

Oasis Volleyball Academy (OVA)

Parent/Player Handbook

Mission

Our goal is to create a competitive and nurturing environment for athletes, fostering their exceptional growth, unwavering dedication, and success both on and off the court. We are deeply committed to personal and team development, aiming to inspire a lifelong love for volleyball and prepare our players to excel in all aspects of life.

Vision

Our vision is to be the premier volleyball club for athletes, known for passion, resilience, integrity, discipline, and excellence. We strive to provide an environment where every player can reach their full potential and where our dedication to development and passion for the sport drive long-term success.

Values

Passion, Resilience, Integrity, Discipline, and Excellence

1. Passion – Inspiring a deep love for volleyball and encouraging players to give their best in life.
2. Resilience - Teaching perseverance, mental toughness, and a positive approach to challenges.
3. Integrity – Competing with honesty, fairness, and respect for the game and each other.
4. Discipline – Instilling focus, dedication, hard work, and commitment to personal and team goals.
5. Excellence - Striving for the highest level of performance, achievement, and continuous growth.

Player Expectations, Responsibilities, & Code of Conduct

Attendance Expectations

Athletes must attend all functions; we expect each athlete to be at EVERY practice. All athletes must be dressed and ready to practice 15 minutes before the scheduled start time, or they will be considered late. The coach has the right to dismiss the player from the team if a lack of commitment and attendance continues. If a player is going to miss practice, they must inform the coach directly. Appointments should be scheduled around the practice and competition schedule.

Practice Expectations

Volleyball is a sport that relies on timing, making practice extremely important. Our practices depend on each team member being present, whether a starter or non-starter, so we have a strict practice policy.

- If you miss practice, you don't play in the next game.
 - The only exceptions to this rule are:
 - If you miss practice due to being sick
 - If you miss practice due to a wedding or a funeral of an immediate family member
 - Other cases may need to be dealt with on a case-by-case basis.
- Cell phones are ALWAYS to be put away during practice, set on silent, and only used with permission from the coach(s).
- Doctor/dental or other appointments must be scheduled outside practice time.
- Family vacations should be scheduled around the schedule. If you commit to a team, we expect you to commit to the team, not just when convenient for your family.
- OVA shirts for practice are mandatory and not up for discussion. We want to unite as one team! Look like a team, act like a team, be a team!
- NO GUM! You may not chew gum aloud in the gym, including during games and tournaments. You should never step into a gym with gum in your mouth.
- Injured athletes must attend practice at the coach's discretion.
- You must maintain a positive mental attitude.
- You must control your emotions. Absolutely no swearing will be allowed on or off the court.
- You must be coachable. Signs of disgust, talking back, or noncooperation will not be tolerated and may result in disciplinary action or possible dismissal of the team.
- Work hard and do the right thing, even when no one is watching.
- Take care of the equipment.

Playing Time

All athletes will have equal opportunities to train and play during practice sessions. Playing time is earned and regarded as a privilege. The OVA program does NOT guarantee equal playing time during matches or tournaments. Coaches will make playing time decisions based on what they believe will lead to the team's success. At NO time will a player's needs be prioritized above what is ultimately best for the team. Athletes are expected to EARN a starting position and/or playing time daily in practice. Factors that can affect playing time include attendance at practice, attitude and work ethic, leadership skills, team chemistry, skill level, statistical analysis, performance during practices and matches, and the importance of putting the team ahead of individual interests. Athletes on the sideline must encourage and support those on the court. Negative attitudes and sulking will not be tolerated.

If a player or parent has issues with playing time, a specific protocol must be followed. Questions and conversations regarding playing time will NEVER occur directly before, during, or after matches or directly before, during, or after tournaments.

How to Address Issues with Playing Time

1. Athlete and Coach – It is crucial to establish communication between athletes and their coaches. If an athlete has questions or concerns about their playing time, they should discuss them with their coach before or after practice. More often than not, this approach resolves the situation without parental involvement.
2. Athlete, Parent, and Coach - If the issue is not resolved, a meeting before or after practice may be set up between the athlete, parent, and coach. An appropriate time may be arranged.

At no time is it appropriate for a parent to email/text a coach with complaints and/or concerns about playing time. Suppose unacceptable emails/texts are sent concerning playtime and/or coaching decisions. In that case, they will go unanswered, except for communication to set up a meeting if protocol steps are followed.

- A good rule is to wait 48 hours before calling coaches.

