



# Parent-Player Handbook 2019-2020



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**USAVolleyball.**

## **SPECTATOR CODE OF CONDUCT**

### **I WILL**

1. I WILL abide by the official rules of USA Volleyball.
2. I WILL display good sportsmanship at all times.
3. I WILL educate myself on the unique rules of this facility and abide by them.
4. I WILL generate goodwill by being polite and respectful to those around me at this event.
5. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
6. I WILL acknowledge that the spectator seating around the courts are for the primary use of those watching the match in progress.
7. I WILL acknowledge that spectators may rightfully choose to remain in a seat for an entire match without switching sides of the court when the teams switch.

### **I WILL NOT**

1. I WILL NOT harass or intimidate the officials including line judges and scorekeepers.
2. I WILL NOT participate in any game or game-like activities unless I have a current membership card with USA Volleyball.
3. I WILL NOT bring and/or carry any firearms at any USA Volleyball event.
4. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

### **WARNING!**

Risk of injury from flying objects incidental to the sport of Volleyball may occur at this event. Attend at your own risk. Please pay close attention to your surroundings and be on alert at all times, especially during active play.

## JUNIOR CLUB PERSONNEL CODE OF ETHICS

It is the duty and obligation of USA Volleyball affiliated Junior Club Program administrators, directors, coaches and other club personnel to assure the following Code of Ethics is followed and adhered to by all individuals who have an active role in a USA Volleyball Junior Club Program in any Region of USA Volleyball.

In a continuing effort to promote safe, healthy and ethical communication, relationships and treatment of all USA Volleyball players and personnel, all adults associated with a junior club program must read, accept and submit this Code of Ethics before they are eligible to actively participate in a junior club program associated, affiliated, or participating in USA Volleyball.

1. All adult club personnel affiliated with a junior program must be a registered member with a Region of USA Volleyball and USA Volleyball.
2. All adult club personnel including coaches, chaperones, assistant coaches, trainers, etc. affiliated with a junior program intending to participate in USA Volleyball must have an approved and current background screen on file as per USA Volleyball policy. It is intended that the term "all adult club personnel" be all inclusive and not limited to only those categories identified herein.
3. A head coach or assistant coach affiliated with a junior program must also: be an adult (see Region definition of an adult) and be IMPACT certified according to USA Volleyball and Region policies.
4. If allowed by Region rules, an assistant coach who has not yet met the age of majority in the state of residence must be supervised by a head coach recognized by the Region and must meet all applicable Region and USA Volleyball requirements. Individuals who are registered as junior players and also have an interest in coaching should contact their region regarding coaching eligibility.
5. Responsibilities:
  - A. A head coach or other equally qualified club personnel must be present at all practices and competitions. A head coach, adult club representative personnel or registered chaperone must be present during team-supervised travel. This individual shall be responsible for the moral, legal and ethical well-being for each participant during team/club activities.
  - B. Coaches shall understand the unique power of a coach-athlete relationship. Coaches and all other club personnel shall not exploit athletes and shall avoid any relationships which could compromise the integrity of the learning and participation process, impair their professional judgment and/or take advantage of a situation for their own personal gain or gratification.
  - C. All club personnel must understand that all forms of sexual abuse, assault or harassment of a current or former athlete are unethical and illegal even when an athlete invites or consents to such behavior or involvement. Club personnel shall not engage in sexual/romantic relationships with current athletes or other participants over whom there is/was authority. See B above.
  - D. All club personnel shall insure that all individuals have met all Regional Volleyball Association and USA Volleyball membership requirements prior to participation in any club, team and/or Region/National USA Volleyball activity.
  - E. All club personnel must inform the players and their parent(s)/guardian(s) about any Region and/or USA Volleyball transfer policy. This policy may restrict or prohibit a participant from transferring to another club or team if specified criteria have been met. Likewise, all club personnel must inform the players and

## **Welcome**

We welcome you to Oregon Juniors Volleyball Academy. We hope that the following information will help you navigate the Academy through the year.

We know that we do things a little differently, and we take pride in that. Our coaches have a very wide level of experience and breadth of knowledge. We have past collegiate coaches, high school coaches, collegiate players and club coaches on our staff. We have coaches that have played all positions and lend their experience to our coaching style.

We run an academy style of coaching at OJVA. That means we will have multiple teams practicing together in a 'pod'. It could be 3 teams on two courts, 4 teams on 3 courts, 4 teams on 4 courts. It could mean all teams from one age group or 3 teams from one age group and 1 team from another age group. Each year we look at our teams and determine the best combinations to challenge all of our players.

