

Mahoning Valley Premier Volleyball Club

Volleyball Handbook 2024

Introduction:

The Mahoning Valley Premier Volleyball Club was founded in 2019, this is our sixth season as a club in the OVR. The name stems from the club's home location in the Mahoning Valley of Ohio. Our club is dedicated to the development of volleyball players ages 10-18 in all surrounding areas.

General Information:

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

Projected Teams Offered:

18 & Under Regional (*Current Seniors in HS*)
17 & Under Regional and American (*Current Juniors in HS*)
16 & Under Regional and American (*Current Sophomores in HS*)
15 & Under Regional and American (*Current Freshmen in HS*)
14 & Under Regional and American (*Current 8th Graders*)
13 & Under Regional (*Current 7th Graders*)
12 & Under Regional (*Current 6th Graders*)
11 & Under Regional (*Current 5th Graders*)
10 & Under Regional (*Current 4th Graders*)

Some Rules and Regulations:

Mahoning Valley Premier Volleyball Club abides by all USA Volleyball and state high school athletic association rules. Some of these rules are:

- Only 3 athletes from the same OHSAA member school can be on the same team for grades 7–11. Seniors do not count against this number provided they are not participating in other interscholastic sports.
- A high school coach in the state of Ohio can now coach up to three athletes from their high school program. A middle school coach can also coach up to three athletes from their middle school program

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

Before the First Tryout Session:

Before stepping out on the floor for the first tryout session athletes must submit the following documents:

- Registration Link (Google Form)
- USA Volleyball Tryout Membership Card or Prior Year Membership
- USA Volleyball Medical Form
- \$25 Tryout fee

**There will be a \$20 tryout fee.* All paperwork is due before tryouts.*

Athletes trying out for Mahoning Valley Premier Volleyball Club do so knowing that they are trying out for a Regional team. Athletes are placed on teams based on their skill level and age group, using data from tryouts. We try to establish the teams immediately after tryouts. We will announce the names of the athletes accepted to each team and their coach within a week of the conclusion of tryouts. We may use the first 2–4 practices to determine team composition of our teams.

Tryouts:

Any athlete from any school is welcome to try out at Mahoning Valley Premier Volleyball Club.

*****Try out dates are Saturday, July 13, 2024, 9:00am - 3:00pm (14U-18U),
Sunday, July 14, 2024, 9:00-10:30am, and Thursday, July 18th, 2024,
5:30-7:00pm at The CLWCC in Campbell, Ohio*****

*CLWCC
436 Struthers Coitsville Rd.
Lowellville, Ohio 44436*

Tryouts are closed to parents. The purpose for closed tryouts is to create a productive environment free from as many distractions as possible.

Each year we evaluate a growing number of athletes during tryouts. Athletes aspiring to be a part of the Mahoning Valley Premier Volleyball Club will be evaluated on skill execution. Athletes will be evaluated on their ability to pass, set, serve, block, and hit. Finally, they are watched during game situations for their intrinsic traits. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be.

We select athletes based on the following criteria: ability to be trained, willingness to be a team player, athletic ability for volleyball, athletic potential, work ethic, drive, competitive attitude, current skill ability, and/or experience.

After Tryouts:

After tryouts, the coaching staff will meet to determine which girls will be offered a contract to participate in our program. Athletes will be notified within 24-48 hours of tryouts. The parents/guardians of each accepted athlete will be asked to accept their offer in writing (via email). Once you accept the offer, you may not play for any other USA Volleyball juniors' program during this season.

The submission of the first installment of fees and all paperwork associated with accepting the club's offer will be conducted in a timely manner. Sizing for uniforms and apparel will be done in July or November.

Mahoning Valley Premier Volleyball Club Fees:

Mahoning Valley Premier Volleyball Club's fees are as follows:

- \$1,250 17 & Under American (*Current Juniors and below in HS*)
- \$1,250 16 & Under American (*Current Sophomores and below in HS*)
- \$1,250 15 & Under American (*Current Freshmen and below in HS*)
- \$1,250 14 & Under American (*Current 8th Graders and below*)
- \$900 18 & Under Regional Elite (*Current Seniors and below in HS*)
- \$900 17 & Under Regional Elite (*Current Juniors and below in HS*)
- \$900 16 & Under Regional Elite (*Current Sophomores and below in HS*)
- \$900 15 & Under Regional Elite (*Current Freshmen and below in HS*)
- \$900 14 & Under Regional Elite (*Current 8th Graders and below*)
- \$900 13 & Under Regional Elite (*Current 7th Graders and below*)
- \$900 12 & Under Regional Elite (*Current 6th Graders and below*)
- \$800 12 & Under Regional (*Current 6th Graders and below*)
- \$800 11 & Under Regional (*Current 5th Graders and below*)
- \$800 10 & Under Regional (*Current 4th Graders and below*)

All athletes are responsible for paying for and obtaining their OVR Membership Card before the first practice (\$67.00)

What if I Play Other Sports?

