

EVBA Program Handbook 2024-2025

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EVBA Board:

President: TBD evbapresident@gmail.com (Alison Steinessen - interim)

Treasurer: Hannah Miller hobmiller@gmail.com

Club Director: Maggie Cochrane 713-516-0970 edinavb.maggie@gmail.com

Secretary: Steph Chapek

Community Member: McKenna Eaton

Together we can make EVBA a successful and a fun experience!

It is the responsibility of every player, parent and coach to understand the expectations, policies, and philosophies in this handbook. Let the coaching staff know of any questions or concerns you have right away.

EVBA Philosophy

Edina Volleyball Association believes in promoting the sport of volleyball and promoting life skills through the sport of volleyball.

Among the many life skills learned through sports, and in participating with our club, are learning the values of prioritizing schedules, working together toward common goals, working hard for group and individual success, along with respect, honesty, and integrity toward others and themselves.

Participation in Junior Olympic volleyball requires a high level of commitment of time, body, and mind. We believe that this commitment has its place among priorities. Family, faith, and school (including school sports) come first, followed by volleyball.

Players and parents will be expected to make every effort to schedule their priorities so that they avoid as much conflict with their volleyball practice and playing commitment as possible.

EVBA Dispute Resolution and Grievance Process

Any issues, concerns, or disagreements that arise over the course of the season should be discussed in a timely manner so that a resolution or understanding may be reached. Problems that are not dealt with generally return causing undue stress and drama to the team and club. The following steps will be used to handle all disputes and grievances:

1. The grievance process begins with a discussion between the player and the team coaches. Parents may reach out to the coach after the player has discussed the issue with the coaches. Conversations should take place away from other players and parents. A 24-hour rule will be strictly enforced after matches to let everyone "cool off" before contacting the coach. Please keep all discussions respectful.
2. If a player or parent believes their question/issue is not addressed by the coach in a satisfactory manner, the dispute or grievance should be submitted in writing to the Club Director. If the Club Director is the subject of the grievance, the written grievance should be submitted directly to the EVBA President.
3. The Club Director will inform the President that a grievance has been received. The Club Director and parent(s) will set up a meeting to discuss the dispute or grievance. The Head Coach, player and President may be included in the conversation. The President, at his/her discretion, may bypass this step and directly take charge of the grievance.
4. If the issue remains unresolved, the President will create a committee to hear the grievance. The committee appointed by the President will be of several board members as deemed appropriate by the President. The committee will meet with the team coaches and individual(s) filing the complaint.
5. Resolutions determined by the EVBA Committee are deemed as final response and resolution to the matter. No refunds will be given if a player quits for any reason or is dismissed from a team due to misconduct or behavior issues.

Note: Coaches will not discuss playing time and/or match decisions/strategies with parents; these types of decisions are between players and coaches only. However, parents may ask questions such as: How can my daughter improve? What skills does my daughter need to work on?

Playing Time

EVBA is a competitive program and will not be using equal playing time.

Playing time is earned and based on several factors such as skills, position, attitude, focus, mental and emotional strength, ability to help the team, and practice and match performance. Each player on the team plays an important role and it is up to the coaches to help maximize that role on the team. Players' roles will vary greatly and may not correspond directly to court time during matches.

Players and parents need to understand that coaches make tough decisions regarding playing time, positions, matchups and substitutions and look for the best combination of players, not necessarily the best-skilled individuals. Head Coaches are expected to make playing time decisions with the best interest of the team in mind.

We ask that parents refrain from point or time tracking their daughter when they are on the court. If your daughter is upset with their playing time, encourage them to speak with their coach at the next practice. Open communication is a priority between players and coaches regarding playing time, team roles, and team chemistry.

In general, the higher the team in age and level, the less equal playing time will be. Younger teams and beginner level teams will have more equal playing time.

Playing time will also be influenced by players' practice and tournament attendance.

Final note: There can be movement between teams. Based on skills, development, team needs, injury, etc., players could move up, then back down, as needs require.

Attendance

We understand and encourage players to be involved in a variety of extracurricular activities (sports, theater, etc.), but we also ask that you make a commitment to EVBA and make practice a priority.