We all practice at one facility, and generally in groups, so we have a combination of coaches lending their expertise. We try to have 2 coaches per team. So if a coach cannot attend practice, we rarely, if ever cancel practice. Other coaches just step in and help out. We have canceled practice for weather related concerns or after 3 day tournaments, but usually that is the only reason.

We have found that our top teams at each age group do very well, usually in the Platinum or Gold divisions, but we also take pride in the fact that almost every year, our lowest level teams are still in the upper half of their age group.

We feel that our players learn life lessons through the sport of volleyball, and our coaches strive to instill a sense of fairness, team unity, competition, confidence and self worth in all of our players. We emphasize the importance of individual differences, team cohesiveness, family support and Academy wide awareness of other teams with all of our players, parents and coaches. Our athletes will be taught the proper technique in each volleyball skill and each age level will be challenged to the appropriate level of their abilities.

## Tryouts

OJVA handles tryouts very differently than most other clubs or academies. On the tryout day, we select as many players for each age group as the number of teams we want to have. If we plan to have 4 12's teams, then we will select 40-44 Players. If we plan to have 6 14's teams, then we will select 60-66 players. ETC. They will then practice together for 3-4 weeks before we place the players on teams. We want to see how the players listen, improve, play, learn positions, balance players and experience. Although this is hard on the players to wait that long, we have found that we hardly ever make mistakes about our player placement. We do this for the 12's and 14's completely, and for the 16's Regional and Local teams.

Each tryout lasts for 2 - 3.5 hours, depending on the age group and the number of players trying out. All players must have a paid membership through USAV (CEVA), and have all of the proper paperwork filled out and signed before tryouts. There is a \$20 tryout fee paid before trying out. That fee covers the cost of our coaches time, and gym rental.

Once a player is selected as a member of the academy on tryout day, they must decide then whether to accept the offer, sign the contracts and pay a \$500 deposit at that time. If a player does not accept the offer, then the offer will be rescinded and offered to another player on that day. This is the only way to make sure the Academy fills all of its teams with the highest quality players that we can.

Tryout days and times are posted on the CEVA and OJVA websites.

There are also Informational meetings that take place the week or two before each age group tryout. Those meetings are a great way to gather more information about how Oregon Juniors Volleyball Academy works.

## **Levels of teams**

OJVA strives to have 3 levels of teams at each of our main age groups. Each year the number of teams may shift but generally speaking it is our goal to have the following types of teams:

Local team - at the 12, 14, and 16 age groups. This level of team will play in CEVA power league, Friendship tournaments and CEVA Regionals. They will not have any other multiple day tournaments, or overnight trips. They will practice 2 x week for 1.5 - 2 hours each practice.

Regional Team - 12, 13, 14, 16, 18 age groups. This level of team will play in CEVA Power league, Friendship tournaments, CEVA Regionals, Presidents day tournament, either Willamette Volleyball Classic or Emerald City Classic and possibly 1 other overnight trip. They will practice 2 x week for 2 hours each practice

National Team - 12, 14, 15, 16, 17, 18 age groups. This level of team will play in CEVA Power League, Presidents Day, CEVA GJNC Bid tournament, Colorado Crossroads (15, 16, 17, 18), Pacific Northwest Qualifier (12, 14), Far Westerns (15, 16, 17), Emerald City Classic and a National Tournament (either GJNC or AAU). USAV Qualifier tournaments may be changed from year to year, at the Directors discretion. They will practice 3 x week for 2 hours (16, 17, 18) or 2 x week for 1.5 - 2 hours (12, 14).

## **DUES**

Each year the Directors put together a budget for each team. The budget is then divided up by the number of players that are on that team and then divided by the number of monthly payments. That is how the monthly dues for each team are determined.

What **do** the Monthly Dues Cover?

1. The salaries of all coaches and directors
2. Facility Rent
3. Uniforms (2 uniforms, spandex, sweatshirt)
4. Practice Tee shirts (2 per person)
5. Tournament Entry fees
6. Purchase and Maintenance of all Equipment
7. Coaches expenses at Day tournaments
8. Coaches expenses at all overnight tournaments
9. Some Travel costs for Overnight tournaments (see below)
10. Cooler Food Money for Multiple day tournaments

What **don't** the Monthly Dues Cover?

