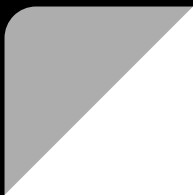


# Starlings Cedar Rapids VBC

Parent Meeting 2023-2024 Club Season



# Welcome!

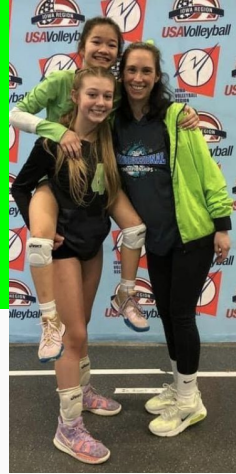
- About us
  - Coaches
  - Parent/Player Contract
    - Player/Parent/Coach Expectations
  - Tournaments/Schedules
    - Practice Calendar
  - Uniforms
  - Fundraising/Sponsorships
    - Fees and Options
  - Closing: Player to do's before competition.
-

A close-up photograph of a white volleyball resting on a sandy beach. The ball is the central focus, showing its characteristic hexagonal panels and some signs of use. The background is a soft-focus view of the sand and some small debris. The text is overlaid on the left side of the image.

# About us:

- Non-Profit Organization
- Mainly lower
- All coaches are volunteers!

# The Directors



## 11u and 14u Regional Team

Nikki Herman-Head Club Coach/Co-director:  
California native, played competitive volleyball for  
9 years through college. Played every position  
except MB. Coaching for about 10 years at every  
age level. Nationals Silver and Bronze medalist.  
All-Conference Setter in CA.



## 15u Regional and 16u National

Irma Macias- Co-Director: California native.  
Coaching over 15 years with Starlings and  
as Club Director in Los Angeles, CA with  
12u, 16u, and 18u teams. Retired &  
transitioned to Cedar Rapids, IA in 2017

# The Coaches



## 12u Team

Meghan Prohaska:  
Jefferson Grad, Op/MB  
hitter. Played for University  
of Dubuque.

## 13u Team

Jeremiah Herman:  
Coaching volleyball for 6  
years. Currently serves as  
an assistant coach for  
Jefferson.

## 13u Regional Team

Brianna Prohaska: Jefferson  
Grad. OH, MB, OP hitter.  
Coaching with Starlings for 4  
years, assisted with both  
National Medalist teams.  
Currently is the head coach for  
the sophomore team at  
Jefferson High School.



# Parent/Player Contract

- 0% Drama: Parents and Players
- Social Media: Everyone
- Grades (Eligibility)
- Attitude and Effort
- Excused v Unexcused Absences/Tardies
- Alcohol and Substance Abuse

# Coach/Parent/ Player Expectations

- Respect for everyone
- Playing time questions or concerns
- Communication and commitment



# Tournaments



Tournament schedule does not come out until after the first weekend of December. Will send an updated calendar once we secure tournaments.

11u: 4 Tournaments

12u: 4 Tournaments

13u: 5 Tournaments

13u Regional Team: 5 Tournaments plus Regionals.

14u Regional Team: 6 Tournaments plus Regionals

15u Regional Team: 6 Tournaments plus Regionals.

16u National Team: 8 Tournaments plus IA Regionals, MN JVA, and Nationals.



# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 First day of Practice 6-7:30pm 11u-13u 7:30-9p 14u-16u	6	7	8 7-8:30pm 13u-16u	9
10	11 7-8:30pm 11u-16u	12	13	14	15 6-7:30pm 11u-16u	16
17	18 7:30-9pm 13u-16u	19	20	21 6-7:30p 11u & 12u	22 	23 
24 	25 	26 	27 	28 	29 	30 
31 						


# Uniform Package



Daily Agenda Slides - Google Slid... Parent Meeting 2022 - Google Sl... Club Payments | Mysite

starlingscedarrapids.org/club-fees


Bookmarks Cedar Rapids Com... Varsity Bound Iowa State Departm... Jefferson Staff Site Classrooms > Active Staff Resources - G... Raz-Plus: The onlin... Classlink ELL Teachers Employee Access




### First Installment of \$200 (All Teams)

Make your first club fee payment using Venmo, no fee if connected to a debit or bank account (do not turn on purchases option, fee included with that). You may use PayPal (button below) if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)







### Full Club Fee for 15u-17u Non-Regional Teams

Make your total club fee payment of \$25.00 using Venmo, no fee if connected to a debit or bank account (do not turn on purchases option, fee included with that). You may use PayPal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)







### Full Club Fee 12u-14u Non-Regional Teams

Make your total club fee payment of \$25.00 using Venmo, no fee if connected to a debit or bank account (do not turn on purchases option, fee included with that). You may use PayPal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)







### Full Club Fee 13u Regional Team

Make your monthly club fee payment of \$475.00 using Venmo, no fee if connected to a debit or bank account (do not turn on purchases option, fee included with that). You may use PayPal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)






### Monthly Payments

Make your monthly club fee payment of 150.00 using Venmo, no fee if connected to a debit or bank account (do not turn on purchases option, fee included with that). You may use PayPal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)




Sign out Nov 14 12:34

Here are the options to pay for the season in full. The monthly \$150 and first installment of \$200 is also on this page.

Daily Agenda Slides - Google Slid x Parent Meeting 2022 - Google Sl... Starlings Dec. 2022 Calendar - G... Club Payments | Mysite x +

starlingscedarrapids.org/club-fees


Bookmarks Cedar Rapids Com... Varsity Bound Iowa State Departm... Jefferson Staff Site Classrooms > Active Staff Resources - G... Raz-Plus: The onlin... Classlink ELL Teachers Employee Access




### Club Fee Option 1

Make a club fee payment of \$25.00 towards your total club fee using Venmo, no fee if connected to a debit or bank account. You may use Paypal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)







### Club Fee Option 2

Make a club fee payment of \$50.00 towards your total club fee using Venmo, no fee if connected to a debit or bank account. You may use Paypal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)







### Club Fee Option 3

Make a club fee payment of \$75.00 towards your total club fee using Venmo, no fee if connected to a debit or bank account. You may use Paypal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)






### Club Fee Option 4

Make a club fee payment of \$100.00 towards your total club fee using Venmo, no fee if connected to a debit or bank account. You may use Paypal if you're more comfortable with that option but there is an additional fee.