Games and Tournaments

- Athletes are to sit with the team during matches. After each game, you will be given a few minutes to thank your friends and family for coming out to support. All teams should cheer and support each other when not playing.
- The coach will tell all athletes what to wear for games and tournaments.
- All athletes will be available and willing to participate in all refereeing and scorekeeping.
- All athletes will be certified in refereeing and scorekeeping and participate in a rotation built by the coach.
- All athletes MUST learn all refereeing and scorekeeping positions.
- Athletes will arrive on time, walk into the facility, stretch, and practice as a team for all games and tournaments. This will create a team atmosphere, build trust, and set the tone for the team/club.
- Respect the referees. Only the floor captain may talk to the officials. We need to learn to control our emotions. Trust that your coaching staff and floor captain will handle any situation. Respect your opponents. No taunting or poor sportsmanship will be tolerated at any time. Maintain a high character. It is one of the most important traits you will carry throughout life.
- Cell phones (digital devices) are ALWAYS to be put away during games and tournaments, set on silent, and only used with permission from the coach(s).
- Clothing and equipment should be organized and placed in the athletes' backpacks. All backpacks are to be always lined up with precision.

Behavior and Responsibility

- Properly prepare for practices and matches with good nutrition, sleep, and focus.
- Athletes should represent their team, include everyone, always look presentable, and use clean language on and off the court.
- Athletes should pick up after themselves and not leave behind garbage or personal belongings after practice, matches, or tournaments.
- Athletes will show respect to other athletes and coaches. Volleyball can teach a lot of life lessons. Think of volleyball as your job, the coaches as your boss, and your teammates as your co-workers. Any disrespectful attitude or talking about your boss to coworkers or other community members can get you fired. Respectful, positive, and hardworking people are valued in the workplace and on the volleyball team.
- If a coach gives a player direction or feedback, the answer is always “yes” or “I don’t understand.” We are not interested in excuses or talking back.
- Athletes should always make eye contact with coaches.
- Do not be a “drama llama” ... do not make excuses. Excuses are a waste of time. Don’t make knee-jerk or immature reactions to things that may initially bother you. Think before you react, and don’t let mom/dad or other parents raise your “drama llama.”
- Treat everyone as you would like to be treated.
- Always talk in a normal tone; don’t be loud or obnoxious. Accept other people’s differences.
- Put the team’s needs before your own. It should always be about “what is best for the team.”
- Treat all coaches and club leadership respectfully, and always be prepared and responsible.
- Athletes will take responsibility for keeping equipment and uniforms clean and organized in their bags to prepare them for practice, games, and tournaments.
- All athletes will learn every position and every skill to make them more valuable in the future.
- You are an extension of OVA. Wear the uniform and logo provided to you with pride.

Parent Expectations, Responsibilities, & Code of Conduct

At OVA, we take pride in our athletes and their parents. We expect everyone to treat each other with dignity and respect. Parents believe in ALL the athletes, not just their own. This will be shown through our support and care for each team player.

- If an athlete cannot drive, please provide transportation to and from practices, matches, and tournaments. Please be on time so coaches and team members do not have to wait.
- Volunteer your time to help make this volleyball club run successfully. We need everyone to pitch in and volunteer their time for it to run like a well-oiled machine. There are plenty of opportunities to help and become involved.
- Celebrate the success of all team members, not just your athlete.
- Do not argue with officials, ever, ever, ever! Unless you are thanking them, please do not speak to them.
- Good sportsmanship is vital. Be a good role model for your athletes and consistently demonstrate good sportsmanship.
- Support your athlete and the team she committed to, whether you agree with a coach’s decisions and strategies. You MUST understand that OVA coaches will make choices based on what they believe to be in the best interest of the team as a whole and the team’s goals, not with the interests of a single player in mind.
- We very much appreciate you entrusting our coaches with your athlete’s development. Once you choose to do so, please leave the coaching to our capable coaches, and do not provide feedback to your athlete that potentially conflicts with the training she is receiving from her

coaches. This is especially important during matches. Parents are there to support their athletes, celebrate their successes, and hug them after a rough practice or game.

