



EASTSIDE

VOLLEYBALL CLUB

2014 - 2015 SEASON HANDBOOK



GENERAL INFO

USA Volleyball provides an opportunity for girls and boys who want to increase their knowledge, understanding, and skill playing the sport of volleyball.

There are three levels of USA Volleyball Junior competition in most age groups:

1. Regional Teams are for the developing athlete who wants to be competitive but only plays in the region.
2. American Teams may be more competitive but do not want to play at a national level.
3. National Teams are for the advanced athlete wanting to play out of the region or at a national level.

RULES & REGULATIONS

East Side Volleyball abides by all USA Volleyball and state high school athletic association rules, including:

- Only 3 athletes from the same school can be on the same team for grades 7-12 in Ohio.
- A junior high or high school coach in the state of Ohio cannot coach players from their own school.

Note: If this is your first experience with Club volleyball, remember that not all USA Volleyball rules are the same as high school rules.

All coaches are required to attend OVR sponsored IMPACT training. In addition, all coaches and Club personnel are required to have background checks.

INTRODUCTION

The Eastside Volleyball Club was founded in 1999 as Roundtown Area Volleyball Club. The name came from the club's location in Circleville. The Club changed its name to Eastside Volleyball Club when it moved closer to Columbus. Over the years the number of teams sponsored has varied due to the availability of coaches, gym space and the level of interest.

Eastside Volleyball is a member of the Ohio Valley Region, and affiliate of USA Volleyball.



FORMS

Before stepping out on the floor, all athletes must submit the following documents:

- Medical History and Release Form
- OVR Membership Card- all athletes must register online at the www.ovr.org website

CONTRACTS

The athlete and their parent/guardian will be asked to sign the Eastside Volleyball Player Contract and return the signed contract by the date indicated, or the offer may be withdrawn. A contract is for a full year from the date signed. Under OVR rules, once you sign the contract you may not play for any other USA Volleyball Junior program during that season.

WHAT IF I PLAYED LAST YEAR?

Every athlete in the Club will be evaluated each year. Each athlete must come to the tryouts ready to compete for a position on one of our teams. Some athletes may be offered a contract based on their performance the previous year. An athlete who cannot participate in tryouts because of a limiting physical or medical condition or absence should talk to the Club Directors, Glenn Ferrone and Nikki Young, prior to the start of the tryout period to determine the status of their ability to play on one of the teams. Players should never assume because they were on a previous Eastside Volleyball team that they will automatically be on a future team.

WHAT IF I PLAY OTHER SPORTS?

School sports and activities are an integral part of the scholastic experience and we make every effort to schedule practices around some of these other activities. However, it is recommended that if an athlete is going to miss more than 15% of practices and tournaments, those families reconsider participation in our program. Missing such a significant amount of time does not make it cost effective for the families and makes it very difficult to build team chemistry and team cohesion at a competitive level.

If an athlete participates in another non-interscholastic sport, we expect them to make Eastside Volleyball a priority when there is a conflict between the two sports. This means we expect the athlete to attend all Eastside Volleyball practices, unless there is a scheduled competition for the other sport at the same time as an Eastside Volleyball practice. If a game for the other sport conflicts with an East Side Volleyball practice, the athlete will be excused from the Eastside Volleyball practice. If an Eastside Volleyball competition conflicts with another sport competition, the coach and the athlete will decide, on a case-by-case basis as to which event takes priority.

All Eastside Volleyball teams require dedication on the part of the athlete for the team to be a success. This means that missed practices could result in forfeiture of playing time. Furthermore, an athlete's best performance will occur when they are on the top of their game physically and mentally. In order to maintain the body and mind at a peak performance level, an athlete must learn to handle various stresses and deal with the recovery process following workouts. These stresses can be any one or a combination of the following: poor nutrition, illness, fatigue (i.e. lack of sleep), insufficient rest between workout sessions, emotional stress from schoolwork, friends or family situations, or other extracurricular activities.

It is imperative that you take these factors into account when scheduling your time and activities. The body can only handle a certain amount of stress within a given time period before illness and injuries occur. The practice schedule and workouts designed throughout the season by our Eastside Volleyball coaches have taken into account the need for adequate rest and recovery in avoiding excessive stress.



PLAYING TIME

We intend to have everyone play. However, we do not guarantee equal playing time on any team or at any event. Some girls will play more or less, depending on the needs of the team. Eastside Volleyball has the philosophy that what you pay for is the whole club team experience.

Playing time for athletes is determined by attendance, attitude, effort, performance, the athlete's potential, the team's needs at the moment, and the team's needs in the future, and is left solely to the discretion of the Eastside Volleyball coach.

