

# Eastside Volleyball

Club Handbook



## 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 level of interest.

Eastside Volleyball is a member of the Ohio Valley Region, and an affiliate of USA Volleyball. Some teams are also member of AAU and JVA.

## General Information

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 four levels of competition depending on the age groups at our club:

1. Regional Teams are for the developing athlete who wants to be competitive but only plays in the region.
2. Select Teams is a stronger regional team that competes similar to the regular Regional team but may also compete in a 2-day challenge. It is the step to prepare for the American Level. They typically receive an extra practice per week
3. American Teams compete at the American level, which is usually a stronger level of competition. They typically have an extra practice per week, and often compete in one or two 2-day challenges.
4. American Elite Teams are the equivalent of a National level team without traveling across the country. They do travel farther than our other teams, but typically just to the surrounding states. They compete in the OVR and can compete in AAU and JVA. They typically have an extra practice per week.

## Some Rules and Regulations

Eastside Volleyball abides by all USA Volleyball and Ohio High School Athletic Association rules, including:

- Only 3 athletes from the same school who competed on their school team can be on the same club team for grades 7-12 in Ohio.
- A junior high or high school coach in the state of Ohio CAN coach players from their school team as long as the number of players do not exceed 3 rostered players.

*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, Safesport training, Sudden Cardiac Arrest training, COVID training, and concussion certification. In addition, all coaches and Club personnel are required to have background checks.

## 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](http://www.ovr.org) website

## Contracts

The athlete and their parent/guardian will be required to electronically accept the Eastside Volleyball Player Contract and register 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 at Eastside Volleyball 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 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 Eastside 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.

## **Player Fees**

Player fee schedules will be listed in your individual registration accounts. Please make sure your payments are paid in full and on time. Payments can be made by credit card by logging into your Eastside account, or by cash/check and mailed or dropped off to:

Eastside Volleyball Club, 39 N High St, Canal Winchester 43110 or  
Eastside Athletics, 11435 Lithopolis Rd, Lithopolis 43136

Fees include 2 jerseys, a team shirt, all practice time and coaching fees, positional training, and team entry fees into competitions. Fees do NOT include your \$10 tryout membership and \$57 membership upgrade with OVR, black spandex shorts, court shoes, knee pads, and any optional items such as apparel and team pictures.

By signing the contract, you agree to pay all fees in full and on time. Play time may be affected for any player who has an outstanding balance in their account. All player fees are nonrefundable and will not be prorated for injury, illness, or any other reason. The only exception would be in the case of a calamity (see below).

## **Calamity Policy**

In the case of a calamity (ex. COVID-19 in 2020), in which the season is canceled through no fault of Eastside Volleyball Club, a refund of a portion of the player fees may be offered when applicable. The refund might be calculated based on each player's portion of any fees that are able to be refunded (ex. Entry fees for tournaments if they are able to be refunded, practices that have not yet been paid for, etc). It would not include any items that have been paid for in full and cannot be refunded (ex. Uniforms, practices and tournaments that have already been completed, coaches' certifications, etc). Refunds may be offered in multiple forms, including a credit towards next season's fees.

## **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.

Social Media is a wonderful thing, until it's not. Please be aware that what you or your child post will reflect not only on you or them, but also on the team, coach, and the club as a whole. Use caution and think twice before posting something that could be taken in a negative manner. Any inappropriate post referencing the club, coach, player, or facility will be taken very seriously and penalties will be applied, based on the severity of the post.

Any athlete damaging equipment owned by Eastside Volleyball or any facility used by the Club during practices, competitions 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 travel further for competitions.

In case of inclement weather, please check with your coach regarding cancellation of practices. Each travel further for competitions. has it's 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 competitions to be of the highest priority.

## Practice Rules

All Eastside practices are closed to spectators. However, coaches are encouraged to invite parents to any scheduled scrimmage during a practice.

Scheduled practice time is **start** time and not **arrival** time. Please arrive 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 competitions 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 required to bring water, in an unbreakable container, to practices and travel further for competitions. Absolutely no glass containers are allowed in the gym.

*\*Presently water fountains are off limit due to COVID guidelines but there is a vending machine with bottled water.*

Chewing gum while on the court at Eastside Athletics is strictly prohibited.

## **Competition 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 travel further for competition sites and practices.

If an athlete can not be at a competition, 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 competition starts. Athletes are not to leave the competition site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a competition before the assignment is completed.

## **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 are open to answering questions from parents but the coach will not be required to defend his/her thought process or conclusions and pressure to change those decisions will not be tolerated. These coaching decisions include, but are not limited to specific match decisions, substitution patterns, etc.

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 competitions or practices.** If a coach is approached by a parent during a competition, 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 competition.

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. The athlete should attend the meeting also, as the discussion is directly related to them. Meetings should be previously arranged. Meetings will not be scheduled during a competition 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 without refund.

## Competitions

Competitions can be 1-3 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.

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

- Check for any limitations on spectators or admission fees. Some facilities may limit the number of spectators at an event, or they may be charging admission fees. You will want to be prepared for the rules of each facility.
- Check the seating requirements for each facility. Some facilities will provide bleachers or folding chairs. You may want to bring a bleacher seat for your comfort. Other facilities will not provide seating and allow you to bring in your own chair.
- We strongly advise that you pack a cooler for your athlete for the day of a tournament because they can run long. However, you will need to leave it in your car. All facilities under OVR do not allow coolers in the facility. You can go to your car during breaks to get your food.
- 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. *\*Due to COVID we are not sure if camps are going to be allowed. We will update you as we are informed of any changes.*

Doors are usually open 60 minutes before the competition's scheduled start time and players should plan to arrive 30-45 minutes before play begins. 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 the Day of Competition**

Depending on your competition 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 competitions. 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 competition 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
- 100% Fruit juice
- Water
- Skim milk pudding pack
- Granola bars

Keeping the 300 calorie diet in mind, here are some samples of a breakfast:

Food	Serving	Calories
Water	8 ounces	0
Pancakes	3 four Inch	180
Syrup	1/2 ounce	51
Skim milk	8 ounces	90
Total		<b>321</b>
Water	8 ounces	0
PowerBar	1	225
Orange Juice	8 ounces	112
Total		<b>337</b>
Water	8 ounces	0
Cinnamon Raisin Bagel	1	163
Grape Juice	8 ounces	155
Total		<b>318</b>