



COACHES, PLAYERS, & PARENTS  
HANDBOOK

2025-2026

---

# OHANA VOLLEYBALL CLUB HANDBOOK

---

1.	WELCOME	3
2.	CLUB FEES	3
3.	CLUB MISSION	3
4.	TEAM SELECTION-TRYOUT PROCESS	4
5.	CONFLICT RESOLUTION GUIDE	5
6.	PLAYING TIME EXPECTATIONS	6
7.	CLUB RULES	7
8.	ELECTRONIC & MOBILE COMMUNICATION POLICIES	8
9.	CODE OF CONDUCT	9
10.	CONSEQUENCES FOR VIOLATIONS	11
11.	PLAYER-PARENT AGREEMENT & CONSENT	12
12.	CLUB STAFF AGREEMENT & CONSENT	13

# OHANA VOLLEYBALL CLUB HANDBOOK

## 1. WELCOME

We are excited that you have chosen to join the Ohana Volleyball Club! This is a unique brand of competitive volleyball designed for kids, families and coaches to optimize volleyball development, and achievement goals. We have developed our philosophies of coaching as well as individual player development on a lifetime of playing, coaching, and training the game of volleyball. We know how enjoyable this really should be and want each individual and team to enjoy this experience to its fullest!

At the Ohana Volleyball Club we will provide quality programs and experiences to players, their families, and coaches of all levels to ensure growth individually as well as a team.

Our processes are designed with every player, family, and coach in mind. Our philosophy is one of comprehensive development for each athlete including fundamental, technical, and tactical skills. We are dedicated to providing a challenging and enjoyable experience for everyone!

## 2. CLUB FEES

Ohana 11U - \$1,500

Ohana 12U National - \$2,200, Ohana 12U Regional \$1,800

Ohana 13U National, 14U National, 18U National Teams -\$3,400

Ohana 15U National, Ohana 16U National, 17U National - \$4,000

Ohana 13U Regional, 14U Regional, 15U Regional, 16U Regional, 17U Regional Teams - \$2,400

Ohana 14U Boys- \$1,200

Ohana 16 National- \$2,000

Ohana 18U Boys National - \$2,000

## 3. CLUB MISSION

We are committed to ensuring that every Ohana Volleyball Club athlete has a positive experience. One that fuels their love of volleyball and competition. While we do provide our athletes with the highest caliber of volleyball training, it is equally important that athletes learn life lessons that will stay with them long after their volleyball career comes to an end. Our coaches are mentors, role models, and above all, teachers. We will teach our athletes to be disciplined, to compete and train at full effort, to be a positive and supportive teammate, to be a problem solver, to push beyond their comfort zone, and to compete with confidence and enthusiasm.

# OHANA VOLLEYBALL CLUB HANDBOOK

## 4. TEAM SELECTION-TRYOUT PROCESS

### A. THE CLUB WILL ABIDE BY ALL IOWA REGION TRYOUT POLICIES

1. The club will require players to sign a commitment letter indicating that they accept or decline the position the club offers. The club will also abide by the players' High School Federation rules.

### B. THE TOTAL NUMBER OF TEAMS

1. The number of teams within the club is based on the number of athletes who tryout, the number of available coaches, and the availability of facilities in the area for practices.

### C. OUR GOAL FOR TEAMS

1. The goal is to have teams formed in the following age groups: 11U, 12U, 13U, 14U, 15U, 16U, 17U and 18U. If there are not enough athletes, coaches or facilities to form one team with a particular age group, then a team will not be formed.

### D. TEAM SIZE

1. Team will consist of a minimum of 8 and no more than 12 athletes. Under special circumstance as determined by the coaching staff and executive committee, a team may carry more than 12 athletes.

### E. TRYOUTS

1. A minimum of 2 tryouts will be held for each age level. Athletes should compete in at least 1 tryout, but are encouraged to compete in all if available. Tryouts will cost \$35 for the 1<sup>st</sup> tryout & \$15 for an additional tryout.

### F. ATHLETES EVALUATIONS

1. Athletes will be evaluated on general athletic ability, existing and potential skill level, knowledge, effort, competitiveness, attitude, sportsmanship, and interaction with coaches and other athletes. These evaluations will NOT be shared with the athletes or families after tryouts.

### G. OTHER CONSIDERATIONS

1. The Club will also take into consideration prior comportment to the policies of the club (i.e. payment of fees, disruptive behavior, parental involvement, etc.).

### H. MOVEMENT TO AN OLDER AGE GROUP

1. If an athlete shows superior skills and playing within their age group will hamper the athlete's development, she or he may benefit from playing with an older age group. This will be the decision made by the club directors, coaches and family as a whole. In general, a player can only play one age level above their current age unless given special permission.

