



Russell Club Volleyball

PO Box 1504, Russell, MB R0J 1W0

russellclubvolleyball@gmail.com

204-821-6301

RCV Operation Guidelines

The purpose of this operation guidelines document is to provide a source of information that can be used to guide the operations and conduct of RCV programs.

General Philosophy

- To provide athletes with the opportunity for advanced levels of skill development and competition in club volleyball.
- To organize, administer and coordinate appropriate opportunities in volleyball for selected age groups in the community.
- To obtain and manage the necessary finances, personnel and equipment to operate the Russell Club Volleyball programs.

Mission and Objectives

To promote and develop rural athletes within our communities and provide them with an opportunity to continue to play volleyball at the club level.

Objectives:

- To introduce and provide volleyball programming for youth-aged athletes (ages 12-18)
- To provide rural athletes with an opportunity for continued participation in volleyball and to continue to grow their individual development of skills and knowledge in volleyball
- To develop and mentor coaches and allow for coaching opportunities at elite level

Our Commitment

The focus of RCV programs is to build excellence in competitive sport. Our programs support and provide an avenue for players to participate in their age group and level of ability. RCV recognizes that players participate for a variety of reasons and will attempt to satisfy a wide range of players based on the availability of resources to do so.

Club Fees

RCV is owned and operated by Tanya Thompson, Club Director. All fees collected are utilized for the sole operation of the club. Fees will be set each season by the Club Director and payments can be made via cheque, cash or e-transfer. All fees are subject to GST. Payment options are as follows: payment in full by December 15th of current season. If another payment option is required, the Club Director is willing to work with a family on a case-by-case basis. RCV will distribute the final fee information to each player no later than December 13th of the current season.

Fees will cover the cost of:

- Volleyball Manitoba registration for coaches and administration
- Facility rentals
- Uniforms
- Coaching honorariums, travel expenses, training and per diems
- Tournament/Provincial entry fees
- Equipment/supplies
- Administration costs
- Expression of Interest for Nationals



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Fees do not cover the cost of:

- Player transportation, hotel or meals to practices, team events, or tournaments/games
- Optional apparel purchases

RCV will leave the decision of entry into the West/National Championship to each team on a year-by-year basis. The costs of attending this Championship will be over and above the regular club fees, should teams choose to participate. The additional team fee will cover the registration cost and all coach expenses for attending the tournament. Player transportation, hotel and meal expenses would not be included in this additional team fee. The decision deadline to attend the West/National Championship will be December 15th, prior to the start of the current season.

In order to practice and compete, all players must be in good standing with RCV by paying their registration fees by the final due date. **Registration fees and tryout fees will not be refunded.** If a player suffers a season ending injury, the family may request a refund in writing. Decisions regarding the refund amount will be made on a case-by-case basis and will include such factors as length of season played and fixed costs already paid out.

By accepting a position on one of our teams and paying your above player fees you are entitled to train and practice as an RCV athlete. Playing time, however, is earned and is based on many factors including attendance, work ethic, attitude and game preparedness. Please refer to our Fair Play section for additional information.

Coaching Philosophy

RCV is committed to working with all selected coaches to complete the necessary training to achieve their mandatory certification. RCV's mandate is to develop the whole athlete and coaches will be expected to help foster this philosophy in their coaching. RCV Club Director will provide mentorship to all new coaches and work with them to develop and plan their season. RCV expects its coaches to act in a professional, responsible, sportsmanlike manner at all times.

Coaching Qualifications

All team personnel are required to comply with the Volleyball Manitoba screening requirements. All coaching staff are required to comply with the Volleyball Manitoba Mandatory Eligibility Coach Requirements. If attending Nationals, all Head Coaches will need to comply with the Volleyball Canada Head Coach Certification Requirements. Please refer to those organization's websites for current requirements. Note that these requirements/certifications may change from year to year and they differ for each age category. RCV will defer to the Volleyball Manitoba website for a listing of current year guidelines for coaches.

Organization of Teams

All decisions concerning the organization of teams into age groups will be decided upon by the team's Head Coach and Club Director. Below is a guideline for each age class. RCV recognizes that each team may not be able to enter the exact number of tournaments due to availability of tournaments and coach/player availability. RCV will work with each coach to book gym time for practices and to enter tournaments including Provincials, at the beginning of each season. Each team will be responsible to book their own accommodations for all tournaments.



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12U and 13U teams

- Practice 2 days/week (1 ½ hrs each session max)
- Strength & conditioning built into 1 practice/week and a 2nd session may be done via zoom or on athlete's own time
- Minimum of 2 tournaments (TBD) or as availability allows
- Volleyball Manitoba Provincials at coach and team's discretion

14U, 15U, and 16U teams

- Practice 2-3 days/week (2 hrs each session max)
- Strength and conditioning built into 1 practice/week and 2nd session via zoom or athlete's own time
- Minimum of 3-4 tournaments (TBD) or as availability allows
- Volleyball Manitoba Provincial Championships
- Volleyball Canada National Championships at coach and team's discretion

17U and 18U teams

- Practice 2-3 days/week (2 hrs each session max)
- Strength and conditioning built into 1 practice/week and 2nd session via zoom or athlete's own time
- Minimum of 4-5 tournaments (TBD) or as availability allows
- Volleyball Manitoba Provincial Championships
- Volleyball Canada National Championships at coach and team's discretion

Fair Play

RCV is committed to developing all athletes. Every player will be given fair playing time (note that fair playing time is different than equal playing time). Playing time decisions will be based on the following factors: attendance at practice, athlete readiness, attitude, injuries, and team composition and needs. Playing time will be determined at the coach's discretion. Coaches are expected to follow all guidelines set out by the Provincial Sport Organization (PSO) for fair play rules.

