



**Advancement Academy Velocity  
Volleyball**

***"Hustle and Heart set us apart"***

**Parent/Player Handbook 2013-2014**

**[www.http://advancementacademy.org/velocity-home/](http://advancementacademy.org/velocity-home/)**



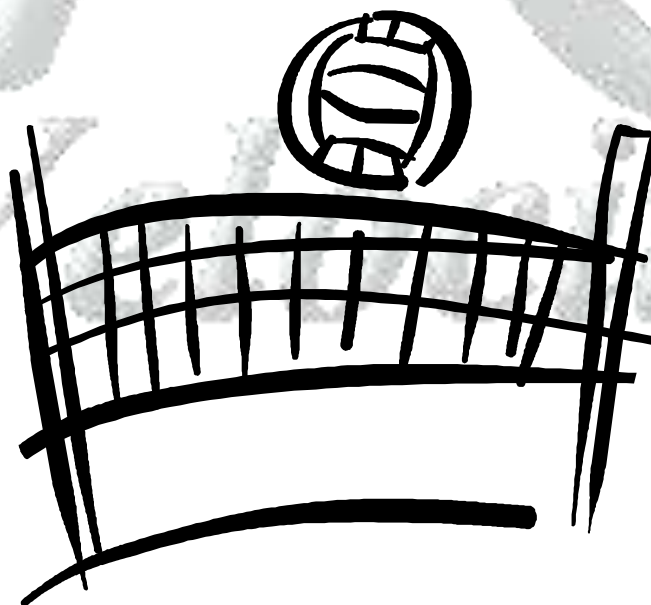
***Velocity***

## **Introduction**

Welcome to the beginning of "experiencing volleyball in a new way". At Advancement Academy Velocity Volleyball, we are committed to the training and advancement of today's players. We are committed to educating and increasing your everyday volleyball experience. Our directors have coached and competed with the best for many years and felt a change was necessary for local athletes to continue to compete at a high level. Our extensive volleyball player experience along with our advanced coaching methods set us apart from the traditional club volleyball program. We have a first class weight and speed training program available at the YMCA facility. You can take advantage of these programs along with the advanced volleyball training for today's athlete at A2V2.

We are partnered with our local YMCA to bring the best volleyball experience that Fairfield County and central Ohio has to offer. So feel free to take advantage of your YMCA membership while you are a member during the club season. Parents can sign in as a guest of their daughter and pay the \$7 guest fee and get full use of all the YMCA's facilities at the main Y.

If you do not live in Lancaster please contact your local YMCA to see if they will honor your FOX Family YMCA membership.



## **A2 Velocity Philosophy**

Advancement Academy believes in motivating our athletes to use volleyball as a tool to develop healthy habits throughout all life experiences. Our staff knows that training our athletes goes beyond the court; we want our athletes to apply our training and guidance to their education, peer relationships, and all life decisions.

Advancement Academy will focus on developing athletes into well-rounded volleyball players as well as strong, young women. Our concentration will be on skill development, ball control, and mental toughness.

### **Team Expectations for every player**

1. Respect yourself and others
2. Take full responsibility
3. Develop and demonstrate loyalty
4. Learn to be a great communicator
5. Discipline yourself so no one else has to
6. Make hard work your passion
7. Don't just work hard, work smart
8. Put the team before yourself
9. Make winning an attitude
10. Be a competitor
11. Change is a must
12. Handle success like you handle failure

## **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 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 team cohesion at a competitive level. If an athlete participates in another non-interscholastic sport, we expect them to make A2 Velocity Volleyball a priority when there is a conflict between the two sports. This means we expect the athlete to attend all A2V2 practices. All A2V2 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.

## **Playing Time**

A2V2 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 A2V2 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). We do not guarantee equal playing time on any team or at any event.

## **Rules and Regulations**

While representing A2V2, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with A2V2. Any athlete damaging equipment owned by A2V2 or any facility used by the Academy during practices, tournaments or other functions, or at lodging facilities will be required to reimburse the Academy and/or facility for the damages before continuing in the Academy. In some cases, the athlete may be dismissed from the Academy. 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 account must be paid up to date before the athlete will be allowed to participate in any tournaments.

A2V2 strictly prohibits the use of social media (Facebook, Twitter, Instagram, etc) in any way deemed to be negative. There will be no bashing of any player(s), parent(s), coach(s) or club(s) by any athlete or parent

while involved with A2V2. In case of inclement weather, check the website for any announcement of practice cancellations. A coach or director will call your home to notify you of practice cancellations once teams have been established. Check the website frequently for updates.