### I. MOVEMENT OF PLAYERS BETWEEN TEAMS

1. Occasionally, we will move an athlete from one team to another. Movement is at the sole discretion of the club. We will not move an athlete from or to another team until we discuss the move with the parents. This is very rare and usually only occurs if a team suffers loss of players due to injury, suspension, or other circumstances and needs additional player to fill its roster for future tournaments.

## 5. CONFLICT RESOLUTION GUIDE

### A. PLAYER'S CONCERNS

If a player has a concern with a coach, parents have the responsibility of teaching their player steps to remedy the concern. The club recommends the following steps if any player has a concern with a coach.

1. Player should discuss the concern with their respective coach and try to arrive at a solution. None of the coaches should be considered unapproachable. They are all very willing to listen to a player's concern and try to arrive at a mutual solution.
2. Until the coach is made aware of the concern, nothing at all can be done to alleviate it.
3. It is understood at the younger ages sometimes the parent will be the first contact with the coach. However, we ask that the athletes be involved in all discussions between players & coaches.
4. CONTINUING CONCERNS: If the concern is not resolved, the player and parents may make an appointment to speak with the coach. Please do not approach a coach to discuss a concern during practice or at a tournament.

### B. LASTING CONCERNS

If a solution is still not reached, contact the club director to set up a meeting with the player, parents, coach, and club director. In the event that the coach and the club director are the same person, then an additional club director will participate in this meeting.

### C. PARENT CONFRONTING COACHES DURING TOURNAMENTS

Parents are not permitted to confront the coaches on tournament days to discuss playing time, or to complain about tactics, strategy, individual or team performance.

1. Parents are encouraged to take notes about their concerns, and follow our conflict resolution procedures as outlined above.
2. If a parent approaches a coach during a tournament, we have instructed the coach not to discuss any controversial matter and to let the parent know of our policies and to discuss the matter before or after a future practice.
3. The recommended time for a parent and player to talk to a coach about a problem is at a previously arranged meeting either before or immediately after a scheduled practice.

## **6. PLAYING TIME EXPECTATIONS**

### **A. THE CLUB PHILOSOPHY**

1. The club philosophy is that a player's instruction during practices is what is paid for, with playing time being determined by the player's attendance, performance, attitude, effort during practices, and matchups with the opposing team. Moreover, it is left solely to the discretion of the coach.

### **B. PLAYING TIME WILL VARY**

1. Playing time will vary according to team, position, and attitude.

### **C. PLAYING TIME IS EARNED**

1. Playing time is earned through practice and past game performance.
2. If a player is negatively affecting the team's morale or group attitude on the court, the coach will make the decision to substitute a player for another who contributes positively to the team culture.

### **D. PLAYING TIME IS NOT TO BE DISCUSSED DURING A TOURNAMENT**

1. Playing time is not to be discussed with the coach by players or parents during or after a game. Coaches have the right to play whomever they think is best suited for the position and whomever they feel helps positively contribute to team development and chemistry.

### **E. WHEN TO ASK ABOUT PLAYING TIME**

1. A player may ask the coach about playing time after or before practice. An appropriate question would be, "What can I do to play more or be a starter?" The coach will be as honest as possible to let you know where you stand with playing time at all times.

## 7. CLUB RULES

### A. ATTENDANCE

1. Practices - All athletes are expected to attend every practice.
2. Tournaments- All athletes are expected to attend every tournament.
3. Excused Absences: Illnesses serious enough to keep the athlete home from school, genuine family emergencies, church events, or active school-sponsored activities are exceptions for missing practice. Regardless of the reason, if an athlete misses practice, playing time may be affected.
4. If an athlete cannot be at practice, the athlete is expected to contact the coach at least 2 hours prior. It is the athlete's responsibility (not the parent's responsibility) to reach the coach before the practice starts.
5. The Ohana Volleyball Club is a highly competitive volleyball organization and players are expected to put Ohana practices and tournaments as higher priorities over other club team activities or other social activities.

### B. PRACTICES

1. Teams will generally have practice 2 nights a week for two hours. Teams may have additional practices and longer duration. The team coach will communicate the practice schedule.
2. Players are required to be ready to begin practice at the designated start time. Please allow yourselves enough time to put on kneepads, change shoes, be taped if needed, and do routines.
3. Coaches determine whether or not their practices are opened or closed.
4. Players should begin practice mentally prepared.
5. Players should have personal goals for all practices. A good time to think about goals is during warm-up.
6. If a player must miss a practice, a telephone call or text to their respective coach is mandatory. Only after attempting and failing to reach the coach, can a player contact a teammate to pass the word along to the coach.
7. Coaches should be notified at the beginning of the season which dates an athlete will not be able to attend a tournament.
8. Part of being a student athlete is planning. Players need to schedule their time so they can complete homework and participate in practices.
9. Each practice session is very important to the development of our athletes. Players need to make every effort to be at every practice. Also, coaches prepare practice plans according to whom and how many players are attending. They need to know in advance if someone will have to miss a practice. It is important to note, if players do not attend practices on a regular basis, playing time can be impacted.
10. Players should bring their own water bottle to practice and tournaments.
11. Athletes are not to leave the practice site before the end of practice without notifying the coach. Parent should let the coach know that they are aware that the athlete is leaving early.

