

## Ravens Volleyball Club Parent Expectations

- The club is under the rules and regulations of Volleyball Alberta. Our framework and strategies to run a club have to coincide with their policies.
- Parents will need to be very familiar with the Volleyball Alberta rules and guidelines especially first-time parents. They tend to change each year and impact the way the athletes play the game.
- Complete Respect the Sport parent program. It is \$12 and can take up to 30 min. This will need to be completed for your athlete to play.
- We have a “Pay to Play” policy. Jerseys are not released until there is some form of payment. Jerseys and apparel orders do not arrive until first week of February.
- This sport can be very costly. Parents must cover additional costs such as extra tournaments and travel.
- Parents must be willing to support your child’s healthy development in the Sport of Volleyball. Our club values this development and is the focus of our belief system.
- Understand that Premiers, Provincials and Nationals are coach’s times, meaning on and off the court. This is the most critical time for the athlete and coaches. Parents are not to approach the coaches and discuss their concerns at Premiers, Provincials and Nationals. This is a Volleyball Alberta rule. Parents must wait 48 hours before discussing issues or concerns with the coach. There are high emotions during this time and this can impact the team.
- The lines of communication have a process to be followed. Parents need to communicate to the coaches before bringing it to the board.
- Saville league is only a practice league. It allows athletes to get touches on the ball and practice (that is it). This is not a ranked league. It is all for fun and practice. Please prepare your child that these points are not contributing to any point system. Teams are from different tiers and skill levels; it can be overwhelming.
- Our club follows the LATD model which encourages athletes to be involved in other sports.
- Medical note is required if there is an injury.
- All parents are required to score keep and help shag balls.
- Parents cannot yell at officials or linesman. This is a Volleyball Alberta code that can get your team carded.
- We are invited to tournaments. It is important to have a relationship with other clubs or we will become disinvited or not asked to return. Please clean up after your mess and be respectful.
- There are gym rules for every volleyball location: No shoes, no mess and respect the school. Gyms can be cancelled on a very short notice such as the day of.
- Understand the impact of how your support can influence the whole team. The team can be impacted by your negative and/or positive support. If negative comments are made on the sidelines, it can carry and fester towards the team.

- It is important to understand it's about the team and "not the individual player". With this sport, it requires immense trust and compassion for one another. Your role as a parent is to understand that your child belongs to the coach and is accountable to their fellow players. The athletes will need to learn what it means to build a team by being more supportive and less critical towards each other. Cliques and resentment can destroy the best teams with the most talented players. If there are dynamics within the team, please communicate this to the parent manager or coach.
- The club uses social media to support our athletes. The club would like to show how proud we are of them and we support them. Tag @ravensvolleyballclub and we will repost your images. Our athletes use social media to connect with colleges and scouting for post secondary teams.
- It can be difficult to get into Nationals. The team will have to stay in designated hotels as per Volleyball Canada, that are sometimes not ideal. If parents do not stay in designated hotels, the team will be disqualified.
- Athletes are not allowed to use substances while playing. They cannot attend events while on a substance or "hungover". If the athlete is under the influence, there is an immediate dismissal. Vaping in/on the Volleyball locations can get the team disqualified.
- There can be an immediate dismissal if an athlete or parent breaks a code of conduct. The athlete will be flagged by Volleyball Alberta and may not be able to play with any other teams in the future. Parents do not get a refund.
- Our Parent Managers bridge the gap between the board, coach, parents and players. They are very important people that take on a huge role that helps take the pressure off the coaches and the board. They are pivotal in keeping us all organized and educated about up-coming events. We are so thankful to have them. Please treat them kindly!

## **ATHLETE EXPECTATIONS**

- Be respectful
- All athletes are required to follow the Code of Conduct, this is part of Volleyball Alberta
- If you disagree with the coach, you need to wait 48 hours before you can bring it up.
- Be early! Coaches require 30 minutes before games and WARM UP is key before a game.
- It is not about the end result, it is about the journey. This learning process is crucial for your journey. Please focus on you and not other players. Only compare yourself with yourself. Dangerous comparisons can lead to players that do not take risks or reach their full potential. Our club has selected you for a reason and we believe in you!
- Notify the coaches if you cannot make a practice and games on Team Snap. The coaches plan weeks in advance. They need to know who is available in case they have to modify their practices.
- Coaches may request athletes follow a nutrition and sleep regime. This is also part of injury prevention, restoration and enhancement.
- When athletes enter the court, it is a team mentality and not individual. You play for your team.

- Cell phones take away from practices and connecting with teammates.
- Statistics on volleyball show that group dynamics are 90% of an impact. Serves are also 90% and are more valuable than spiking.
- Non-verbal communication is 80%. It is not what you say, it is how you say it. Your teammate is impacted by how you come across.
- The team is impacted by trust and accountability. Players need to trust each other and make each other accountable
- Players can be benched for lack of effort, attitude and behaviors.

## **CLUB VOLLEYBALL**

Club volleyball is different than any other volleyball that takes place in Alberta. We are regulated by Volleyball Alberta and it is a higher level of playing.

Our coaches must follow the proper training outlined by Volleyball Alberta. They must enroll in the training that is provided by Volleyball Alberta each year.

A board is developed to ensure that all people involved are following the Volleyball Alberta guidelines and the athletes are developing in the sport.

There are higher expectations for the athletes. Club volleyball requires commitment and dedication. The players need to value sleep schedules, proper nutrition, at home training regimes, additional training and possibly missing out on peer's late-night outings. If athletes are not at that level of commitment, then this can be overwhelming and not for them.

We are not part of Junior or Senior High School volleyball. The club will do what is best for the club and team, and not necessarily what is best for the athletes on school teams. We support the athlete's goals, however, not the high school coach's goals. This tends to create conflicts amongst the players and coaches.

For the older age groups, the players are transitioning into Post Secondary or College Volleyball. When players start to reach age 16, there are scouts and recruiters following and tracking athletes especially at provincials and nationals. Volleyball has the highest amount of scholarships available to students. The opportunity for our athletes to carry on after high school is increasing. We want to help facilitate this process.

For the older ages, U16, U17, & U18 it is NOT fair play. Our coaches will select who plays based on many factors including attitude, practice attendance, etc. This tends to cause the most turmoil in clubs. We trust that our coaches are making the best decisions for our players and the team. If parents have a problem with the coaches, they will need to address the coach first (honoring 48 hour rule) and then email the board. However, coaches have final say.

Club volleyball is expensive, see the outline of expenses displayed on our website. This comes with high expectations. In perspective of the parents, if you are making a high payment to have your child play, there needs to be a high level of commitment. For example, if you are paying \$200 for dryland, please attend and use it fully!

## **THE BOARD**

The board is all volunteer. We require a team of very dedicated people to run a club and make this all possible. The common goal of our board is the wellbeing and growth of others. The board has compassion for helping people and working together in a proactive manner. We support each other and we are all equal.

We are transparent. If parents have questions on why we do what we do, we always encourage parents to come forward and attend our board meetings. Our board meetings are open to the parents. Parents can access our meeting minutes and our finances by coming to a board meeting.

### **We Are One!**

All athletes belong to the club and the coaches. The coach does not own the athletes, they all belong together. The club is one unit where we work together and support each other. All coaches are together to help one another. We are there to not only support the coaches but to support the athletes and the parents. We are constantly growing to become stronger and better. We will always need feedback and help as we are growing immensely as a club. We also need volunteers in the future to continue.