



2026-27

JUNIOR PLAYER / PARENT HANDBOOK



Net Force Strong. One Team. One Vision.

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Welcome to Net Force Volleyball Club

Club Vision

It is our philosophy to provide all players with the opportunity to advance skill development and compete in the sport of volleyball through a positive learning environment that not only challenges personal growth but also encourages them to reach beyond their personal limitations.

Club Goals

- Commitment to providing a safe, positive and player-centered environment.
- To provide all players with the technical, tactical and physical training in developing the skills necessary to grow in the sport.
- To be successful - as measured in attitude, effort and improvement - by striving to attain individual and team potential.
- To afford players the opportunity to discover success, by teaching them how to set goals, overcome challenges, sharpen their mental focus, achieve physical fitness, and understand their roles as a team member.
- To foster leadership skills both on and off the court.
- To support our players with skills and resources that encourage success in life as well as in volleyball.
- To play with pride, poise and play to win. **At this age, we accentuate that success is defined as having a growth mindset, making and learning from mistakes and giving your best effort.*
- To have fun and enjoy the sport and the challenges of the program through a quality experience.

Our Commitment

Our commitment to success focuses on the cooperation among us: the coaches, players and parents. The success of the program is measured by its excellence, both on and off the court, and by working together all involved can enjoy a successful and productive program. To this end, we are expecting the following from all involved:

Players

Have fun. Work hard, dedicate and commit to improve your personal and team skills. Strive to win with your effort, skills, tactics, teamwork and fair play. Treat teammates, coaches, opponents and officials with respect. Recognize skillful play and do not ridicule opponents. Be an example for other players with a positive work ethic and attitude. Remember that you are part of a team, and that your actions reflect not only upon yourself, but also on your team, your coaches, your community and your country.

Parents

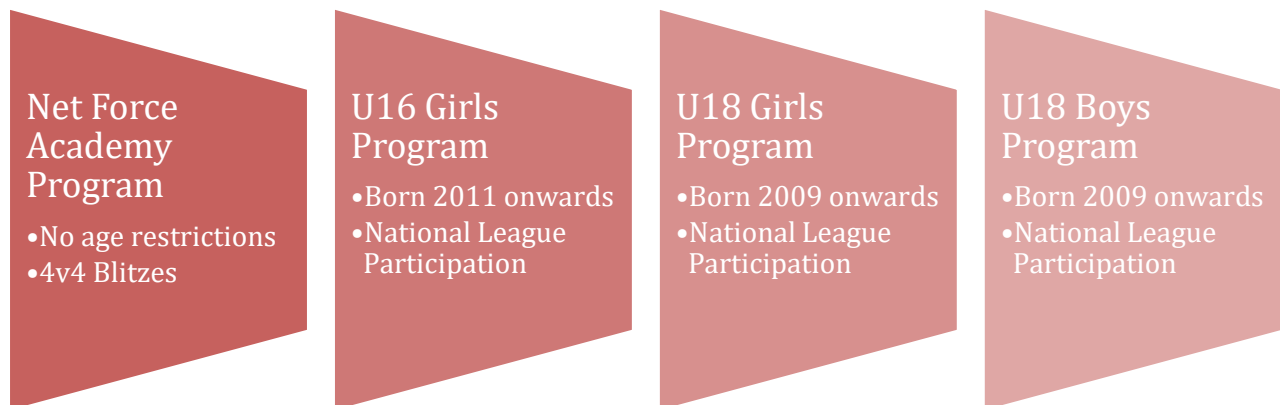
Be involved and be positive. Encourage your child's athletic and academic endeavors. *Players want to hear that you love to see them play – no matter the score.* Set a good example by your conduct and sportsmanship. Take the time to learn more about volleyball rules and strategy. Trust in the coaches to direct your daughter or son and the play of the

team.

Coaches

Act professionally at all events. Be a positive teacher, a leader and a role model. Set high standards for your own conduct and the conduct of your respective team members. Treat all players respectfully, honestly and fairly. Commit to helping all players reach their highest potential as teammates and as individuals. Maintaining all safeguarding requirements.