- There will be NO alcohol before or during games/tournaments.
- Parents must ally with the coach in teaching their athletes how to cope with the potential frustrations of being a team member. Sports provide an excellent opportunity to teach girls about the realities of highly competitive situations. They must be taught how to be valuable team members regardless of their role, use positive and constructive criticism, cope with adversity, and be gracious and humble winners.
- Aggressive or hostile confrontations between a parent and any coach, official, player, or other parents will NOT be tolerated. They may result in the parent losing their privilege to attend team tournaments, games, and related events.
- Basic Rule: If you have nothing positive to say, say nothing. Discussing negative comments or criticizing OVA coaches, club leadership, or athletes will NOT be permitted. This creates a negative culture that will not be tolerated. If you have questions for a coach, please direct your questions to that coach instead of discussing the matter with other parents or athletes. Please set a good example for your athlete by respecting our coaches and program and complying with these rules and decisions. Parents are NEVER to discuss playing time or any concerns regarding strategic decisions with coaches at a tournament, game, or practice.
- Please take the time to consider how much time, energy, effort, and dedication your team's coaches are putting into coaching the team. They do it because they are passionate about volleyball and want to pass that along to help their athletes and teammates be the best athletes and teams they can be. Please appreciate their efforts and all they do, and realize they deserve your respect and support. Also, we recognize that all our coaches are always well-intentioned and have the best interests of their teams in mind.
- The team parent and coaching staff will organize all fundraising; however, they can leverage the Oasis Legacy Foundation as the platform.

In addition to the OVA Parent Code of Conduct mentioned above, parents must also adhere to the USA Volleyball Code of Conduct.

Club Grievance Procedure

The following guidelines have been established to protect athletes, coaches, and parents from awkward and inappropriate situations related to the professional discussion of handling grievances. OVA coaches have been instructed to adhere to these guidelines better to maintain the club/player/parent relationship. When a problem arises, discussing it requires a sensitive and mature conversation; therefore, we ask that the following chain of events be followed:

1. The athlete should speak directly with the coach. At this point, the parent should not be involved in the communication process. If the matter is not resolved to the player's satisfaction, move to #2.
2. The athlete, the Coach, and the parent should speak. Arrange to meet with your coach at a convenient time and location for all parties. If there is no resolution, continue to step #3.
3. The parents, the athlete, the coach, and the club director will meet to discuss the issue and establish a plan of action that is in the best interest of all parties involved. Any disciplinary actions will be addressed on an individual basis. Only parents or guardians, athletes, and club directors will decide the appropriate course of action in writing.

OVA has a zero-tolerance policy. The following violations may result in suspension or dismissal from the OVA program.

- Using illegal drugs, alcohol, tobacco, or vaping at any time.
- Allowing yourself to be in a situation where you are accused of/arrested for an illegal activity.
- Missing practice (unless excused by the Coach).
- Poor Sportsmanship
- Harassment (Verbal/Physical/sexual/etc..) of another athlete or community member.
- Electronic communication (Instagram, Twitter, Facebook, etc..) should be positive and never negatively reflect on other teammates or coaching staff. If it is not favorable, don't post it.
- Do not prioritize your team over your own needs and gains. Always prioritize "we" over "me."

Travel Policies and Protocol

- There are primarily three types of travel that occur within our club: regional single-day tournaments, regional multi-day tournaments, and out-of-area multi-day tournaments.
- Athletes MUST use the buddy system at all competitions, so no player is left alone. They must always advise a coach and/or chaperone of their whereabouts for their safety.
- If a player chooses not to adhere to the player code of conduct or comply with the coach's and/or chaperone's instructions, rules at a tournament, they are subject to being sent home at the parents' expense and possibly excused from the club.
- Athletes may be asked to cover unanticipated expenses beyond OVA's control.
- A coach may not transport any athlete or sibling of an athlete without the consent of the parent or a chaperone.
- Arrive on time. Each coach determines the arrival time for tournaments. Travel to and from each tournament is the responsibility of each player.
- OVA will do its best to provide accurate information about events. Inform yourself of road closures and construction. Also, check the AZ Region website at www.azregionvolleyball.org for tournament locations. Typically, locations are posted on Tuesdays before the play date.
- Dress Appropriately: Before play, athletes are expected to wear the uniform color determined by their team. A competitive uniform means a team jersey, sweater, spandex, warmups, and a backpack. Socks and kneepads will be the same color.
- If travel is involved, be familiar with the lodging arrangements: Parents will be responsible for reserving their rooms from the hotel block arranged by the club.
- OVA will handle all coach travel accommodations for all included tournaments. The parent is responsible for lodging, travel arrangements, food, and any other expenses for your athlete while traveling.
- OVA will not be providing food for the athletes at tournaments. Each parent will be responsible for bringing food for their family or organizing team camps (when allowed) with the coach/team parent.

Athlete's Name

Athlete's Signature

Parent/Guardian Name

Parent/Guardian Signature