1. Names on Sweatshirts
2. Socks, Shoes, Knee Pads
3. Travel expenses to and from Tournaments
4. Meal money on Overnight trips
5. All hotels for Overnight trips (see below)

How are Dues paid?

Dues for the year are spread out over 5, 6 or 8 month payments.

Local teams pay over 5 months. Regional teams pay over 6 months and National teams (14, 16 and 18) pay over 8 months time. This includes payments in June and July, even though the teams are done competing.



The Academy does not accept credit card payments for deposits or monthly dues.

There are 3 options for the payment of dues

1. Full payment at the beginning of the year (December) with a 2% savings
2. A monthly payment taken out of your checking account automatically on the 15th of each month.
3. A monthly payment by check or cash to the club on the 15th of each month

What is Cooler Food Money?

On the overnight trips, we assign a cooler parent to purchase food for the kids that can go in coolers. That food is meant to be used during the course of the tournament day, either for lunch (AM wave) or dinner (PM wave). The Academy allocates \$7.00 per day per player. The cooler checks are handed out on the Tuesday before the overnight weekend.

## How does the travel work for the hotels?

OJVA will pay for the hotel rooms for a team on 1 overnight trip per year. We put the players together in hotel rooms (or very large houses). In the hotels, we put 3-4 players in each room. For the 12's, we also put a chaperone in each room. For the 14's-18's the girls stay by themselves, with one chaperone assigned to each team. We then have 2 chaperones share a room. We try to place that room between the girls rooms.

Each age group will have a different tournament paid for, depending on their travel schedule. We try to have it be the first trip of the season, but that doesn't always work. Below is the traditional tournaments for each age group that the Academy pays for. It may change from year to year.

12 Gold	PNQ	Spokane	late March	
12 Blue	WVC	Corvallis	Mothers Day Weekend	
12 White	WVC	Corvallis	Mothers Day Weekend	
14 Gold	Pres	Seattle	Feb	
14 Blue	Pres	Seattle	Feb	
14 White	Pres	Eugene	Feb	
15 Gold	Pres	Las Vegas or Kansas City		Feb
16 Gold	Pres	Las Vegas or Kansas City		
16 Blue	Pres	Seattle	Feb	
16 White	Pres	Eugene	Feb	
17 Gold	Pres	Las Vegas or Kansas City		
18 Gold	Pres	Las Vegas or Kansas City		

PNQ - Pacific Northwest Qualifier

WVC - Willamette Volleyball Classic

Pres - Presidents Day Tournament in 4 different locations

## Tournaments

We try to have all of our teams play in at least 2 tournaments per month, 1 CEVA Power League and one Club Sponsored Tournament or major travel tournament. The calendar does not allow that to always happen, but that is usually our intent. All of our teams will participate in CEVA Regionals.

There are also some major travel tournaments for some of the teams:

**January** - Matt Hartner Memorial - Eugene 16 Gold, 17 Gold, 18 Gold  
(sometimes 16 Blue, 18 Blue)

**February** - Presidents Day - Seattle 16 Blue, 14 Gold, 14 Blue  
Eugene 16 White, 16 Red, 14 White, 14 Red  
Las Vegas, Kansas City 15 Gold, 16 Gold, 17 Gold, 18 Gold,

**March** - Red Rock - Las Vegas, 16 Gold, 17 Gold, 18 Gold  
AVC - Dallas, Windy City, Chicago  
PNQ - Spokane 14 Gold, 12 Gold

**April** - Far Westerns Qualifier - Reno 16 Gold, 17 Gold, (16 Blue)  
18's National Tournament 18 Gold

**May** - CEVA Regionals All teams  
Willamette Volleyball Classic - Corvallis 16 White, 16 Red, 14 White,  
14 Red, 12 Gold, 12 Blue, 12 White  
Emerald City Classic - Seattle 14 Gold, 14 Blue, 16 Gold, 16 Blue, 17  
Gold, 18 Gold, 18 Blue

**June** - USAV Girls Junior Nationals - Indianapolis 14 Gold, 15 Gold, 16 Gold,  
or  
AAU Girls Junior Nationals - Orlando 14 Gold, 15 Gold, 16 Gold, 17 Gold

## **Practice Expectations**

### *Parent behavior*

Parents are asked to stay on the cemented area of the facility. Over the years, we have found that players stay better focused on the team priorities without parental interaction. Players should be interacting with coaches and players during their practice time. Parents will NOT coach any players at any time during practice.