Underage Structure and Coaching Staff



Coaching Staff

All coaches operate under Volleyball Ireland and Sport Ireland policies. Coaches are volunteers appointed by Net Force VC. Coaching assignments may change throughout the season based on team needs and availability.

All coaches working with junior players are required to maintain Volleyball Ireland coaching registration and comply with all safeguarding requirements established by Sport Ireland and Volleyball Ireland.

Safeguarding

Net Force Volleyball Club is fully committed to providing a safe, welcoming, inclusive and enjoyable environment where every child can participate in volleyball free from abuse, bullying, discrimination or inappropriate behaviour. The welfare of children and young people is our foremost priority, and all decisions made by the Club will reflect this commitment. The Club recognises that safeguarding is everyone's responsibility and expects all coaches, volunteers, players, parents and committee members to contribute to creating a positive and respectful environment in which young athletes can develop both as volleyball players and as individuals.

Net Force VC operates in accordance with the **Children First Act 2015**, **Children First: National Guidance for the Protection and Welfare of Children**, **Sport Ireland's Safeguarding Guidance for Children and Young People in Sport**, and all safeguarding policies and procedures established by **Volleyball Ireland**. All members of the Club are expected to adhere to these standards and to uphold the highest levels of behaviour both on and off the court.

All coaches, assistant coaches and volunteers working with junior players are required to maintain the safeguarding and governance standards established by Volleyball Ireland and Sport Ireland. This includes maintaining a valid **Garda Vetting clearance**, successfully completing **Sport Ireland Safeguarding 1** training, completing **Safeguarding 2** where required by their role, holding the appropriate coaching qualifications for the level at which they coach, complying with the **Volleyball Ireland Code of Ethics and Good Practice for Children's Sport**, and maintaining any Volleyball Ireland coach registration required for their coaching activities. Coaches and volunteers who do not maintain these mandatory requirements may not participate in coaching or supervising junior activities until all compliance requirements have been satisfied.

Designated Liaison Persons (DLP)

The Club has appointed two **Designated Liaison Persons (DLP)** who are responsible for overseeing the Club's safeguarding procedures and acting as the primary point of contact for any child welfare or safeguarding concerns. The DLP provides guidance and support to players, parents, coaches and volunteers, ensures that safeguarding concerns are managed in accordance with Volleyball Ireland and statutory procedures, and liaises with the appropriate authorities where necessary. Any player, parent or volunteer who has concerns regarding the welfare or safety of a child is encouraged to contact the DLP in confidence.

Female Designated Liaison Person (DLP)

Name: Sylwia Gomes
Email: syluncia@gmail.com
Telephone: 087 791 0314

Male Designated Liaison Person (DLP)

Name:
Email:
Telephone:

All players, parents, coaches and volunteers share responsibility for creating a positive club culture where respect, inclusion, fairness and player welfare are valued above winning. Any concerns relating to bullying, inappropriate behaviour, discrimination, abuse or breaches of the Club's safeguarding policies should be reported immediately so that they can be addressed promptly, confidentially and in accordance with the Club's safeguarding procedures. Net Force VC is committed to ensuring that every player can enjoy volleyball in an environment that is safe, supportive and focused on their long-term development.

Communication Policy

Effective communication between players, parents and coaches is essential to the successful operation of Net Force Volleyball Club. The Club uses BAND as its official team management and communication platform. All players and parents are required to download the BAND application and actively use it throughout the season. BAND is used to communicate training schedules, league fixtures, tournament information, club announcements and important updates. It also allows coaches to monitor player availability and plan training sessions effectively.

At the beginning of the season, players and parents are expected to enter their availability for all known absences, including family holidays, school commitments and other planned activities. Availability should be updated throughout the season whenever circumstances change. This information is essential for coaches when planning training sessions and selecting teams.

If a player is unable to attend training or a match due to illness, injury or another unforeseen circumstance within 24 hours of the event, parents should notify the coach directly via telephone, WhatsApp or the BAND chat as soon as possible. Scheduled absences, late arrivals or early departures should be recorded in BAND with an explanation.

The Club may also use WhatsApp for team-specific communication where appropriate. WhatsApp should only be used for logistical matters such as transport arrangements, schedule changes or urgent notifications. Parents are encouraged to communicate directly with coaches regarding any issues affecting their child's participation.

