

EASTSIDE VOLLEYBALL CLUB: SEASON OVERVIEW

- 1- **PRACTICES-** Practices begin the first week in December. Regional teams 13R-18R will practice twice each week. Regional teams 10R-12S will practice two weekdays all season, and will have an additional practice on Sunday for the first six weeks only. American, Elite, and National teams will practice 2-3 times each week (two weekdays and a Sunday practice on any weekend they do not have a tournament). Each team receives 90 minutes of court time for instruction.
- 2- **TOURNAMENT LOCATIONS-** Regional and American tournament locations are in the state of Ohio. Some may be local, within the Columbus area, and you may even have a home tournament at Eastside Athletics. Other tournaments will be scattered around the state and can be in locations such as Cincinnati, Dayton, Zanesville, Coshocton, Urbana, Mt. Gilead, Centerville, etc. Hotel reservations are at your discretion. If you don't mind getting up very early and driving an hour or two before the tournament starts, you can usually get through the Regional season without having to book a hotel. An American 2-day tournament, depending on the location, might require a 1 or 2-night hotel stay. **Elite and National teams do travel to surrounding states and have different requirements. Please check with your coach before booking your hotel rooms.** Information regarding each tournament can be found on the www.ovr.org website. Choose "Juniors", then "Tournament Schedule: Indoor". Scroll down until you find the tournament. On the right side of the page, you will see "Tournament Details". This lists the address, teams playing in the tournament, and information about chairs, parking, coolers, time the doors open, etc. Elite and National teams will have some tournaments that will not be listed on the OVR website. These tournaments can be found at www.advancedeventsystems.com.
- 3- **TOURNAMENT WEEKENDS-** Most Regional and American tournaments will be an all-day event held on either a Saturday or Sunday. Two-day Challenges will be on a Saturday and Sunday. Elite and National teams will have some multi-day events that might require athletes to miss a day of school. Tournaments start the end of January or beginning of February, and will finish in late April or May. You will have several tournaments in a month, but not necessarily every weekend.
- 4- **TOURNAMENT DAYS-** Most tournaments are all-day events. Generally, the doors to the locations will open at 7:30a, warm-ups start at 8:00a, and play starts at 8:30a. Elite and National teams will play in some tournaments that have a wave schedule and can start in the morning or afternoon. Please make sure you are aware of the location's rules before you head out. Some tournaments will provide seating such as bleachers or metal folding chairs (you might want to bring a cushion or stadium seat), and some tournaments will require you to bring your own folding chair. Tournaments tend to finish between roughly 4p to 7p. ALL PLAYERS must stay at tournaments until our team has finished playing and/or reffing.
- 5- **TOURNAMENT PLAY-** Each team will be placed in a pool with three other teams. All teams will follow a schedule that will rotate them through playing the other three teams, refereeing for other matches in their pool, and rest periods. Once all the matches in the pool have been completed, the teams will be placed into brackets based on their win record from the pool. Pools can be Gold, Silver, or Bronze, depending on the number of teams in the tournament. Once you start bracket play, it is single elimination. So in a day, you will play in a minimum of four matches. If you advance all the way to the final, you can play in as many as seven matches.
- 6- **DRESSING FOR TOURNAMENTS-** Tournament locations vary in temperature. I suggest dressing in layers, both for you and for your player. The locations tend to slowly warm throughout the day, due to the body heat generated by the players. While your daughter is playing, they will be in their spandex shorts and long-sleeved jersey. However, players can get chilly while reffing or resting. You might also

want to bring a sleeping bag or blanket for your player to sit on during rest periods. Girls tend to set up their stuff together and “camp”.

- 7- **FOOD AT TOURNAMENTS**- Each tournament will offer concessions. We do recommend that you bring some healthy snacks to supplement any food you might purchase at the concession stand, or main items so you don't have to purchase at all. However, most facilities do not allow outside food, so you may have to eat in your car. Check with your location. We have a list of healthy snack suggestions at the back of the Player Handbook. Coolers are not allowed inside the facilities, but you can keep them in your car.
- 8- **REFFING FOR PLAYERS**- Each player on the team will need to ref during our reffing period. This applies to everyone, no matter the age level. Reffing positions are: scoreboard, libero tracker, line judge, book, and down ref. We will help them learn their positions. The coaches will assign the players to a position or will take volunteers, and will have a rotation worked out. Teams are required to have at least one player certified at both the book and down ref positions before they are able to participate in the OVR Championships. We recommend that there are TWO players certified at each position.
- 9- **EASTSIDE APPAREL**- We offer multiple options of apparel for players and parents with the Eastside logo. This is completely optional. Apparel options can be viewed and purchased through our website at the beginning of each season.
- 10- **EASTSIDE TEAM PICTURES**- These are completely optional. However, we ask that you please have your daughter participate in the team photo, even if you are not purchasing pictures. Team and Individual pictures will be taken in January, after the jerseys come in.
- 11- **TEAM BONDING EVENTS**- Many times a coach or parent will host a bonding event for their team. We highly recommend at least one bonding event, as it gives the girls time to get to know each other outside of practice. We suggest an activity OTHER than volleyball, like a pool day at a local hotel, lazer tag, bowling, etc. Preferably something with a low risk of injuries, as we'd like to keep all our players healthy!
- 12- **PARENT SUPPORT**- Teams are made up of different girls with different experiences and backgrounds. Sometimes the girls will be best friends, and sometimes they won't get along. We need the parents to help support their daughters by teaching them patience, understanding, and tolerance of each player's differences. In the same manner, you will not always agree with the coach's decisions. However, remember that the coach is the captain of the ship and what they say goes. Please support them publicly, and in private with your daughters. Remember, parents are role models and teachers, and young athletes are vulnerable to other people's opinions. If they hear complaints about the team or the coach from a trusted source (like a parent), it will have an adverse effect on their attitude and performance. You will have many opportunities during the season to be responsible for having an effect on the team, either positively or negatively. Choose wisely! Helping your daughter to be supportive of the team makes the whole team stronger! Likewise, complaining to other parents or your child weakens the team and causes conflict. If you have questions or concerns for the coach, please refer to the Grievance Procedures in the Player Handbook.