### *Player Behavior*

Players will always wear OJVA practice tees to practice.

They will come prepared with the correct court shoes and knee pads and practice attire of shorts or spandex or sweatpants.

Players should bring a water bottle (with name written on it) to all practices.

Cell phones should not be used from the time they walk into the building until they walk out at the end of practice. They should be used in case of an emergency to reach another adult only.

Players focus should be entirely on their learning in a team oriented setting. They will be respectful and listen to ALL OJVA coaches.

### *Coaches Behavior*

Coaches will bring their full attention to OJVA players from the beginning of practice until the end. They will treat all players and co-coaches with respect.

They will communicate with parents on a regular basis about upcoming events or changes in the schedule in addition to their individual expectations for their team.

They will work hard to evaluate players strengths and weaknesses and address those in the general practice time, while keeping in mind the best situation for the team as a whole.

## **Tournament Expectations**

Just always assume there is NO FOOD OR DRINK IN ANY FACILITIES. If it is allowed, it is a bonus. That means leave your lunches in the cars, finish your coffee before you walk in the door. Teams can be sanctioned for eating in the gyms, and then they will lose points in the next match. Don't be the person that causes that!!!!

### *Parents Behavior*

Parents will contact coaches as soon as they know there is a scheduling conflict for a tournament. If players are playing more than one sport at a time, we ask that a balance be struck in terms of missing tournaments. At least one for one. Miss one volleyball tournament, then miss the other sport tournament the next time.

Parents will arrange for rides and food money for their players, if parents are unable to attend a tournament. We understand that not every parent can be at every tournament. But please let coaches know if there is a problem, so coaches can be proactive in solving it.

Parents will keep track of younger siblings at all events. The young kids cannot be allowed to just run free and hope someone else is watching them. They must be accounted for at all times, and must follow the rules of each facility.

Parents will allow coaches to coach during the course of the day, without talking to them about playing time or strategy. Coaches are hired to coach. Allow them to do that. They are trying to do what is best for the TEAM.

Parents will set up a meeting with a coach if they need to address an issue. That meeting should take place 2-3 days after the tournament.

Parents will cheer for ALL members of the team. They will support the team in a POSITIVE manner. they will NOT yell at scorekeepers, lines people or referees AT ANY TIME!!!!

Parents need to understand that they are a reflection of the Academy, just as the players and coaches are. If parents are being disrespectful, they will be asked to leave the facility.

### *Player Behavior*

Players will arrive at the assigned time prior to the beginning of the tournament. They will be wearing the assigned jersey color and will bring their OJVA sweatshirt. They will have all of their other needed equipment including their water bottle, shoes, knee pads, sweats and lunch.

Players will cheer for their teammates and take part in all warm ups and team activities, regardless of whether they are playing or not.

Players will do their fair share of the refereeing duties during every tournament. They will always be there to take over for their teammates on the switch, and never have to be found to do their reffing duties.

Players will not eat in the gym

Players will not use their cell phones during the course of the day at a tournament, unless it is a special activity that has been approved by their coach.

Players will always be ready to substitute in when it is their turn. They will not have to be reminded.

Players will leave their team area cleaner than they found it.

Players will not leave partially used or empty water bottles on the bench.

Players will keep track of the warm up balls and make sure they are all accounted for at the end of each warm up, and then bag them up at the end of the day.

If players need to use something from the training kit, they will inform the coach if something needs to be restocked.

Players will not leave a facility before the tournament is completed, unless a prior arrangement has been made with the coach. Players will not leave to go eat (except out to the cars). They should bring lunch with them or have food brought to them.

Players will not leave with anyone other than a family member or friend who is known to the coaches. Players will not leave until they have been dismissed by the coach at the end of the day. Even if the team is only reffing, all players are expected to stay until the end of the day.

Players will treat coaches, teammates and parents with respect.

Players will treat opponents and refereeing teams with respect.

### *Coaches Behavior*

Coaches will do their best to communicate to players what the expectations for the day are. They will be clear about who is playing at what time, with lineups and expected substitutions.

Coaches will be positive and supportive in their instruction but will also push players to perform in competitive situations. Coaches will be playing to win most matches, and will use lineups to support that.

Coaches will make sure all reffing assignments are done as equally as possible.

Coaches will treat players and parents with respect.

Coaches will treat opponents, referees and refereeing teams with respect.

