



Coaches Manual

Coaches Responsibilities:

Wellington Volleyball Academy (WVBA) coaches are expected to comply with the following:

General:

- Be a registered member of Florida USAV and/or AAU.
- Abide by the official rules of USA Volleyball and AAU.
- Have the USAV IMPACT and SafeSport certifications (State Black and Elite Teams).
- Complete reffing classes.
- Ensure all players are registered USAV and/or AAU, complete reffing classes, and all needed paperwork before the due date.
- Support the policies and guidelines of WVBA.
- Attend coaches' mandatory trainings and meetings.
- Seek professional medical advice regarding an injured athlete's ability to continue training or playing.
- Dress appropriately; Spandex shorts and open-toe shoes are not permitted.

Practices:

- Prepare a practice plan before practice.
- Always wear WVBA attire.
- Ensure all players wear WVBA practice shirts.
- Refrain from using the phone except for emergencies.
- Be present at their assigned facility at least 15 minutes before the start of practice.
- Have nets, pads, and antennas up by the start of practice. Be aware of safety issues, and follow all necessary precautions to conduct a safe practice.
- Take note of absent or players not on the roster.
- Establish and inform clear consequences for missing or being late to practice.
- Limit warmups to volleyball related activities, including diving, drills by the net, and passing.
- Designate a team mom (or dad).
- Coordinate and encourage bonding activities.
- Conduct team meetings, including at the beginning of the season, mid-season, and end of the season.
- Schedule individual parent/player meetings during the season to discuss and evaluate progress and issues.
- Conduct quick stretch drills by the end of practice.
- Coordinate taking down the net, pads, and antennas; store properly
- Finish practice by the scheduled time.

Tournaments:

- Always wear WVBA attire.
- Have strict rules regarding when players arrive before a tournament.
- Ensure all players remain at the tournament site until dismissed by the coach, especially if they have a reffing assignment at the end of the day. All players must stay until the end of the reffing assignment, even if they don't have any reffing duties in that last game.
- Provide games and "reffing" schedules to players and parents before tournaments.
- Ensure that players have uniforms on, have other jersey(s) available, remove all jewelry, and be ready with shoes, socks, and knee pads with enough time before the beginning of the game.
- Enforce rule - Players are not allowed to use phones or headphones while reffing, warming up, or at the bench.
- Make all efforts to distribute playing time equitably (this does not mean equally)
- Handle all tournament-related team paperwork (club commitment, waivers, double-check rosters, team check-in, post results to the results table, etc.)
- Refrain from discussing playing time. If needed to be addressed, schedule an appointment at least 24 hours after the event's conclusion. Playing time is at the complete discretion of the coach.
- The coach must be present at tournaments and expected to be at their assigned facility at least 1 hour before the activities start.
- Coordinate all travel logistics for the team, including information on hotel reservations, away team activities, curfew, meeting time, and the location of tournaments.
- Backpacks and water bottles must be neatly placed
- Only rostered players or coaches are allowed on the bench.
- Teams have to stay together while reffing or off.
- Keep a record of games and sets won or lost, including scores and input on AES and/or results table.

Other:

- Be a positive role model. This includes being courteous, respectful, and polite to players, parents, other coaches, club directors, event personnel, and officials.
- Ensure all players and parents adhere to the WVBA Code of Ethics and Parent and Player Code of Conduct.
- Condemn and report the use of drugs, alcohol, tobacco, and firearms by any of the athletes and/or parents.
- Do not engage in physical, verbal, or emotional harassment, abusive words or actions, or coercion of athletes and/or parents.
- Dress appropriately, be professional, avoid confrontations with players and/or parents, and display good sportsmanship.
- Obscene language is completely prohibited.
- Contacting players through social media is prohibited
- Avoid contacting players individually by text, phone calls, or emails. All communication must go to parents or legal guardians. Older divisions include one adult as a monitor.
- Report to the Club Director any issues with a player(s) immediately
- Post and make sure the schedule is always accurate on the sportsengine app.
- Coaches are not allowed, under any circumstances, to ride to and from tournaments or share hotel rooms with any parent of any player from the team they coach.