The head coach needs to be aware of ongoing conflicts with practice or tournaments. Players and parents need to understand that playing time will be impacted for the player, regardless of why they are missing practice or events. By having open communication between coaches, players and parents, many issues with missed practice or tournaments can be resolved. Everyone needs to be on the same page and the bottom line is the head coach has the discretion with playing time and how absences impact each player.

Important family events (weddings, milestone birthdays, etc.), school events (such as concerts), important religious events, other sport events, sickness and injury are all acceptable reasons to miss practice. We ask that you let your coach know as soon as possible if you will be missing; either in person, via SportsEngine, by email or phone (call/text).

Unexcused absences are at the discretion of the head coach. Some examples could include:

Homework, studying for exams, attending siblings school events, attending parties, non-school concerts, celebrating birthdays, etc. We ask that coaches, parents and players use their best judgement when determining their practice commitment. We strongly believe that being on a team helps players develop time management skills and we expect schoolwork to be done around volleyball. Any missed practice or event that the coach was not informed of ahead of time is unexcused.

It is mandatory that players and parents let the head coach know of any missed tournaments in as far advance as possible. We understand players get sick or an emergency can occur at the last minute; text or call the coach in this case. It is extremely frustrating for a coach to find out the day before a tournament that a player is missing for a pre-planned event. The only last-minute absences should be for sickness or an emergency.

By accepting your spot on the team, you are committing to the entire season. Players that depart the season prior to the end will have their case reviewed by the EVBA board and potentially not be invited back to EVBA the following season. It affects the entire team when players decide to quit midseason or not attend practice and tournaments regularly.

Schedule

- Tournament and playdate schedules come out no later than the Wednesday prior to the event.
- The club director and/or the head coach will email out the tournament schedule once received.
- Teams have been placed in tournaments that we believe will match the skill level of the team. Keep in mind at registration time, coaches don't know exactly what other teams are signing up for the same tournament.

- If adjustments should and can be made to the overall tournament schedule to match the skill level of the team, the club director and head coach will work together to create a new schedule.
- Use the SportsEngine App for practice day, location and time and to RSVP for all events.

Practice Expectations

- Be 5-10 minutes early; get ready outside the gym, if necessary, and be on the court ready to start at practice time.
- Be prepared. Players wear a t-shirt and spandex or shorts for all practices. Long hair is in a ponytail, jewelry is off, knee pads and tennis shoes are on, water bottles are filled, and bathroom used. Bags and personal belongings organized against the wall.
- Change into court tennis shoes at the gym.
- Put equipment away and clean up the gym after practice. Check for left behind items.
- Cell phone use is limited.
- Let your coach know at minimum 24 hours in advance if missing or arriving late to practice.
- Players need to be picked up from the school within 5 minutes of the scheduled end time for practice.
- Coaches will start and end on time and wait with players after practice until they are picked up.
- Practice will only be canceled if the school is closed due to weather or both coaches have a last-minute emergency and no subs are available.

Tournament Expectations

- Be on time. Your coach will specify the exact arrival time. Generally, players need to be there 30-45 minutes prior to match time. Being late will result in a loss of playing time, unless you have received approval from the head coach.
- NO cell phones on the bench. Cell phone use off the court is at the discretion of the coaches. We want to encourage the team to be together when they are not on the court playing or reffing; it is helpful if parents are supportive of this, too.
- Let your coach know 2-3 weeks in advance of any tournaments that will be missed and text your coach if sickness or an emergency occurs at the last minute.
- Transportation to and from events is the responsibility of the players and their parents.
- Players can leave after they have officially been dismissed by the head coach.
- Represent Edina and EVBA in a positive and respectful manner.

Officiating Duties

- Review the officiating videos and training provided by the club director.
- Fulfill officiating responsibilities.
- All team members are expected to participate for the entire reffing duty.
- Do not ask to arrive late or leave early if your team is the reffing the 1st or last match of the event.
- If you are not assigned a reffing role, you are still required to stay at the event.
- For example, it is your turn to sit out of reffing the 3rd game of the match; you still need to stay at the venue.
- No cell phones **at any time** while reffing.
- All players need a whistle.
- Pay attention and ask for help, if needed.

Travel Tournament Policies

- Players and parents are responsible for their own hotel and travel costs.
- Players are encouraged to stay overnight in the hotel, but it is not mandatory.
- Parents are responsible for their player anytime the team is not at the gym. Coaches are not responsible at the hotel, but can be asked to help organize a dinner, team meeting, etc.
- Parents that can't attend the travel tournament should ask another parent to be responsible for their player.