Athletes who do not adhere to the rules and regulations stated above may be denied participation in tournament's and practices. If instances re-occur, athlete may be dismissed from the academy. We strongly encourage athletes who make an A2V2 team to take this participation seriously.

### **Practice Rules**

All practices at the Rec Plex are closed to parents and family, per YMCA rules but they may stay inside the main area where all the tables are at. Scheduled practice time is start time and not arrival time. Please plan on arriving at least 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 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 not in attendance for practice, their playing time may be affected. 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 out to 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.

### **Tournament Rules**

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time set by the coach. 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 Academy at all times. This includes athletes, coaches, parents, and fans. 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 starts. Athletes are not to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

### **Officiating**

Officiating is the shared responsibility of the entire team. All A2V2 athletes are required to attend a Score keeper clinic and help with the line judging, scorekeeping, scoreboard, 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! 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 point 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 also be assessed a penalty of \$100.

### **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 A2V2, 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 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 the athlete to first talk to their 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, 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 A2V2, have concerns about A2V2 policies or a coach's actions are, in this order:

- The athlete will speak or meet with the Head Coach to discuss the matter. If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the Head 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 a meeting. At this time it is the responsibility of the Head Coach to contact the Academy Director(s) to notify them of the situation. 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 Academy Director(s) 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;
- The parent may speak to the Head Coach and the Academy Director(s). In certain situations the athlete may be asked to attend the meeting also. Meetings should be previously arranged. The Head Coach or the Academy Director(s) will not engage in discussions about "coaching decisions;"
- If the problem remains unresolved, the final resolution will be determined by a majority vote comprised of ALL Academy Directors. If the "Head Coach" happens to also be a Director they will not be included within the final resolution voting.

### **Other Policies Regarding Grievances**

A2V2 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 A2V2 or not. Violation of this policy may result in the athlete being dismissed from A2V2 without refund. It is inappropriate for an athlete or a parent to approach other A2V2 members about a problem the athlete or parent is having with A2V2 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 Academy. For the psychological health of the teams and the Academy 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 Academy, it is strongly encouraged to refer the complaining party to take the matter up with the coach in question, the Head Coach, and/or the Academy Director(s). Any member who, as a third party, hears remarks or stories about A2V2, its employees or its policies, that cause the member to be concerned, is encouraged to contact the Head Coach and/or the Academy Director(s) immediately to determine the facts, or to alert the Academy Director(s) 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 A2V2 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 Academy's efforts to pursue its stated mission and purpose may be cause for dismissal from the Academy.

### **Tournaments**

Tournaments can be 1-2 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. 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 around 6:00 p.m., but to be on the safe side, expect to be there all day.

### **Practice and Tournament Cancellations**

In the event that practice or a tournament is cancelled, coaches should notify you through e-mail and or texting. You can also find out on our website, our Facebook page and the OVR website for tournaments.



# **Coaches Code of Conduct**

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus how an athlete regards his/her sport is often dependent on the behavior of the coach. The following Code of Conduct has been developed to aid coaches in achieving a level of behavior, which will allow them to assist their athletes in becoming well-rounded, self-confident and productive human beings.

## COACHES HAVE A RESPONSIBILITY TO:

- 1) Treat everyone fairly within the context of their activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- 2) Direct comments or criticism at the performance rather than the athlete.
- 3) Consistently display high personal standards and project a favorable image of their sport and of coaching.
  - Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes.
  - Abstain from the use of tobacco products while in the presence of her/his athletes and discourage their use by athletes.
  - Abstain from drinking alcoholic beverages when working with athletes.
  - Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- 4) Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.

5) Communicate and co-operate with registered medical practitioners in the diagnoses, treatment and management of their athletes' medical and psychological problems. Consider the athletes' future health and

Well-being as foremost when making decisions regarding an injured athletes' ability to continue playing or training.

6) Recognize and accept when to refer athletes to other coaches or sport specialists. Allow athletes' goals to take precedence over their own.

7) Regularly seek ways of increasing professional development and self-awareness.

8) Treat opponents and officials with due respect, both in victory and defeat and encourage athletes to act accordingly. Actively encourage athletes to uphold the rules of their sport and the spirit of such rules.