[Buy Now](#)



Sign out Nov 14 12:33

Club fee options: \$25, \$50, \$75, \$100 (This is in place of \$150 a month and must be communicated with us)

[Home](#)[About Us](#)[Parent Information](#)[Calendar](#)[Club Payments](#)[Sponsors](#)

This page includes payment option plans to make at anytime.  
For the monthly payment or full club fee payment scroll below  
the payment options.

Venmo: @starlingscedarrapidsvbc17  
Last Four Digits of phone #: 1242

If you choose not to do Paypal or check, Venmo is an option. Information on website.

# Fundraising

- Level 10 - Winter apparel
- See's Candies (Valentines)
- GSG Fundraising (Snackin' In USA)
- Level 10 - Spring apparel
- Double Good Popcorn
- Serve-A-Thon - Easter
- Player Sponsorships (Anytime)



# Players To-Do's

COMPLETE BEFORE JAN 3, 2024

Visit Iowa Volleyball Region @  
[www.iavbreg.org](http://www.iavbreg.org)

Select PLAYERS tab on left column

Select- How To Take Referee and Scorer  
Courses (follow prompts)

- Referee Course & Line Judge Course
- Scorer Course

The screenshot shows a web browser window with the URL [iavbreg.org/players](http://iavbreg.org/players). The page features a large image of volleyball players in action. Below the image, there are three buttons: "Membership", "How to take Referee and Scorer courses", and "AVCA Collegiate Map". A prominent text box states: "ALL PLAYERS THAT ARE 18 YEARS OLD OR WILL BE TURNING 18 BEFORE THE END OF THE USA SEASON (AUGUST 31) WILL NEED TO TAKE THE". On the left side of the page, there is a navigation menu with tabs for HOME, CLUB DIRECTORS, COACHES, PARENTS, PLAYERS, and TOURNAMENT. The "PLAYERS" tab is currently selected.

The screenshot shows a web browser window with the URL [help.usavolleyballacademy.org/File/Get/44](https://help.usavolleyballacademy.org/File/Get/44). The page is titled "USA Volleyball Academy Help Desk" and contains a search bar and a list of categories on the left: Coach Education Issues, Safe Sport Course Issues, and Membership Issues. The main content area displays a search result for "How do I get to the USAV Academy?". The instructions provided are: 1. Follow this link and login to your SportsEngine membership account. 2. In the column on the left, click on Household. Below the text, there is a screenshot of the SportsEngine website interface, showing a navigation menu with a red arrow pointing to the "Household" option.

# What we need on 12/5/23

- Parent/Player Contract signed.
- Parent Code of Conduct signed.
- USAV Medical Release (Electronic is fine)
- Parent Meeting Acknowledgement Signed
- Starlings Registration through our website [www.starlingscedarrapids.org/parent-information](http://www.starlingscedarrapids.org/parent-information) (This is a must for uniforms)
- Sports Engine full membership and acceptance to our club.

## Starlings Cedar Rapids VBC - Parent Code of Conduct

Starlings Cedar Rapids Volleyball Club has implemented the following Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand, and sign this form prior to their children participating with our club.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility immediately. Repeat violations may cause a suspension, or the season forfeiture of attending all events.

### Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

### I therefore agree:

9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.

10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or her performance.

11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.

12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.

14. I will promote the emotional and physical well-being of the athletes ahead of any person desire I may have for my child to win.

## Starlings' Player-Parent Contract

### Player Practice-Placement

- Teams typically are formed on or about the first week of December.
- Teams are formed based on ability.
- Player ability level moves throughout teams will be rare.

### Philosophy

- Starlings' basic philosophy is "Athletes First, Winning Second".
- Starlings' goals are personal development and personal enjoyment.
- Players, parents, and coaches are expected to support and reinforce our ETA (Effort, Teamwork, Attitude) values.

### Parent's Responsibilities

- Support and reinforce the Club in its efforts to teach ETA.
- Only miss practice due to illness, family emergency, or school function.



## 2023-2024 Parent Meeting Acknowledgement Form

A. I/We hereby acknowledge participation in the Parent meeting which was conducted remotely via Google Meet on November 13, 2023 by the Directors' of Starlings Cedar Rapids VBC.

OR

B. I/We hereby acknowledge watching the video recording of the Parent meeting which was conducted remotely via Google Meet on November 13, 2023 by the Directors' of Starlings Cedar Rapids VBC.

By signing below, I/We affirm and agree with Starlings Cedar Rapids VBC program and objectives as it involves my daughter, \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Dated: \_\_\_\_\_

The screenshot shows the website for Starlings Cedar Rapids VBC. The header includes navigation links: Home, Roster, Club, Club Resources, Starlings, and More. The main content area features the club's logo and a 'CONTACT' section with the following details:

- Director: Steve S. Mueller
- Phone: 330-351-1702
- Head Coach: Nicole "Nikki" Herman
- Contact Email: (for any questions) Starlings.CedarRapids@youthsoc.com

Below the contact information, there is a link to the website: [www.starlingscedarrapids.org](http://www.starlingscedarrapids.org). A blue banner at the bottom of the page reads: "RECENTLY PUBLISHED CEDAR RAPIDS CLUB REGISTRATION FORM 2023-24".



Questions?