Weather Policy

Practice will be canceled if the school closes. You will get an email as soon as the club is aware the school is closing. If you feel unsafe to drive to practice, text or call your coach immediately. It is up to parents to determine whether they feel safe to drive or not.

Most of our coaches come from outside of Edina and there is a chance your coach cannot make it to practice due to inclement weather. In the event both coaches can't attend practice, the head coach will try to find a sub coach as a first option and only as a last resort will practice be canceled.

Tournaments are VERY RARELY canceled for weather. If parents decide they will not drive to the tournament, the head

coach, and club director need to know ASAP. In the event of a large weather event before and/or during a tournament, please be available by email to make a team decision regarding attendance. Ideally, we can field a team, but if we can't we need to let the tournament director know ASAP.

Zero Tolerance Tobacco, Drug & Alcohol Use

If any EVBA player is caught using tobacco, drugs, and/or alcohol at any time during the EVBA season, they will be immediately removed from the club.

Concussion Protocol

All EVBA coaches are Concussion in Sports certified. If a coach suspects a concussion symptom in a player, they will err on the side of caution and will remove that player from any activities immediately and for the duration of practice and/or tournament play.

The player may return to practices/tournaments once they have been cleared by a doctor and are clear of any concussion symptoms.

Photo Policy

Occasionally, EVBA may use photos of teams, players or coaches on our website or social media platform. Pictures will be used to support the EVBA program, players and teams. Parents can opt out of their player being used in any photos by emailing the Club Director.

Uniforms

All players will now be keeping their jersey every year. In past years, we have had players turn in their jerseys to use for the following year. For a variety of reasons, we have decided to order new jerseys every year. Please be mindful of where the jersey is placed so that it doesn't get lost. Jerseys are the PLAYERS' responsibility.

Volunteers

- EVBA Board: EVBA is looking for new board members to fulfill the roles below:
 - President
 - Secretary
 - Social media coordinator

Player Expectations

- Work hard and hustle.
- Support teammates using positive motivation and feedback.
- Leave the coaching to the coaches.
- Be respectful of teammates, coaches, referees, opponents, fans, staff.
- Have a positive attitude.
- Exhibit positive verbal and non-verbal communication, cues and actions towards teammates and coaches. Listen to the coaches, use eye contact and acknowledge feedback.
- No walking at practice; all players are expected to hand balls, shag, etc.
- Practice positive sportsmanship with players, parents, coaches and officials.

Coach Expectations

- Provide a positive environment for team and athlete development.
- Give each player feedback and coaching at practice for the entire season.
- Run well-prepared practices with specific goals for team and individual improvements.
- Be on time.
- Be respectful to players, parents, officials, opponents, fans, staff.
- Communicate with players and parents schedule changes and any other important information in a timely manner.
- Practice positive sportsmanship with players, parents, coaches and officials.

Parent Expectations

- Support the team and daughter in a positive manner using verbal and nonverbal communication.
- Keep communication productive with coaches.
- Leave the coaching to the coaches.
- Do not approach the coach at a tournament to discuss coaching decisions or playing time. Parents are prohibited from entering the playing surface at all tournament venues.
- Practice positive sportsmanship with players, parents, coaches and officials.

Unsportsmanlike behavior includes, but not limited to:

Profanity, verbal abuse of the officials, coaches, other parents or players, physical endangerment and repeated disregard for the EVBA policies. The EVBA Board will review all instances of unsportsmanlike behavior and, in general, use the following guidelines:

1. Verbal warning
2. Written warning
3. Suspension for a pre-determined length of time
4. Removal from the EVBA for the season or permanent ban from participation.

The Board will determine the above based on the severity of the unsportsmanlike behavior.

Statement of Support

By signing below, I understand and agree to the policies in the EVBA Handbook for 2024-2025. I understand that I am making a commitment to the team and the club and will give my best effort to making this season a positive experience and a success. I will put the team ahead of personal agendas and goals and work hard to build the success of the team and club.

Player Signature: _____ Date _____ (Required)

Parent Signature: _____ Date _____ (Required)

2nd Parent Signature: _____ Date _____ (Optional)

This must be signed and returned to your coach by your next practice.