Open, respectful and timely communication between coaches, players and parents is fundamental to creating a positive learning environment and ensuring the safety and wellbeing of all participants.

Training Expectations

Training sessions are designed to develop players technically, tactically, physically and mentally while fostering teamwork, discipline and enjoyment of the sport. Players are expected to attend all scheduled training sessions, arrive prepared to learn, and give their maximum effort at every practice.

Attendance is considered an important commitment to both individual development and team success. While the Club recognizes that illness, injury, family emergencies and academic commitments may occasionally prevent attendance, players are expected to prioritize volleyball and communicate any absences in advance wherever possible.

Players should arrive at least 10 minutes before the scheduled start of every training session to assist with court set-up, complete their individual warm-up and prepare mentally for practice. Punctuality demonstrates respect for teammates and coaches and helps maximize valuable court time.

During training, players are expected to:

- Demonstrate a positive attitude and strong work ethic.
- Listen respectfully to coaches and teammates.
- Support fellow players and contribute positively to the team environment.

- Communicate any injuries, illnesses or concerns to their coach before training begins.
- Follow all coaching instructions and team rules.

To promote focus and maximize learning, mobile phones are not permitted during training sessions. Phones should remain in players' bags throughout practice unless a coach has given prior approval. Coaches may require phones to be handed in at the start of training if this policy is not being followed.

Coaches may introduce additional team expectations appropriate to the age and competitive level of their squad. Training plans will always consider appropriate workload, player welfare and adequate recovery.

Training Attire

Players are responsible for arriving at training properly equipped and dressed to participate safely.

The following items are mandatory for all training sessions:

- Clean indoor sports shoes suitable for volleyball.
- Appropriate athletic clothing that allows unrestricted movement.
- A refillable water bottle.

For player safety, jewellery should not be worn during training or matches unless it cannot be safely removed and has been appropriately covered.

The Club also recommends that players bring:

- Knee pads.
- A sports bag.
- Volleyball-specific indoor shoes used only inside sports halls.
- Club training apparel where applicable.
- Any required supports such as ankle braces, knee supports or finger tape.

Players requiring medication, including inhalers or EpiPens, are responsible for bringing these items to every training session and informing their coach if they may be required during activity.

Playing Time Philosophy

Net Force Volleyball Club is committed to developing every player while also providing a competitive environment that encourages excellence and teamwork. Playing time is viewed as an opportunity that is earned through consistent effort, commitment and ongoing development rather than being guaranteed equally for every player.

Coaches strive to provide fair opportunities for all athletes while recognising that equal playing time is not always possible, particularly in National League and competitive tournament environments. Team selection and court time will always reflect the needs of the team and the developmental objectives of the programme.

When determining playing time, coaches consider a range of factors including:

- Technical ability and volleyball skill.
- Attendance and commitment to training.
- Work ethic and attitude.
- Coachability and willingness to learn.
- Tactical requirements of the team.
- Positional needs.
- Teamwork and communication.
- Compliance with Club policies and team expectations.

For each National League match or tournament, coaches will announce the selected playing roster in advance where possible. Team selection is based on player availability, preparation and the requirements of that particular competition.

The Club encourages all players to focus on long-term development rather than short-term playing time. Consistent attendance, a positive attitude, resilience and a willingness to learn are the qualities that contribute most significantly to player progression throughout the season. Coaches remain committed to helping every player reach their individual potential while building successful teams capable of competing at the highest level appropriate to their age and stage of development.

Financial Requirements

Monthly club fees are €50 per month for U16G and U18G&B and €35 per month for Net Force Academy Program, payable at the beginning of each month via the BookWhen site.

Club Fees cover:

- Hall hire
- League registrations
- Officials
- Equipment
- Insurance
- Administration
- Coaching resources
- Tournament entry fees (where applicable)

Volleyball Ireland Membership is separate.

Tournament travel, accommodation and meals may be additional depending on the programme.

Photography & Social Media

Net Force Volleyball Club celebrates the achievements of its players and may take photographs or videos during training sessions, matches, tournaments and club events for coaching, promotional and celebratory purposes. Images may be published on the Club's website, social media platforms, newsletters or other promotional materials in accordance with **Volleyball Ireland**, **Sport Ireland** and **Children First** safeguarding guidance.

