

Optimum Volleyball Club Parent/Player Information

Optimum Volleyball Club (OVC) is focused on developing an elite premier club through the physical and mental development of its players. At OVC, we believe that the whole player must be developed in order for our athletes to reach their potential and to give our teams the best possible chance at experiencing success. We know that this can only be achieved with constant work and the proper mental approach to the game. At OVC, we push everyone to work and give them all the tools they need to become the best player, and person, that they are capable of becoming. We strive to build our teams for competition at the highest levels and although winning is something we do, it is not our sole purpose for competing. Competition is about growth and development. It is about being a part of a team and striving towards a common goal. At OVC, we believe that competition can teach an individual how to battle through adversity, grow their confidence, and ultimately lead them towards the optimal volleyball experience.

Parent/Guardian Expectations and Guidelines

1. Support your daughter, her team, and the club as a whole.
2. Find a way to support everyone that is working hard to implement a positive culture for all of our OVC athletes.
3. Have your OVC athlete at all scheduled events. If you cannot attend for any reason please do your best to communicate with your coaches.
4. Team parent/representative - Each OVC team will need a team/parent representative that can head up various tasks to help with each team's overall club experience. A great overall experience off the court can lead to an even greater experience on the court. This is why we encourage team reps to coordinate fun activities for the girls throughout the season and especially during out-of-town tournament trips. Team reps may also be asked to send out communications in regards to hotel accommodations at large out-of-town tournaments. The rep will need to be registered with USA Volleyball and attached to OVC as a team rep. All parents are expected to respect this representative's time and effort and do their best to support them when applicable.

Parents/Guardians are expected to:

1. Be positive, supportive fans of all OVC athletes and coaches.
2. Observe the 24 hour rule when addressing a potential issue.
3. Follow the Chain of Command protocol for all potential issues that do not threaten the mental or physical well-being of an athlete.

Parents/Guardians should not:

1. Attempt to coach players while spectating at a tournament.
2. Critique coaching decisions in front of other parents, players or coaches.
3. Confront a coach at practice or at a tournament when addressing potential issues.
4. Attempt to discuss lineups or coaching decisions with a coach.

Parents/Guardians Attendance at Practice

Parents/guardians are welcome to attend practices but should note that space is limited at our gym. Our coaches are very welcoming but they are there to work. Parents/guardians should not expect to have conversations with a coach at practice. If a parent/guardian would like to have a discussion with a coach they should schedule a time to do so. It is acceptable for the coaching staff to arrange meetings during normal practice time but it should be noted that this is not common practice and special arrangements will need to be made to make this happen.

Parents/Guardians Attendance at Tournaments

We highly recommend that parents attend tournaments. We LOVE energy in our club. We hope that our girls will always be the loudest squad in the gym and we think we can achieve that if our parents are there to help! This of course needs to be done in a positive manner and should in no way show disrespect to others (that includes coaches, our opponents, referees, and especially opposing line judges when other teams are line judging for us).

We expect good sportsmanship, positive reinforcement, and pure competitiveness to be staples in our club. As parents/guardians, you are likely the driving force behind OVC being able to demonstrate these things at every tournament.

Please be loud, be respectful, and help our teams enjoy the game we all love!

24 Hour Rule:

Optimum Volleyball Club expects every adult individual involved with the development of OVC athletes to positively impact its culture. For this to happen everyone must understand their roles and the perspectives of others. It is easy and understandable that the environment can get emotional at tournaments. Especially when we allow ourselves to get wrapped up in the competition. However, it is not ok for anyone, coaches or parents, to let this impact how we interact with one another. We believe that our coaches will do their best to create the optimum environment where our athletes can grow. For this to occur, coaches, athletes, and parents must buy-in to the process. This ecological approach to coaching will help the athletes retain appropriate information, apply it to their skill development, and ultimately grow as a player and a person.

An integral part of this process is observation of the 24-hour rule. The 24-hour rule states that coaches should not be approached by parents about perceived issues on the court during tournament play. In the event that this perceived issue is deemed an emergency (mental or physical health is threatened in any way), a parent should contact a club director immediately.

