

Cincinnati Volleyball Academy

Junior Olympic Volleyball Handbook 2012

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Cincinnati Volleyball Academy (CVA) is a registered junior program affiliated of USA Volleyball

General Information:

USA Volleyball provides girls and boys with the opportunity to increase their knowledge, skills and understanding playing the sport of Volleyball.

There are (3) levels of USA Volleyball Junior Olympic competition in most age groups:

Regional Division: a regional team is for developing athlete (the fees are less expensive)

National Division: a national team is for the advanced athlete

American Division: an American team is for the athletes that are competitive, but do not want all of the travel associated with the national level of play. This division is available in the 14U-17U age groups.

National teams can compete for a bid to go to the USA Volleyball Championships.

Philosophy:

The Junior Olympic Volleyball program at CVA is dedicated to advancing the personal and athletic development of youth through the pursuit of excellence in volleyball. We strive to help all players to achieve maximum performance, regardless of age or ability. For the younger players, we want develop a solid base of fundamental skills, as well as a passion for the sport. As players get older and progress through the CVA program, our goal is to provide a path to a level of excellence that will allow all athletes to test their own limitations. Only by constantly testing our limits can we truly find and develop our full potential. Champions are not always the winner of the final match. It is their effort and commitment to themselves and their teammates that is the Ultimate Gold Medal.

CVA strives to teach our athletes the true understanding of the term “commitment to Excellence.” This commitment is not a part time endeavor that can be turned on and off depending on the mood or feeling of the day. CVA is dedicated to the development of teamwork, communication, sportsmanship and a strong work ethic. Our goal is to foster the sense of community throughout the Club and promote and develop leadership in all of our Club members.

Team Structure:

- A minimum of nine (9) to ten (10) athletes per team.
- One (1) head coach per team
- A volunteer team parent will be in charge of the team administration, such as coordinating travel and arranging lodging. Other parents maybe needed to help as well.
- 12U and higher teams will be expected to practice twice a week (2hours each practice). 10U and 11U regional team will practice once a week for 2 Hours
- A maximum of three (3) athletes from the same school are permitted to play on the same team for grades 7-11 in the state of Ohio. Seniors do not count against this number.
- In Ohio, High School and Middle School coaches cannot coach athletes from their own school program.

Practice Facility:

Practices will be held at courts 4 sports in Mason. Directions are on the website www.couts4sports.com

Attendance polices:

Athletes are required to attend all practices. School sports and activities are an integral part of the scholastic experience. We expect the athlete to attend all practices unless arrangements have been made with the head coach or director. If CVA competition conflicts with another sports competition, the coach and the athlete will decide which event takes priority on case-by-case bias.

All Junior Olympic volleyball teams require dedication on the part of the athletes for the team to be successful. This includes attendance to all practices and tournaments. Missed practices could result in loss of playing time. If the player cannot attend practice because of illness or will be late for practice, they will need to notify the coach by phone. If the player does not contact the coach prior to the scheduled practice, this will be considered an unexcused absence. Consistent missed practices will result in loss of playing time.

Attendance at National tournaments is mandatory. If the player misses a tournament or part of a tournament, this could result in loss of playing time. The coach and the director will evaluate all absences.

General Rules and Regulations:

As a representative of CVA, all athletes are expected to behave in a responsible manner. The determination of responsible behavior lies solely with CVA.

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.

In case of inclement weather, all athletes should check the website (www.courts4sports.com) or call the gym at 513-770-0667 for any announcements of practice cancellations. A coach or team representative should call and notify you as well.

Practice Rules:

Coaches and the club director will determine whether or not practices are open or closed, coaches must get approval from the director to close practices.

Parents who decide to stay and watch a practice must not interfere with practice in anyway. Parents are not permitted to talk to their child during practice, including water breaks, cannot coach their child during practices at any time. Parents are not permitted to demonstrate any verbal or non-verbal negativity during practice. Any violations of these rules and the parent will be asked to leave the practice area.

The scheduled practice time is the start time- not the arrival time at the gym. Plan on arriving at the gym at least fifteen (15) minutes prior to the start practice. There may be consequences for arriving late to practice and competition, unless arrangements have been made with the club director and the head coach.

Volleyball shoes are to be carried into practice and tournaments and worn only for practice and tournaments. These shoes are never worn outside. This allows the shoes to last longer and ensure that our facility surfaces stay clean and safe.

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 is a legitimate excuse for missing practice.

Playing Time:

CVA does not guarantee equal playing time on any team or at any event. Playing time for athletes is determined based on attendance, attitude, effort, and performance, along with the teams current and future player needs. This decision is the sole discretion of the head coach. At CVA, we believe that all players should have the opportunity at practice to prove to the team and the coach that they deserve to play each week. The starting positions on a team are never pre-determined or set. All athletes are expected to continuously work hard at practice each week to fight for their position and playing time on the court.

The decision of the head coach relative to playing time is not to be questioned or debated by the athlete or parents. Athletes are encouraged to ask the coach what they need to do or improve in order to get more playing time.

Officiating:

Officiating is the responsibility of the entire team. Arrangements will be made for all athletes to attend a scorekeeper clinic and help with line judging, scorekeeping, and score flipping and officiating. Each coach will determine the procedure that their team will follow for officiating assignments.