The coaching decision is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time. (See Grievance Procedure)



RULES AND REGULATIONS

While representing Eastside Volleyball, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with Eastside Volleyball. Eastside Volleyball is proud of its image. When attending a tournament, please remember your behavior and actions will reflect directly on the club.

Any athlete damaging equipment owned by Eastside Volleyball or any facility used by the Club during practices, tournaments or other functions, or at lodging facilities will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the athlete may be dismissed from the Club.

An athlete with a delinquent account during the current season may be denied participation in tournaments or practices until the account is paid or arrangements are made with the Director.

The athlete's current season's account must be paid in full before the athlete will be allowed to participate in any tournaments.

In case of inclement weather, please check with your coach regarding cancellation of practices. Each tournament has its own policy regarding inclement weather, and these can usually be found in the Tournament Details on the OVR website.

We strongly encourage athletes who make an Eastside Volleyball team to take this participation seriously. This means we expect Eastside Volleyball practices and tournaments to be of the highest priority.



PRACTICE RULES

All Eastside practices are considered to be open practices. Coaches must get approval from the Directors to close practices.

Scheduled practice time is start time and not arrival time. Plan to arrive at least 15 minutes prior to the start of each practice. There may be a consequence for arriving late to practice and competitions.

Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. They are never to be worn outside! This is to ensure that the shoes last longer and our facility surfaces remain clean and safe.

Horseplay by athletes or coaches at practice or tournaments is strictly prohibited.

All athletes are expected to make every effort to attend every practice. Only an illness serious enough to keep the athlete home from school or a genuine family emergency are legitimate excuses for missing practice. Regardless of the reason, if an athlete misses practice, their playing time may be affected. The athlete may arrange to attend the practice of another team with the approval of both coaches.

If an athlete can not be at practice, the athlete is expected to call the coach. It is the athlete's responsibility (not the parent's) to reach the coach before the practice starts.

Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.

Chewing gum at practice or at tournaments will be left to the discretion of each coach.

TOURNAMENT RULES

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. Earlier is always better.

Proper conduct is expected for all members of the Club at all times. This includes athletes, coaches, parents, and fans. This also means treating fans from other teams, other parents, and officials with respect.

Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices.

If an athlete can not be at a tournament, the athlete is expected to call the coach as soon as the athlete knows they will be absent. It is the athlete's responsibility (not the parent's) to reach the coach before the tournament starts. Athletes are not to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

EASTSIDE VOLLEYBALL FEES

The cost for the 2013/2014 season will be \$750 per player. \$250 is due upon the acceptance of the contract. You may make payments on the balance of the fees, but must be paid in full before the first tournament.

Fees will include registration fees, uniforms and tournament fees. Mail all fees (checks only), payable to:

Eastside Volleyball Club
c/o Nikki Young
39 N. High Street
Canal Winchester, OH 43110

If you bring your fees to practice, please hand them ONLY to Nikki Young or Glenn Ferrone.



OFFICIATING

Officiating is the shared responsibility of the entire team. All Eastside Volleyball athletes are required to attend a scorekeeper clinic and help with the line judging, scorekeeping, score flipping, and officiating. Each coach will determine a procedure their team will follow for officiating assignments. Every athlete is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay!

GRIEVANCE PROCEDURE

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

At Eastside Volleyball, we encourage the athlete to take responsibility for their participation. For this reason we expect the athlete to talk to the coach first when they have a problem concerning their playing time, or if they are unclear about what the coach expects from them either in practice or in a competition. The appropriate way to do this is for the athlete to ask the coach what they need to do to get more opportunities to play in matches. Most of the time, the athlete knows why they may not be playing as much as a teammate when the parent may not.

Parents can best help their athlete by helping them set some goals to achieve more opportunities.

When a parent has a problem that is specific to their own athlete, we also expect them to first talk to their athlete's coach. Coaches have been instructed not to discuss coaching decisions with a parent. These coaching decisions include, but are not limited to specific match decisions, substitution patterns, etc.

The coach will not be required to defend his/her thought process or conclusions in the determination of playing time, and it is improper for a parent to request that.

Specifically, the procedures to follow if you as a parent, or your athlete as a member of an Eastside Volleyball team, have concerns about Eastside Volleyball policies or a coach's actions are, in this order:

The athlete will speak to or meet with the coach to discuss the matter. If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the coach will not resolve the matter,

The parent should speak to or meet with the head coach. Parents should call the head coach on the phone to set up a meeting. Meetings are to be at times and locations other than tournaments or practices. If a coach is approached by a parent during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the Club Administrators and to walk away from the situation. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time outside of a scheduled practice or tournament.

If the matter remains unresolved, or if the parent has reasonable concern that speaking to the coach will not resolve the matter,

The parent may request a meeting with the coach AND the Club Administrators. In certain situations, Eastside Volleyball may ask the athlete to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament or practice. The club Directors will not engage in discussions about coaching decisions.