If a parent does not observe this rule, the club may remove their daughter from tournament play. Please know that the club is only doing what it believes to be best for the members of the OVC family.

Transportation and Lodging Expectations/Guidelines

Players and parents are responsible for their own transportation to and from tournaments. A team representative will be responsible for helping each team coordinate hotel accommodations at tournaments where this is necessary. Parents of team members may be asked to help coordinate carpools amongst team members in the event family members are unable to attend a tournament. If you need assistance with any of these things, please be sure to contact the team representative. It is our hope that all parents will cooperate with the team representative and help when they can with any transportation needs within the club.

Uniforms, Club, and Fan Gear

OVC is excited about partnering with Adidas for the 2022-2023 club season. Our teams will be wearing Adidas uniforms and have access to additional Adidas gear through our team store. This gear will also be available for purchase by family members, fans, and friends. (Note: This partnership does not require that all of our gear be Adidas. This will allow our girls to wear additional accessories, shoes, etc. of a brand of their choice.)

OVC is not opposed to family members making custom gear. However, the use of our logo should be done in a positive and appropriate manner. If you have a question about some custom gear that you'd like to create please contact us with your design for approval.

Practice Attire for All Practice and Skills Training Sessions

At this time OVC only requires that the girls wear appropriate athletic clothing to each practice (i.e. t-shirts/performance shirts, spandex/volleyball leggings/athletic shorts). Each player is also expected to wear well fitting volleyball/athletic shoes and knee pads. We highly encourage volleyball sleeves for our passes but do not require them.

Player Expectations at Practice, Training, and Skills Sessions

We fully expect that each player comes to practice, training, and skills sessions prepared to work. The coaches work hard to prepare every practice, training, and skills session and do so with the expectations that players will use that time to get better. We understand that personal circumstances can sometimes make a physically demanding practice difficult but nevertheless we expect every player who attends practice to give their team their full effort. If a player is faced with circumstances that will hinder their ability to practice at full capacity, they should communicate with the coach as soon as possible.

Optimum Volleyball Club understands that rest and recovery are essential for player growth. All OVC coaches understand this and will do their part to ensure our players are not overtraining. We ask that all multi-sport athletes take special precautions to prepare, rest, and recover throughout the club season to ensure that they are doing their part in this process as well.

If a player is unable to attend a practice for any reason they must let the coaching staff know as soon as they are aware of the conflict so that the team can prepare accordingly.

Players should not question coaching decisions at practice, be attentive at all times, and be respectful of their coaches and teammates. General practice guidelines are as follows:

- Do your best to be there.
- Be on time. Though some circumstances may prevent practice from starting on time, every player should attempt to be there on time and ready to go when the coach begins practice.
- Hustle 100% of the time. This is defined as: no walking in practice, full effort in warm-ups, drills, scrimmages, and physical training. Remember that although coaches can see when you're not going hard, only you know when you're going as hard as you can. Please expect more of yourself and always give it everything you have.

For teams taking part in skills sessions, it is expected that each player participates in the respective sessions offered to them. These sessions are where players can really work to sharpen their skills. Skills sessions should receive the same respect that "normal" practices do. This means that all of the above guidelines apply to skill sessions as well.

Social Media

OVC recognizes that social media is an important part of youth sports. It is great for recognizing athletics achievements and also great as a communication tool. OVC also understands that there are associated risks with utilizing social media. Because of these risks, OVC believes that each team, player, parent, and coach should follow a strict guideline with social media use. We believe that the below tips will help everyone in the club adhere to our social media policy:

1. All communication on social media should be positive and professional.
2. All communication on social media should be open and accessible for all to see.
3. A coach should not direct message (DM) a player for any reason.
4. Whenever possible, include another coach/parent in communications between coaches and players.
5. If anyone does not follow these guidelines they should be reported immediately.

For more information see the full USAV recommended Social Media/Communications policy located on our website.