School sports and activities are an integral part of the scholastic experience and we still 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 25% 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 Mahoning Valley Premier Volleyball Club a priority when there is a conflict between the two

sports. This means *we expect the athlete to attend all Mahoning Valley Premier Volleyball Club practices, unless there is a scheduled competition for the other sport at the same time as a Mahoning Valley Premier Volleyball Club practice*. If a game for the other sport conflicts with a Mahoning Valley Premier Volleyball Club *practice*, the athlete will be excused from the Mahoning Valley Premier Volleyball Club *practice*. If a Mahoning Valley Premier Volleyball Club 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 Mahoning Valley Premier Volleyball Club 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 Mahoning Valley Premier Volleyball Club coaches have taken into account the need for adequate rest and recovery in avoiding excessive stress.

Playing Time:

We do NOT guarantee equal playing time on any team or at any event. Mahoning Valley Premier Volleyball Club has the philosophy that what you pay for is instruction time during practices.

Playing time for athletes is determined by attendance, attitude, effort, performance, the athlete's potential, the team's needs at the moment and is left solely *to the discretion of the Mahoning Valley Premier Volleyball Club 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 Mahoning Valley Premier Volleyball Club, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with Mahoning Valley Premier Volleyball Club.

Mahoning Valley Premier Volleyball Club is proud of our image. We do not require the purchase of socks, knee pads, warmups, or other apparel.

Any athlete damaging equipment owned by Mahoning Valley Premier Volleyball Club or any facility used by the Club during practices, tournaments or other functions 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.

The athlete's account must be paid up to date before the athlete will be allowed to participate in any tournaments.

In case of inclement weather, you will receive a text/email/ or call from the coach. A coach or someone from a phone chain should call your home to notify you of practice cancellations once teams have been established.

We strongly encourage athletes who make a Mahoning Valley Premier Volleyball Club team to take this participation seriously. This means we expect Mahoning Valley Premier Volleyball Club practices and tournaments to be of the highest priority.

Practice Rules:

All tryouts and practices are closed.

Scheduled practice time is *start* time and *not* arrival time. Please plan on arriving at least 10 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 is absent from 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 cannot 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. Only closed water bottles/containers will be allowed. *(No Stanleys)*

Chewing gum at practice or 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 spectators. This also means treating fans from other teams, other parents, and officials with respect. Facility rules and regulations are to be obeyed at all times by athletes, spectators, and coaches.

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

If an athlete cannot 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 start date.

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

Except in cases of true emergency, an athlete whose team has an officiating assignment may not leave a tournament before the assignment is completed.

Officiating:

Officiating is the shared responsibility of the entire team. 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!*

The use of electronic devices by the support officiating crew is prohibited at tournaments hosted by the Ohio Valley Region. The penalty for the guilty team is the loss of 10 points in the first set of their next match, or a fine imposed on the club. The team will not be permitted to compete until the fine has been paid. Athletes found in violation of this regulation will be assessed a one-match suspension imposed at the discretion of the coach. The family of the offending athlete will be assessed a penalty of \$100 also.

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 may be a concern for parents at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

At Mahoning Valley Premier Volleyball Club, 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 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 athletes 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, playing time, 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. Parents are **NEVER** to confront a coach at a tournament.

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

1. *The athlete will speak 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.
2. *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. 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 Director 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 either before or immediately after a scheduled practice.

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

3. *The parent may speak to the Head Coach and the Club Director.* In certain situations, Mahoning Valley Premier Volleyball Club may ask the athlete to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament. The Head Coach or the Club Director will not engage in discussions about "coaching decisions."

If the problem remains unresolved, the final resolution will be a committee of 3 members of the program consisting of The Club Director, Assistant Director, and Social Media Director. Members of the committee must have no personal interests in the outcome of the grievance.

Other Policies Regarding Grievances:

Mahoning Valley Premier Volleyball Club 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 the Mahoning Valley Premier Volleyball Club or not. Violation of this policy may result in the athlete being dismissed from Mahoning Valley Premier Volleyball Club *without refund*.

It is inappropriate for an athlete or a parent to approach other Mahoning Valley Premier Volleyball Club members about a problem the athlete or parent is having with a Mahoning Valley Premier Volleyball Club 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, the Head Coach, and/or the Club Director.

Any member who, as a third party, hears remarks or stories about Mahoning Valley Premier Volleyball Club, its employees or its policies, that cause the member to be concerned, is encouraged to contact the Head Coach and/or the Club Director 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 Mahoning Valley Premier Volleyball Club 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 procedure of 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, and/or 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 sets format.

Seating is sparse in most of the gyms so we recommend that you bring your own chairs. We strongly advise that you pack a cooler for your athlete for the day of a tournament because they can run long. Leave all coolers in your vehicle because they are not permitted in facilities at Ohio Valley Region events. Some athletes bring pillows and sleeping bags so they can rest between rounds. Games, homework, books, etc. are all recommended for some of the longer tournaments. Arrive early so you can help set up your team area and get ready to warm-up. 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. If the tournament is conducted efficiently, it should be over by 6:00 p.m., but to be on the safe side, *expect to be there all day.*