## **Travel Policy for OJVA**

OJVA has some teams that travel regularly to play in tournaments, has some teams where travel is limited to a few events per season, and some teams where there is no travel other than local travel to and from our own area. OJVA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. OJVA has established policies to guide our travel, minimize one-on-one interactions and reduce the risk of abuse or misconduct. Adherence to these travel guidelines will increase player safety and improve the player's experience while keeping travel a fun and enjoyable experience.

We distinguish between travel to training, practice and local tournaments ("local travel") and team travel involving an overnight stay ("team travel").

### **Local Travel**

Local travel occurs when OJVA does not sponsor, coordinate or arrange for travel.

~ Players and/or their parents/guardian are responsible for making all arrangements for local travel. The team and its coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.

~ The employees, coaches and/or volunteers of OJVA or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player.

### **Team Travel**

Team travel is overnight travel that occurs when OJVA or one of its teams or designees' sponsors, coordinates or arranges for travel so that our team can compete locally, regionally or nationally. Because of the greater distances, coaches, staff, volunteers and chaperones will often travel with the players.

- ~ When possible, OJVA will provide reasonable advance notice before team travel. Travel notice will also include designated team hotels for overnight stays as well as a contact person within OJVA or the team. This individual will be the point of contact to confirm your intention to travel and to help with travel details.
- ~ Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or sibling of the player).
- ~ The coach or his/her designee will establish a curfew by when all players must be in their hotel rooms or in a supervised location. Regular monitoring and curfew checks will be made of each room by at least two properly background screened adults. At no time should only one adult be present in a room with minor players, regardless of gender.
- ~ Team personnel shall ask hotels to block adult pay per view channels.
- ~ Individual meetings between a coach and a player may not occur in hotel sleeping rooms and must be held in public settings or with additional adults present, with at least one of those adults being the same gender as the player.
- ~ Family members who wish to stay in the team hotel are permitted and encouraged to do so.
- ~ The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent. If any special arrangements are necessary for your child, please contact the team personnel who can either make or assist with making those arrangements.
- ~ No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- ~ In all cases involving travel, parents have the right to transport their minor player.
- ~ Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules.
- ~ If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after
- ~ Players are expected to remain with the team at all times during the trip. Players are not to leave the competition venue, the hotel, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.



~ When visiting public places such as shopping malls, movie theatres, etc., players will stay in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.

### **Safety Policies**

- o Additional guidelines to be established as needed by the coaches;
- o Supervised team room provided for relaxation and recreation;
- o Respect the privacy of each other;
- o Only use hotel rooms with interior entrances;
- o Must wear seatbelts and remain seated in vehicles;

### **Behavior Policies**

- o Be quiet and respect the rights of teammates and others in the hotel;
- o Be prompt and on time;
- o Develop cell phone usage guidelines;
- o Develop computer usage guidelines including social media;
- o Respect travel vehicles;
- o Establish travel dress code;
- o Use appropriate behavior in public facilities, including language;
- o Establish two different curfews – in own rooms and lights out;
- o Must stay in assigned hotel room; and
- o Needs and well-being of the team come first.

### **Financial**

- o No room service without permission
- o Players are responsible for all incidental charges
- o Players are responsible for any damages or thievery at hotel;
- o Players must participate in contracted group meals; and
- o Communicate travel reimbursement information and policies.

### **General**

- o Establish fair trip eligibility requirements;
- o Establish age guidelines for travel trips;
- o Parent(s) responsible for getting player(s) to stated departure point; and
- o Requirements for families to attend “Team Travel Tournaments.”

## ***Social Media and Electronic Communication Policy for OJVA***

### Purpose

Oregon Juniors Volleyball Academy recognizes the prevalence of electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While the Academy acknowledges the value of these methods of communication, the Academy also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

### General Content

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Volleyball Code of Conduct regarding Athlete Protection.

For Example, as with an communications with an athlete, electronic communication shall not contain or relate to any of the following:

- ~ Drugs or alcohol use:
- ~ Sexually-oriented conversation: sexually explicit language, sexual activity
- ~ The adult's personal life, social activities, relationship or family issues, or personal problems; and
- ~ Inappropriate or sexually explicit pictures
- ~ Note: Any communication concerning on athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a

face-face meeting?” or “Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient’s parents, the coaching staff, the board or other athletes?”

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with athletes is **Transparent, Accessible and Professional**.