Tournament Play Expectations:

As an Optimum Volleyball Club member you will have equal access to practice, strength training, and skills training. All rostered players will be included in a pre-specified number of tournaments as well. Each player is not guaranteed the same amount of playing time as everyone else. Volleyball, by its nature, makes playing time impossible to manage. Rotations, substitution rules, and tournament structures can easily lead to players getting little to no time on the court during a set. The coach is considered the expert in team strategy and should not be questioned. If a player is struggling with the amount of playing time they are receiving during tournament play, the player should speak to the coach at the next practice session. Players are

expected to use training/practice time to compete for playing time. This means that players **NEED** to be at practice and skills training sessions!

Tournament playing time is often guided by player performance but in many circumstances it is being managed for overall team success and player safety. Research has proven that tournament play can hasten fatigue and can increase the risk of injury. Because of this, a coach is expected to give players a chance to rest and recover whenever possible.

One last thing to consider in regards to playing time is team strategy and player coachability. Only the coach/team knows if they are executing the skills and strategies that they have worked on in preparation for the tournament. It is easy to make assumptions as a spectator but we highly encourage everyone to remember that there are several factors at play in regards to a player's time on the court.

In short, **NO ONE** is guaranteed equal playing time. We ask that all players, regardless of playing time, contribute to the team's success by being a great teammate. This includes bringing a high level of focus to every match, warming up for every set with great intensity, cheering on and lifting up teammates, and supporting the coach with their coaching decisions. Being a great teammate is something OVC values greater than any other volleyball skill or attribute.

Additional Tournament Guidelines

1. Bring energy and enthusiasm to every tournament. On top of winning, we expect to have fun!
2. Be prepared for the tournament! Set your gear out the night before a tournament to ensure you are ready for the event! Create a checklist if that will help you prepare. Always have access to some form of identification so that you can prove who you are if necessary. Bring nutritious snacks and appropriate hydration to the tournament. In addition to eating healthy daily, it is very important to eat well in the days leading up to the tournament and throughout the duration of the event.
3. We will respect every facility we compete in and follow their rules as laid out to us by the tournament directors. We will also leave our respective areas cleaner than how we found them.
4. Be in attendance for the duration of the tournament and work schedule. All players are expected to take turns working and to remain in attendance even if they are not currently working. This is part of being a great teammate!
5. Be sure to communicate with a coach or teammate if you have to leave the play or team area. We want our girls to be safe and to always be accounted for. Players are expected to know our play and work schedule and to be at the court 30 minutes prior to the match start time.

Practice and Tournament Transportation

Parents and players need to ensure that they have transportation lined up for all practices and tournaments. If a player needs help arranging rides they should reach out to their teammates. If they still cannot arrange a ride for any OVC event they may contact the coach or club directors to help them arrange proper transportation plans.

Club Fee Refunds

Under normal circumstances club fees are non-refundable. Once a deposit or monthly fee is paid it is done so with the understanding that the funds are there to pay for services already rendered. The only exceptions to this rule are as follows:

1. An athlete experiences a season-ending injury
2. The club makes a voluntary decision to cancel a portion of the club season
3. The club asks the player to leave the club for any reason other than disciplinary purposes.

The OVC budget assumes individual costs based on the participation of a certain number of athletes. This means that if an athlete voluntarily quits the team at any time, NO REFUNDS will be given. This is true even if the athlete departs the club prior to tournament play. If a player leaves the club, this will result in increased costs for the time the player spent with the club. OVC will not pass this additional per player cost on to the team's players and this is why the departing player is NOT issued a refund.

Late Payment or Lack of Payment

The purpose of our club is to provide volleyball opportunities for all interested in the game of volleyball. Being as such, we want to provide all families with opportunities to play within our club. This means that we reserve the right to handle club fee collections on a case by case basis. If anyone cannot make a payment or plans to make a payment late, they should notify the club directors as soon as possible. If the club does not receive notice about a missing or late payment, individuals will receive a payment reminder as soon as the directors are aware of the late or missing payment. Additional reminders will be sent periodically until the individual's payment schedule is made current. OVC does reserve the right to remove the player from tournament play if the player is not up-to-date on their payments. A player removed from tournament play is still expected to practice with the team unless otherwise stated by the club directors.

OVC reserves the right to alter or update this manual at any time. In the event that this manual is altered, a notice may or may not be sent to the club participants. Please be sure to reference this manual from the team's website if you have any questions, as this will be the source of the most up-to-date manual.