All players and parents must stay while their team is officiating a match, even if their child is not officiating at the time. *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.*

The use of electronic devices (cell phones, iPods, mp3, etc.) by the support officiating crew is prohibited at all tournaments! This is a rule at any Ohio Valley region tournament. The penalty for the guilty team is a loss of 10 points in the first set of their match or a fine imposed on the club.

Parents:

Parents are an important part of success of the Cincinnati Volleyball Academy. CVA appreciates your involvement and help in making this a rewarding and successful experience for your child. With this in mind, there are some strict guidelines that all parents need to follow.

- CVA will not tolerate hostile or aggressive confrontations between a parent and any official, coach, athlete or another parent, whether or not the coach, athlete is a member of CVA. Violation of this policy may result in the athlete being dismissed from CVA without refund!
- Parents are not permitted to argue with or yell at the officials at anytime!! Good and bad calls are part of the game. As we tell our players, focus on the next play and forget about the call. If there is a question or concern, the coach will take the appropriate action with the official. CVA will not tolerate any parents or family members yelling at or making any negative comments to the line judges.
- Parents must only use positive and encouraging words when cheering for their team. No negative cheering or parent coaching is permitted from the stands! When your child is involved in a match parents must not coach from sidelines. This is extremely distracting for the player, the coach, and the team. CVA will not tolerate any parent that is verbally negative toward any players on either CVA or opposing teams.
- It is inappropriate for an athlete or parent to approach other CVA members about any problem the athlete may be having with any CVA coach, including objections to coaching decisions or disagreement with an administrative decision. Asking an uninvolved party to take sides in such an issue is unfair to the third party, as well as the club. Grievances need to be handled only between the parties involved and in the proper manner.
- Any member who, as a third-party, hears remarks or stories about CVA, its employees or its policies, that cause the member to be concerned, is encouraged to contact the head Coach and /r the Club Director immediately to alert the club administration to the situation and the facts. It is detrimental to the club and its members to repeat any complaint (sustained or otherwise) that you may hear or overhear to uninvolved parties. By the time a story gets to a third or fourth party, it usually bears a little resemblance to the facts of the situation.
- All parents should refrain from making negative comments around your child or any other athlete. Young athlete can be vulnerable. Any complaining about the coach or coaching style or CVA policies can have an adverse effect on their attitude and performance. Parents with issues

about coaching or the club are expected to follow the grievance procedures in this guide to resolve the matter.

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

Grievance Procedure:

Competitive team athletics naturally creates situations where everyone may not be happy at all times. Knowing when and how to communicate with your athlete coach is a concern for almost every parent at the same time during the season. Most often the concern is how to inquire about issues surrounding playing time.

At CVA, we encourage the athlete to take responsibility for their participation and playing time. For this reason, we expect the athlete to approach the coach first if they have issues concerning their playing time or are unclear or uncertain about what the coach expects from them at their practice or competition. The appropriate way to accomplish this is for the coach to expect from them at their practices or competition the appropriate way to accomplish this is for the athlete to directly ask the coach what they need to do to get more opportunities to play in matches and tournaments. Most of the time, the athlete is aware of why they may not be playing as much as another teammate, while the parents may not.

When a parent has a problem that is specific to their own athlete, we also expect them to first talk to the Head Coach. Please keep in mind that our coaches have been instructed not to talk about coaching decisions or other players on the team with a parent. Meetings between a coach and a parent wanting to talk about their daughters playing time have been instructed by CVA to ask the parents to call the coach and arrange a meeting at a more appropriate time. A good time to arrange a meeting with the coach is immediately before or after a practice session.

Specifically, any parent or athlete as a member of CVA team with concerns about elite policies or the actions of a coach should use the following procedure, in this order:

1. *The athlete will speak or meet with the coach to discuss the matter*
2. *If the matter remains unresolved, or if the athlete has a reasonable concern that speaking with the coach will not resolve the matter, the parent should speak to or meet with the Head Coach.*
3. *If the parent still believes that the matter has not been resolved, the parent may speak to the Head Coach and The Director. Meeting will not be scheduled during a tournament.*

Automatic Expulsions:

- Smoking at any CVA functions
- Using alcohol or drugs at any time during any CVA function
- Having boys in your hotel room (other than relatives)

Tournaments:

Tournaments can be a one-day event or last 1-3 days in duration. Teams will normally play each team in their pool. Pools generally consist of three (3) or four (4) teams. In most tournaments, the winning team from their pool advances to the gold bracket, while the other teams advance to the silver and bronze brackets. The format for most tournaments is the best 2 out of 3 games.

The seating is minimal at most volleyball tournaments. We recommend that parents bring your own chairs. We also advise all parents to pack a cooler for your athlete for the day and bring lots of water. Your athlete may also want to bring a blanket or pillow, so they can rest between matches. You should expect to be at these tournaments all day.

Tournament Rules:

All the athletes are expected to be in the gym, ready to warm up, at the scheduled arrival time. This generally means that the athlete needs to arrive fifteen (15) minutes prior to the scheduled time. Earlier is always better.

Proper conduct is expected from all members of the club at all times. This includes athletes, coaches, parents and fans. All parents, players and fans from other teams, as well as the officials, are treated with respect.

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

Athletes are not allowed to leave the tournament site until excused by the coach.

Except in cases of true emergency, an athlete who has officiating assignment may not leave the tournament before the assignment is complete.

Parents, friends and siblings/relatives are not allowed to sit on the team bench before or during a match.