**Transparent:** All electronic communication between coaches and athletes are to be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

**Accessible:** All electronic communication between coaches and athletes should be considered a matter of record and part of the Academy’s records. Whenever possible, include another coach or parent in the communication so there is no questions regarding accessibility.

**Professional:** All electronic communication between coaches and athletes shall be conducted professionally as a representative of the Academy. This includes word choice, tone, grammar and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the **T.A.P.** criteria, then it is likely your method and manner of communication with athletes will be appropriate.

#### FACEBOOK, INSTAGRAM, BLOGS AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Academy join their personal page as a ‘friend’. A coach shall not accept any ‘friend’ request from any athlete. In addition, the coach will remind the athlete that this is not permitted. Coaches and athletes are not permitted to ‘private message’ each other through Facebook. Coaches and athletes are not permitted to ‘instant message’ each other through Facebook chat or other IM methods.

The Academy has an official Facebook page that athletes and their parents can 'like or 'friend' for information and updates on team-related matters.

Coaches are encouraged to set their pages to 'private' to prevent athletes from accessing the coach's personal information.

## TWITTER

Best Practice: The Academy has an official Twitter page that coaches, athletes and parents can follow for information and updates on team-related matters. Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to 'direct message' each other through Twitter.

## TEXTING

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 7 am and 10 pm. Texting only shall be used for the purpose of communicating information directly related to team activities.

## EMAIL

Athletes and coaches may use email to communicate. When communicating with an athlete through email, a parent, another coach or a board member must also be copied.

## REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communications. Immediate compliance without repercussion must be granted.

## MISCONDUCT

Because social media and electronic communications can be used to commit misconduct (e.g. emotional, sexual, bullying, harassment and having), such communications by coaches, staff, volunteers, administrators, officials, parents or athletes will not be tolerated and are considered violations of our SafeSport Handbook.

## **VIOLATIONS**

Violations fo the Academy’s Social Media and Electronic Communication Policy should be reported to your immediate supervisor, an Academy administrator or the Regional SafeSport Contact for evaluation of complaints and allegations.

A USA Volleyball participant or parent of a participant who violates this policy is subject to appropriated disciplinary action, including but not limited to: suspension, permanent suspension and/or referral to law enforcement authorities.

## **Club Apparel**

Each player is given 2-3 practice shirts that are to be worn at EVERY practice. Players can wear shirts from previous years also. Each player is also given an OJVA sweatshirt. Her name is then put on it by the team parents. That sweatshirt is to be worn to all tournaments.

Each player will also receive at least 2 uniforms for the season. 12’s get 1 jersey and 1 tee shirt uniform. 14’s - 18’s get 2 jerseys. National teams (14, 16, 17, 18) receive 3 jerseys. Each player also receives a pair of spandex.

If a player loses a jersey, they will have to purchase 2 uniforms from the club to replace the lost one. Players have to wear the same number on both jerseys.

Players are responsible for all of their own equipment at both practices and tournaments. Lost items are not tolerated.

Parents may purchase OJVA gear from the spirt shop though our BSN dealer either once or twice a year, when we have an open shop week. Families will be notified through email when those will occur.

## **Team Parent Responsibilities**

Each team will have (a) team Parent(s). That person is responsible for helping the coach with communication, organization, coordination as needed. They will also produce a team card at the beginning of the year with each girls name and number, parents names and phone numbers on a credit card size laminated

card. They will also help with the coordination of getting the names on the sweatshirts.

Cooler parents will have the responsibility of coordinating food for the overnight trips. They will receive money from the club directors the week of the tournament, will purchase food and drink for each day of the tournament. They may also check out a cooler from the club to use for the weekend.

Chaperones are needed for the overnight stays in hotels. Each team (other than 12's) will have one female chaperone. They are in charge of the girls while they are in the hotel. The 12' teams will have a chaperone stay in each room, so usually 3 are needed for the overnight stays.

## **OJVA Yearly Events**

### *Parent Meeting - December*

There is a general Parent meeting in December. All parents are expected to be there. It usually lasts about 2 hours. There is a lot of information given out at that meeting and it is important to have as many parents there as possible, even 2 from each family. We try to have it on the same day as OJVA day.

### *OJVA Day - December*

All teams participate in a mini tournament within the club. Girls learn how to substitute, rotate, switch and play. Players also practice their scorekeeping and linesmen calling and down reffing skills. Teams get to play against each other in a more formal setting than practice.

