the coaching staff. Coaching your daughter from the sidelines simply causes confusion since your daughter should be following the coaching staff’s instructions thus keeping the entire team on the same page.

*Coaches are not to be approached during practice or at tournaments.*

Request to have a conference with your daughter’s coach either before or after practice. If your concerns are not answered to your satisfaction then you need to contact our director, Tim Dando.

**Sportsmanship** : I will encourage all players by cheering in a

positive manner. I will support the efforts of the coaching staff

in trying to balance the needs and skills of all players, to develop the

players to win in this competitive youth sport with an emphasis on

team work, and to make each player's experience enjoyable.

Any abusive behavior directed at a player, the coaching staff, or officials is in violation of the code and may result in me being asked to leave the premises and my daughter being benched or suspended.

**Attendance** : I am to make every effort to get my child to every practice and tournament. I will contact the coach immediately by phone call or text if my daughter is unable to attend a practice. I will give the coach fair warning if my daughter cannot attend a tournament.

**Playing time** : I have read the Quickset Philosophy and understand “playing time”.

**Financial Obligation** : I understand that payments are due on or before the due dates. Late payments could result in my daughter being benched, suspended, or removed from the team.

**Printed parent name - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TOURNAMENT TEAMS**

Quickset will be fielding a teams at 13/under, 14/under, 15/under,

and 16/under for the 2024 season.

We limit tournament teams to 9 or 10 players to maximize playing time. Each team will attend 7 or 8 tournaments. All tournament play occurs either on a Saturday or Sunday starting in mid-January and ending the season at in mid-April. Each player is responsible for their own transportation to all practices and tournaments.

**PRACTICE PLAYERS**

Each tournament team accepts a limited number of “practice players”. Players are not part of the team itself but attend practices and go through all the drills and scrimmages with the team. The cost is considerably less because the players do not get uniforms nor attend tournaments. Players must attend tryouts to be considered for the practice player option.

**DEVELOPMENTAL TEAM**

We offer 2 nights of developmental volleyball for players just starting out or players who are looking to improve their skills with out being on a tournament team. In our practices we will focus on the basics of playing volleyball.

* How to pass or "bump"
* How to pass overhand or "set"
* How to serve
* How to approach and hit
* How to  block and transition

Many of our developmental players stay with QuickSet for the rest of their youth volleyball careers.

**AGE GROUPS:**

16 & under: cannot turn 17 before July 1, 2024

15 & under: cannot turn 16 before July 1, 2024

14 & under: cannot turn 15 before July 1, 2024

13 & under: cannot turn 14 before July 1, 2024

**Tournament team tryouts**

**Quickset tryouts** consist of drills and scrimmaging. Players will be asked to demonstrate skills including passing, setting, hitting, blocking and serving. Each player is given an equal opportunity to display their skills.

**Selection of players** : The entire coaching staff has input pertaining to player selection. Offers will be emailed the same night as tryouts.

**KRVA Commitment Rule -** Offers are good for 48 hrs. from the time stamp on the email. Once a junior player has accepted an offer from a club, they will remain committed to that club and may not withdraw their acceptance from that club for any reason.

**Final commitment date – 13/14 – Oct. 27th 15/16 – Nov. 17th**

**How do I accept an offer?**

**1) Reply to the email from the club director and copy KRVA before the 48 hr period expires.**

Quickset Club Director – Tim Dando - [quicksetvbc@yahoo.com](mailto:quicksetvbc@yahoo.com) KRVA Girls Chairperson –[OFFERS@krva.org](mailto:OFFERS@krva.org)

Email should state your daughter’s acceptance and club name.

2) Players accepting a position then will send to Quickset the initial

acceptance fee by the following dates.

13’s/14’s due date – Nov. 6th

15’s/16’s due date – Nov. 24th $450

Payment can be made by Pay Pal or Venmo at [quicksetvbc@yahoo.com](mailto:quicksetvbc@yahoo.com) or

MAKE SURE TO SEND AS A FRIEND

Mail a check payable to Quickset Volleyball to the club address.

**Tryout Schedule**

**Tryout registration procedure is posted on the web site**

**Tryout registration** : Each player must provide proof of KRVA tryout membership. There is no fee to Quickset for tryouts.

**Monday, Oct. 23rd** **Monday, Nov. 13th**

5:30pm - 7:00pm 13’s 6:00pm -7:30pm 16’s

7:00pm - 9:00pm 14’s

Site:East Hills Middle School

Please arrive 15 minutes before tryout to check in at front desk.

**Offers will be emailed starting at 7pm on Wednesday**

**following tryouts.**

**13, 14 – Wednesday, Oct. 25, 2023**

**15, 16 – Wednesday, Nov. 15th, 2023**

**This is the KRVA mandated time. No offers can be made prior to this date and time either verbally or otherwise.**

**PLAYER COSTS AND PAYMENT FEE SCHEDULE**

**Teams** 13’s ,14’s 15’s and 16’s = $1350

**Cost includes** USA registration for coaches, team, scoring clinics, coaching certification clinic, court rental fees, tournament fees, coaches’ mileage and meals, club operating costs and 2-uniform jerseys

**Practice players all ages** - $450.

**PAYMENT DUE DATES**

**Acceptance fee Installment payments**

**13’s**  $450 due Nov. 1s t-- $300 due Dec. 10th, Jan. 10th, Feb. 10th

**14’s**  $450 due Nov. 1st -- $300 due Dec. 10th, Jan. 10th, Feb. 10th

**15’s**  $450 due Nov. 1s t-- $300 due Dec. 10th, Jan. 10th, Feb. 10th

**16’s**  $450 due Nov. 24th-- $300 due, Dec. 10th, Jan. 10th, Feb. 10th

**Practice players** $150 due Dec. 10th, Jan. 10th, Feb. 10th

Developmental players (D-teams) –

$150 Nov. 1stthen $100 Dec.10th , Jan. 10th

Preferred:

**Venmo** @Timothy-Dando (if needed to confirm last 4 digits 7409)

PLEASE send as a friend or family member to avoid any fees.

Others:

**Pay Pal** [tim.dando@yahoo.com](mailto:tim.dando@yahoo.com)

PLEASE send as a friend or family member to avoid any fees.

Make checks out to “Quickset Volleyball”

**Mail to:**  Quickset Volleyball

531 W. Nicholas St.

Frackville, PA 17931