9) In the case of minors, communicate and co-operate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.

10) In an educational institution, be aware of the academic pressures placed on student-athletes and conduct practices and games in a manner so as to allow academic success.

#### COACHES MUST:

1) Ensure the safety of the athletes with whom they work.

2) At no time become intimately and/ or sexually involved with their athletes. This includes requests for sexual favors or threat of reprisal for the rejection of such requests.

3) Respect athlete's dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable.

4) Never advocate or condone the use of drugs or other banned performance enhancing substances.

5) Never provide under age athletes with alcohol.

## Ten Things Parents of Athletes Should Know

1. It's not about you, it's about them. Do not live your own sports dreams through your kids. It's their turn now. Let them make their own choices, both good and bad.
2. Never talk to a coach about your child's play time after a game. Actually you never should. You should have your kid do that. That said, if you just can't help yourself, send an email the next day and ask for some phone time.
3. NEVER yell at referees. They are trying. How would you like it if someone came to your job and screamed at you? Not. So. Much. If you have a real issue file a grievance the next day.
4. Do NOT coach your kid from the sideline. Your job is to be a cheerleader, not a coach. If you wanted to coach, you should have volunteered.
5. It is EXTREMELY UNLIKELY you are raising a professional athlete. I promise you. Relax, let them have a good time and learn the lessons they are supposed to be learning in sports.
6. Kids should play the sport that is in season until they are in middle school. Then they can decide which one or two sports they want to play and become more focused. Cross training prevents injuries and burnout.
7. If you have nothing nice to say, sit down and be quiet. Don't be "that" parent.
8. If you are losing your mind on the sideline of game, it's time to look in the mirror and figure out why. It's not normal to care that much about sports. Put that energy into something more productive.
9. Let them fail. Forgotten equipment, not working out, not practicing at home? Let them suffer the consequences of that. It will make them better.
10. Your kids are watching you. Make them proud not embarrassed.

# **A2V2 TEAM RULES**

## **For Parents:**

1. Have your daughter ask first. Teach accountability and independence.
2. Be a supportive parent, NOT another coach. Your daughter needs an even balance of technical feedback and constructive criticism (coach) and unconditional love and optimism (parent). Respect these boundaries.
3. Refrain from approaching coaches after a tournament or at practice to discuss playing time or coaching strategy. If you would like to have a discussion (assuming Rule 1 has been complied with), call or email the coach to set up a specific time to talk, outside the presence of other players and parents.
4. If you have an issue with the coach, talk to them (preferably face to face) BEFORE talking with other parents. Don not perpetuate negativity. A good team can be brought down by a bad parent. Be the cure, not the cancer.
5. Encourage and be part of the fun! A word of encouragement during a failure is always worth more than a heaping amount of praise after success.
6. Read the A2 Velocity handbook. Many questions will be answered within the handbook, however if you have further questions or need further explanation a Director will be happy to provide answers.

## **For Players:**

7. Always stick up for your coach and your teammates, whether it be to other players, friends, or even parents.
8. Pay attention the most when you are not playing. Use every minute of practice to learn the game.
9. Strive to make your teammates better on and off the court.
10. Do not whine, complain or pout if you are not playing the position you want, or if you are not playing during that particular game. Coaches attempt to do what is best for the team, putting the best physical mix and the best "chemistry" on the floor. Everyone will have an equal opportunity, but an equal opportunity does not always mean equal playing time. Make the best

of it by cheering on your teammates and learning the game (see Rule 6-8) instead of thinking about yourself.

11. Comply with the acknowledgment rule at all times (using good listening, verbalization, and eye-contact skills).

12. Take constructive criticism as an opportunity to improve their skills. No one is being "attacked" personally. Our coaches have a great deal of personal intensity and enthusiasm for coaching volleyball. There will be times when our intensity and enthusiasm will be at very high levels. As these levels increase, sometimes so do our voices. We do not intentionally try to hurt your feelings. We will intentionally help you and your team become better volleyball players.

**Unacceptable Communication/Behavior Include:**

- Ganging up or utilizing a team strategy to ambush a player or coach.
- Creating conflict with other athletes and their families.
- Approaching a coach directly after a practice or at a tournament without notice.
- Communication that is done without your athlete's knowledge.
- Using any form of electronic media (Facebook, Twitter, Tumblr etc.) for cyberbullying, or talking negatively about other players, coaches or our club.

Players Signature: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_