Then we have a speaker, food, and fun. The event usually lasts from 10 am until 6 pm on a weekend day. OJVA provides the pizza, families brings the extras.

### *End of the Year BBQ - May or June*

All teams and families are invited to attend the end of the year BBQ. OJVA provides the burgers and dogs, families bring the extras. It is a great celebration of the year. This is a terrific OJVA end of the year celebration where we highlight all of the great things our teams have accomplished throughout the season, as well as recognize our seniors contributions to the club and their future plans.

## **Dispute Resolutions**

If there is an issue with a player, the coach will meet with the player first.

If there is a second issue with a player, the coach will meet with the player and the player's parents. The parents will be asked to come and watch at least 3 practices to see what the issues are and if they are seen as a trend. A director will be brought in to attend that meeting.

If there is a third issue with a player, there will be a serious discussion as to whether this is the right situation for the player. This discussion will involve the coach, a director and a parent.

If there is an issue with a coach, the parent will set up a meeting with the coach and a director. That meeting will take place at least 2 days after a tournament. If appropriate, the player may be asked to attend also.

## **Refunded Fees**

Each parent will sign a contract with both OJVA and CEVA on the day of tryouts. That contract states that if a player chooses to quit the Academy before the end of the year, the parent is still responsible for paying the monthly dues. Each team's budget is built on the number of players. If a player quits and does not pay their fees, it is unfair to the remaining players to absorb that cost.

If a player suffers a season ending injury, the club will release the parent from fulfilling that financial obligation. The academy may ask for a doctor's note to help complete that decision.

## **Players Guidelines for Practices**

1. No Jewelry
2. No Cell Phones
3. Bring a water bottle, with name on it. Then Take it home with you!
4. Only water on the courts. No sports drinks or food or gum
5. Always wear OJVA shirts
6. Be early
7. Put stuff on court 6 bench, not cafe
8. Take your stuff home with you!!!!
9. Training kits put away
10. Net set-up and take-down, balls and carts on courts. Everyone!!!
11. Clean up at the end of practice. Everyone, not always the same people

## Training

1. Always hustle
2. Run to shag balls
3. Safety first when shagging balls, especially during hitting drills
4. Always feed coaches in the manner that they want. Coaches never pick up balls out of carts, always fed.
5. Always work as if coach is standing next to you watching, don't take a mental or physical break
6. Core work is just the beginning during practice. Try to add these exercises to your daily life.

## Listening

1. Listen with your ears and your eyes
2. Never talk when a coach is talking
3. Try to listen to what coaches tell others, it could help you too. Don't be the person that we have to repeat everything to!
4. Respond when a coach gives you direction
5. Don't distract your teammates by bugging them or talking to them when a coach is talking. If a teammate does that to you, walk away



6. Coaches do the coaching, not players. Players help each other out, but don't tell other players what to do in a bossy fashion.
7. Focus on our courts only. Lots of distractions in the gym. Practice that focus now so it is easier in games.

## Culture in the Gym

1. Hard work all the time
2. Move quickly from one thing to another, switching stations, shagging balls, gathering, after a drink, switching lines, switching drills.
3. Compliment teammates on both effort and results.
4. Push yourself to work hard and improve, and expect that of your teammates
5. If you don't think you are being pushed or challenged in practice, let your coach know.
6. Speed of drill, getting out of way of the next person.
7. Get excited when good things are going on!!
8. Don't waste time. We want to use the time in the gym to the best of our ability.
9. Respect all coaches, not just your own. All coaches in the gym have the right and ability to give you correction and feedback. All coaches are here to help you learn and grow. Listen and respond
10. Understand that coaching is our role in the team. We are here to make you better players. Sometimes that means being hard on you or correcting you a lot. If you don't want to hear the same things over and over, make a change!!

# Tournament Nutrition

**This is just a guideline for what is recommended for athletes before, during and after exercise or games/tournaments. It is important to fuel the body with the right types of food so that energy levels are maintained as well as to help avoid muscle cramps. Keeping an athletes energy level up is important because it helps the body maintain a competitive edge as well as avoid injuries which are more likely to occur when an athlete is tired.**

**Pre-Tournament (Before)- Breakfast is the most important meal of the deal! (Especially for an athlete!) Start the day off right with a high protein meal. Things I suggest;**

- Eggs (at least 3-4 larger eggs, adding spinach is also a good way to get some greens)
- Turkey Bacon
- Oatmeal
- Peanut butter Toast (Whole grain or wheat toast, Organic or Natural peanut butter if you have it)
- Fresh fruit (Strawberries, Apples, bananas, kiwis are great, whatever else)
- Avocado (Just one half)
- Potatoes (Baby reds are the best, or sweet potatoes)
- Any whole grain cereal is also good (Avoid sweet, sugar filled cereals)
- Greek yogurt, (Its high in protein, between 10-15g)
- Bagels (Wheat)

**During Tournament-** Bring snacks that are wholesome and filling (Avoid sweets and candy, these only give you short amounts of energy that cause a high level of energy followed by a crash in energy.)

