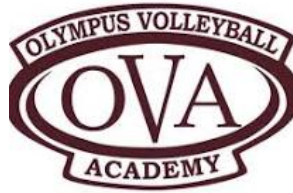


## *2023-2024 Club Volleyball Season: Coach & Team Standards*

*As one of the high performing volleyball clubs in the Northwestern region, our quality and consistency of coaching style provides a highly respected view of teaching skills and growth. We enjoy sharing ways of success within our OVA coaching family. Below are OVA Coaching Team Standards that are encouraged to follow per team that motivates overall club success:*

- **Team Practices**
  - Team Matches in OVA Practice Shirt
  - Coaches & Team Arrive 15-10 mins early to scheduled practice time
    - Gives time for players to get shoes on and Net Set-up
    - Gives time for extra Warm-up court time
  - Encourage Toes on Line or U shape (shoulder to shoulder) when giving instruction
    - Gives a focus stance and mind
  - Player Missing Practice?
    - Player should text or email coach
  - Coach Missing Practice?
    - Coach notify through text or call the assist or head coach
    - Coaches notify Rick, Necoll, or Rich if needing coverage.
  - Coaches wear OVA shirts.
    - Need some apparel: order on the online store and get reimbursed at the end of the month 01/14/24-01/31/24
  - Players- No cellphone usage unless asked permission by coach
  - Coaches- No cellphones during practices unless for needed communication and/or time check.
  - Drugs, Alcohol, or Nicotine of any kind is prohibited at any OVA practice, event team building, or tournament
    - If reported of use repercussions from Director and Head Coach will take place



- **Players Expectations for the Coaching Staff**
  - Being Early or On Time
  - Good Practice Plans
  - Consistency on your coaching and attitude
  - Discipline when needed
  - Fairness
  - Proper game plans and strategies
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- **Team Tournament Weekends**
  - Communicate with Team Parents about weekend Schedule week of Tournament
    - Go over team dinners, game times, and team gatherings
  - Try to CarPool with other coaches going to the same Location/Tournament.
    - Save on gas with good company
  - Communicate with Team Captain/Team Parent on times to Show Up at facilities and court
  - Communicate with Team when they can eat during off periods during game plays and when to return to court
  - Communicate with Team when to start warming up for next game
  - Make sure to play everyone on the team at least once during tournament weekends
    - Girls are there to play, make sure to track your substitutions and allow play time to all players.
  - Wear Athletic OVA Coaching attire to tournaments
  - Coaches are responsible for 6 balls, 1 ball bag, and 1 cart (optional) during the entire tournament weekend.
  - Collect 6 balls and bag at the last scheduled practice before the tournament. Return to the same facility collected from.
  - Message on Group Me: OVA Coaches about how many balls were taken from what facility.