Athlete Commitment

Attendance at all practices, competitions and other meetings is encouraged as it is critical to the success of players and team development. RCV recognizes that participants may be involved in a variety of activities that can affect their attendance. We ask that athletes notify their coach of all scheduled conflicts and unexpected absences ahead of time, at their earliest convenience so that coaches can prepare for practices and competitions. As athletes progress to higher levels of competition, expectations regarding attendance will be greater and monitored by the coach. Attendance in higher levels will impact decisions regarding playing time. RCV is supportive of athletes' involvement in other competitive activities provided that overlapping schedules are not detrimental to team development. RCV will make every effort to accommodate other activities, particularly during play-offs and final competitions as it is expected that athletes will make every effort to honor their team commitment. Some degree of conflict is inevitable for multi-sport athletes, who may have to prioritize their sports at higher levels of competition.

Uniforms

Jerseys are included in the club fees and will be the property of each player. Should a jersey be lost or wrecked throughout the season, it is the athlete's responsibility to purchase a new one. Jersey numbers will not be guaranteed.



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Apparel

Club/team apparel will be offered for purchase for athletes and family members.

Team Conduct

Parents and athletes are expected to read and comply with the RCV Code of Conduct. Signed copies are not required but should an issue arise throughout the season, this document will be referenced and enforced. The RCV Code of Conduct is located at the end of this document.

Grievance Protocol

Concerns should first be addressed with coach and player; then coach, player and parents; and finally, with coach, player, parents and RCV Club Director if necessary.

Concerns are to be taken to the coach only after a 24-hour wait period. Arrangements to meet with the coaching staff should be made through the coach at an agreed time.

Club Correspondence

All correspondence from the Club Director will be addressed to club managers and/or coaches then distributed to parents and players if necessary.



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Athlete

- Prepared – be ready for practice before start time and prepared to work hard.
- Athletes are required to be at the gym as directed by their coach for practices and games.
- Each athlete will have their own equipment and their own water bottle.
- Committed – to both practices and games; contact the coach as early as possible if unable to attend. Athletes will be expected to complete any “homework” from coaches.
- Prior to game days, athletes are expected to be in bed at a reasonable hour and to control social activities in preparation for play that is to the best of their ability.
- Work Hard – full attention is expected during practices and games; athletes are expected to work hard, every drill, every point, regardless of ability. Effort is the key to development.
- Cell phones will not be allowed on the bench during practices/games/tournaments; cell phone use at tournaments will be limited. Ear buds will not be allowed during warm ups.
- Attitude – attitude toward an honest effort is more important than the outcome.
- Mistakes Will Happen – athletes will be advised not to worry about making mistakes in the pursuit of learning and improving.
- Respect – for teammates, opposition, officials, coaches and fans at all times will be strictly enforced.
- All MVA rules apply to all scheduled events. Disrespect and poor sportsmanship toward anyone (back-talk, profanity, temper tantrums, pouting, taunting, etc.) will not be tolerated. Any misbehavior will result in contact with parents and possibly missed games.
- Any athlete using tobacco, alcohol or controlled substance will be terminated from the event immediately. Parents, coach, and RCV Club Director will be notified.
- Facilities are to be left as clean as you found them – or cleaner.
- Individual Skill Development – basic individual skills are important, practices will be designed to promote development.
- Introduction to Team Concepts – an increased knowledge and development of team concepts will be introduced to athletes throughout the season.
- Player Position – to assist overall development of team and individuals, athletes may play different positions throughout the season.
- Court time – understand that playing time decisions will be based on the following factors: attendance at practice, athlete readiness, attitude, injuries, and team composition and needs. Playing time will be determined at the coach’s discretion.
- Team –Volleyball is a TEAM sport, not an INDIVIDUAL sport. We are a TEAM at practices, in the dressing room, on the court, at tournaments. Athletes are expected to be supportive of their teammates at all times.
- Open and honest communication – be committed to speaking with the coach when an issue arises.
- You represent RCV when you are at tournaments and games. Please wear RCV team gear and act accordingly.
- Fun – Make the volleyball experience enjoyable for coach, team, and parents



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Parents

- Inquire with coach regarding personal policy on open or closed practices.
- Model respect at all times by refraining from negative comments about teammates, opposition, officials and coaches. This includes comments from the stands, in the venue, or during the ride home from practice or game. Keep support positive allowing all to enjoy their experience. Positive cheering from the stands is rewarding to see and hear.
- Parents are responsible for athletes between games. Do not leave players unattended without informing the coach and/or manager. Please assign another contact person in case of an emergency.
- Arrangements for cooler food, and team suppers/team bonding activities during tournaments will be decided upon by individual teams.
- Encourage your athlete to bond with teammates, focus on game play, and limit their screen time during tournaments.
- Prior to game days, athletes are expected to be in bed at a reasonable hour and to control social activities in preparation for play that is to the best of their ability.
- Athlete transportation, hotel, and meal costs throughout the season are incurred by the athletes.
- Feel free to bring forth positive ideas that may be beneficial to our TEAM. We are all in this together. The manager/coach will be happy to field any such ideas and bring them to the attention of the coaching staff.
- Refrain from coaching from the sidelines. Allow the coach to coach. If you have a question or concern, first discuss with your athlete to see what the message from the coach is. If you still have a question or concern, refer to the grievance protocol.

Grievance Protocol

- Concerns should first be addressed with coach and player; then coach, player and parents; and finally with coach, player, parents and RCV Club Director if necessary
- Concerns are to be taken to the coach within a 24–72 hour wait period. Arrangements to meet with the coaching staff should be made through the coach at an agreed time