OTHER POLICIES REGARDING GRIEVANCES

Eastside Volleyball will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete or other parent is a member of Eastside Volleyball or not. Violation of this policy may result in a consequence including, but not limited to, the athlete being dismissed from Eastside Volleyball without refund.

It is inappropriate for an athlete or a parent to approach other Eastside Volleyball members about a problem the athlete or parent is having with an Eastside Volleyball coach, about

objections to coaching decisions, or about disagreement with an administrative decision. Asking uninvolved people to take sides in an issue is unfair to the third party and to the Club. For the psychological health of the teams and the Club as a whole, grievances need to be handled between the parties involved and in the proper manner.

If an athlete or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Club, it is strongly encouraged to refer the complaining party to take the matter up with either the coach in question or the Club Directors.

Any member who, as a third party, hears remarks or stories about Eastside Volleyball, its employees or its policies, that cause the member to be concerned, is encouraged to contact the Club Administrators immediately to determine the facts, or to alert the club administration to a situation it may be unaware of. It is detrimental to everyone involved to repeat complaints you hear or overhear to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the truth or the facts of the situation.

Please refrain from negative comments around your athlete or other athletes. Young athletes are vulnerable and if they hear complaining about the coach, the coach's style or Eastside Volleyball policies, this can have an adverse effect on their performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance procedures set forth in this guide to resolve the matter.

Repetitive complaining to the athlete(s) or other third parties that interferes with the Club's efforts to pursue its stated mission and purpose may be cause for dismissal from the Club.



TOURNAMENTS

Tournaments can be 1-2 days in duration. Teams normally play in events where they will play each team in their pool with the winning teams advancing to a Gold bracket and other teams advancing to a Silver or Bronze bracket. Most tournaments use a best 2 out of 3 games format.

TOURNAMENT PLAY

PLAY

All teams are placed in pools of 3 to 4 teams. You will play each team in your pool (in the morning, for one-day tournaments). The teams with the best records will advance to a Gold bracket with the other teams advancing to a Silver or Bronze bracket. At larger tournaments, teams will play other pools, where they will advance to the different brackets. These brackets are usually single elimination with a 1st, 2nd, and 3rd place awarded in each bracket. So, a team could lose all their pool play matches and still win 1st place in Bronze or a team could win all their pool play matches and lose in Gold and not place.

WHAT TO BRING

Please understand that each tournament has their own rules about what you may bring into the facility. Please see the OVR website, under the tournament schedule, for each tournament's individual rules. However, here are some general suggestions:

- Bring your own chairs. Seating is sparse in most of the gyms so we recommend that you bring your own chairs.
- Pack a cooler, if it is allowed by the facility. We strongly advise that you pack a cooler for your athlete for the day of a tournament because they can run long.
- Bring a pillow and sleeping bag. Teams usually find a place where they can sit together. This is affectionately known as 'camp'. Games, homework, books, etc are all recommended for some of the longer tournaments.

Please plan to arrive 45-60 minutes before the tournament's scheduled start time so you can help set up your team's area. Warm-ups are not included in the listed start time, so each player needs to be there with enough time to be properly dressed, stretched out, and warmed up before the timed warm-ups start. Except for starting times, most tournaments do not follow a set time schedule. Matches will begin 10 minutes after the end of the previous match. Depending on the size of the tournament and how well it is run, it can be over anywhere between 3 p.m. and 11 p.m.



HOW TO EAT ON TOURNAMENT DAY

Depending on your tournament day schedule, eating a series of small meals or snacks will help to maintain your optimal energy level throughout the day. The big meal of the day may have to wait until the end of the day when the matches are completed.

FACTS

An average person needs the following:

- 4 hours to digest 700-1000 calories
- 3 hours to digest 500-700 calories
- 1 hour or less to digest a 300 calorie small snack

This means you should try to stay away from the pizza which is the food of choice sold at most tournaments. Also, refrain from having a parent bring you back a greasy hamburger. The better you feel, the better you'll play. Your body should be using its energy to play volleyball instead of digesting your last slice of pizza.

Here are a few suggestions for packing the tournament cooler:

- Fruits: any kind you like -- bananas, oranges, grapes
- Low fat or nonfat yogurt
- Dried fruits
- A sport drink
- A good tasting sports bar
- A sub sandwich cut into quarters; lean turkey, chicken, ham, or roast beef.
- Dutch style pretzels
- Miniature boxes of ready to eat cereal
- Pint of skim or low fat milk
- Fruit juice: lemonade, Kool-aid, caffeine-free soda
- Water
- Skim milk pudding pack
- Pop Tarts/Nutri-Grain bars