- Granola bars (with Peanut butter is great!)
- Nuts/ Trail mix (Cashews, Almonds, Sun flower seeds, Cranberries, raisons)
- PB&J (On whole grain or wheat bread)
- Turkey Sandwich (On whole grain or wheat bread)
- Any type of protein bar, I recommend Luna bars, or Cliff Bars. (They actually taste good and are good for the body)
- Fruit, a variety is good. Fruit has natural sugar, which is good for boosting energy. (Bananas, apples, strawberry, pineapple, pomegranates, oranges, grapes and so forth)
- Wheat crackers, Wheat Thins (Good with peanut butter)
- Protein shakes are great quick snacks (Whey Protein being the best)
- Bagels (Wheat)
- Fruit leathers, or dried fruit (Can also mix it into your own trail mix)
- Dark Chocolate is good, not milk chocolate (Dark chocolate covered almonds, or peanuts)
- Any veggies snacks are good (broccoli, carrots, celery, sugar snap peas, ext.)

**Post-Tournament (After)**- After a long day or training or a tournament it's important to refuel your body with a good meal so that your muscles can rebuild and repair after all the strain from the day.

- Chicken Breasts, Salmon or Fish (Grilled or baked)
- Lots of veggies, the greener the better (Broccoli, spinach, green beans, asparagus, ext.)
- Potatoes
- Rice (Brown rice is best, or wild rice)
- Pasta, lasagna (Red sauce is great)
- Some type of bread, whole grain, biscuits
- Green salads with lots of veggies.

**Hydration is also important through out the whole day, not only water but a variety of other drinks.**

- Gatorade/Powerade
- Coconut water (Great for hydration)
- Pedialite
- Vitamin water
- Smart water
- Good OL WATER!

Remember these are just guidelines, feel free to change and add whatever you see fit. These are just things we have been taught over the years and think it is important to share with players as well as parents. If you have any questions don't hesitate to ask.

## OJVA Monthly Dues 2019-20

		Monthly dues	# months	Year Total	x.02 savings	Full pay with discount
<b>12 Local (Red)</b>	12-4	\$200.00	5	\$1,000.00	\$20.00	\$980.00
<b>12 Regional (Blue and White)</b>	12-2 12-3	\$265.00	6	\$1,590.00	\$31.80	\$1,558.20
<b>12 National (Gold)</b>	12-1	\$305.00	6	\$1,830.00	\$36.60	\$1,793.40
<b>14 Local (Black)</b>	14-5	\$275.00	5	\$1,375.00	\$27.50	\$1,347.50
<b>14 Regional (Blue, White, Red)</b>	14-2 14-3 14-4	\$365.00	6	\$2,190.00	\$43.80	\$2,146.20
<b>14 National (Gold)</b>	14-1	\$475.00	8	\$3,800.00	\$76.00	\$3,724.00
<b>16 Local (Red)</b>	16-4,	\$285.00	5	\$1,425.00	\$28.50	\$1,396.50
<b>16 Regional (White)</b>	16-3	\$375.00	6	\$2,250.00	\$45.00	\$2,205.00
<b>16 Regional Hybrid (Blue)</b>	16-2	\$435.00	6	\$2,610.00	\$52.20	\$2,557.80
<b>15 National (Gold)</b>	15-1	\$515.00	8	\$4,120.00	\$82.40	\$4,037.60
<b>16 National (Gold)</b>	16-1	\$515.00	8	\$4,120.00	\$82.40	\$4,037.60
<b>18-1 National (Gold)</b>		\$465.00	8	\$3,720.00	\$74.40	\$3,645.60
<b>17-1 National (Gold)</b>		\$515.00	8	\$4,120.00	\$82.40	\$4,037.60
<b>18-2 Regional</b>		\$390.00	7	\$2,730.00	\$54.60	\$2,675.40