Parents or guardians will be asked to provide consent for the use of their child's image as part of the Club registration process. This consent may be withdrawn at any time by notifying the Club in writing.

Players, parents and spectators are welcome to take photographs and videos for personal use; however, all photography and social media activity must be respectful, appropriate and protect the privacy and dignity of every participant. Images or videos must not be used in a way that could embarrass, exploit or identify a child inappropriately. Personal information, including addresses, schools, contact details or other sensitive information, must never be shared alongside photographs.

Net Force VC reserves the right to request the removal of any photograph, video or social media post that does not comply with the Club's values, safeguarding policies or the standards expected by Volleyball Ireland and Sport Ireland. By working together, we can celebrate our players' achievements while maintaining a safe and positive environment for everyone.

Volleyball Ireland Registration

All participants in Volleyball Ireland leagues must be members in good standing with Volleyball Ireland.

<https://volleyballireland.justgo.com/>

- Sign up as a new member (unless parent already a member and then can complete child profile under their existing profile)
- Create a profile for your child. Add Net Force VC under "My Club"
- Under My Profile, click on "Membership"
 - Click National Team Player
 - Click U18 Player and agree to T&Cs
 - Pay the U18 National Membership fee of €25.
- Please send coaches the membership number as we will need this for all matches.
- Agree to Volleyball Ireland's Player Code of Conduct

Player Transfers

Players transferring from another Volleyball Ireland affiliated club must complete the official Volleyball Ireland Transfer Form before representing Net Force VC in any official Volleyball Ireland competition.

The process includes:

- Completion of the current Volleyball Ireland Transfer Form.
- Letter of Release from the previous club.
- Submission to Volleyball Ireland.
- Approval by Volleyball Ireland before the player becomes eligible.

Players should initiate the transfer as early as possible before the season begins to avoid delays in eligibility.

Net Force Volleyball Club

Player & Parent Handbook Acknowledgement & Photography Consent

Season: 2026–2027

Player & Parent Acknowledgement

I/We acknowledge that we have received, read and understood the Net Force Volleyball Club Player & Parent Handbook. We understand that membership of the Club requires players and parents/guardians to comply with the policies, procedures and expectations outlined in the Handbook, including but not limited to:

- Club Values and Code of Conduct
- Training and Attendance Expectations
- Playing Time Philosophy
- Communication Policy
- Safeguarding Policies
- Behaviour Expectations
- Volleyball Ireland Membership Requirements
- Financial Obligations

I/We understand that failure to comply with these policies may result in disciplinary action in accordance with the Club's procedures.

Photography & Social Media Consent

Net Force Volleyball Club may take photographs and videos during training sessions, matches, tournaments and club events for coaching, promotional and celebratory purposes. Images may be used on the Club website, social media platforms, newsletters, printed publications and other promotional materials in accordance with Volleyball Ireland and Sport Ireland safeguarding guidance.

Please indicate your preference below:

☐ **YES** – I give permission for photographs and/or videos of my child to be used by Net Force Volleyball Club for the purposes outlined above.

☐ **NO** – I do not give permission for photographs and/or videos of my child to be used for promotional purposes.

I understand that this consent may be withdrawn at any time by notifying the Club in writing. Every reasonable effort will be made to remove future use of images; however,

images already published in printed materials or historical social media posts may not be able to be withdrawn.

Player Information

Player Name: _____

Date of Birth: _____

Team: _____

Parent / Guardian

I confirm that I have read and understood the Net Force Volleyball Club Player & Parent Handbook and agree to support my child in complying with the policies and expectations contained within it.

Parent/Guardian Name: _____

Signature: _____

Date: _____

Player Agreement

I have read (or have had explained to me) the Net Force Volleyball Club Player & Parent Handbook. I understand the standards expected of me and agree to demonstrate respect, good sportsmanship and positive behaviour both on and off the court.

Player Signature: _____

Date: _____

Thank you for supporting Net Force Volleyball Club. Together we are committed to providing a safe, inclusive and enjoyable environment where every player can learn, develop and achieve their potential.