**8. ELECTRONIC & MOBILE COMMUNICATION POLICIES**

**A. THE CLUB POLICY ON COMMUNICATIONS.**

1. For any athlete under age 18, parents should talk with the athlete about the importance of transparent communications between coach, parents, and the athlete.
2. For athletes under the age of 14, the Club will make sure all electronic and mobile communications are sent to the parent directly, and copy the athlete.
3. There is nothing a coach or administrator should say to an athlete that a parent should not be aware of.
4. For players 14 years old or older, our coaches, staff, and administrators can send electronic and mobile communications to the athlete, as long as-
  - a) A parent is copied on those communications.
  - b) The parent agrees to this arrangement beforehand.
  - c) This approach respects the athlete's growing independence, but maintains transparency and responsible awareness
5. Although many parents use text messaging, studies show the majority will rely on e-mail. Coaches and administrators will set up e-mail groups to ease broadcasts to parents and make this group communication a norm for your teams.
6. Athletes tend to rely more on text messaging as a communications medium. The coach will set-up a texting group to ease broadcasts to athletes and make this group communication a norm for your organization.
7. Coaches and administrators will include parents on all text messaging groups or convert those text messages to e-mail format for parents.
8. Should any member of our club sports organization inadvertently send an athlete an electronic or mobile communication without including the parent, the club will speak with the parent as soon as possible and let him or her know the oversight.

**B. DO NOT HESITATE TO SPEAK TO PARENTS**

1. If coaches have any concerns about any electronic and mobile communication from athletes that make them uncomfortable, they are asked to speak with the parents immediately.
  - a) If you receive an electronic or mobile communication directed only to you as an administrator, and the athlete is under age 18, include others in your response along with the original e-mail or text.
  - b) Even if it is a minor issue in the e-mail, this response reinforces the importance of communications transparency and multiple views.

**C. ALL CLUB MEMBERS ENCOURAGED TO USE PROPER PROTOCOL**

1. The club encourages all coaches, staff members, volunteers, parents, and athletes to follow proper protocol regarding electronic and mobile communications, and take action if you become aware of anyone acting outside that protocol. .

## 9. CODE OF CONDUCT

- A. ATHLETE CODE OF BEHAVIOR: As an athlete, I will aspire to:
1. Participate in volleyball alcohol- and drug-free
  2. Play by the rules of volleyball
  3. Use positive verbal and physical behavior, controlling temper and aggression (intent to do harm)
  4. Tell the truth about another person's involvement in or knowledge of something that violates the rules
  5. Show fair play by treating all those involved in the match with dignity and respect
  6. Treat others, as I would like to be treated
  7. Work hard and honestly to improve performance and participation
  8. Maintain a positive image of myself by playing volleyball for enjoyment
- B. PARENT/SPECTATOR CODE OF BEHAVIOR: As a parent, I will aspire to:
1. Be positive in attitude toward volleyball and emphasize the cooperative nature of the sport.
  2. Encourage hard work and honest effort that will lead to improved performance and participation.
  3. Encourage athletes to participate in volleyball alcohol- and drug-free.
  4. Encourage and respect referees and officials and their integrity.
  5. Encourage athletes to participate for their enjoyment.
  6. Applaud fair play and good play during games and/or matches.
  7. Be supportive of all attempts to remove verbal and physical abuse from organized volleyball activities, including language.
  8. Respect the rights of others and treat visiting teams and their spectators courteously.
  9. Protect athletes from sanctions and/or suspension by producing accurate documentation.
  10. Use only designated smoking areas that are clearly posted at volleyball events.
  11. Cheer positively for my team, rather than against them or their opponents, using socially acceptable language.
- C. COACHES CODE OF BEHAVIOR: As a coach/director, I will aspire to:
1. Display high personal standards, including avoiding the use of illegal drugs, using profane, insulting, harassing or otherwise offensive language while in the presence of athletes.
  2. NOT USE alcohol and tobacco in the presence of their players at events or post event activities, and under no circumstances allows the use of controlled substances by minors.
  3. Educate the athletes as to their responsibility in contributing to a safe environment.
  4. Consider the athletes' future health and well-being as foremost when making decisions regarding an injured athlete's ability to continue competing or training.
  5. Be aware of academic pressures; conduct practices/matches in a manner so as not to unduly interfere with academic success.
  6. Implement only ethical recruiting practices and know compliance regulations of governing sports organizations.

## OHANA VOLLEYBALL CLUB HANDBOOK

7. Reasonably ensure that facilities and equipment meet safety standards and make sure that they are age and ability appropriate.
8. Strive to develop individual and team respect for our opponents and our officials.
9. Show regard for the moral, social, and religious orientations of the athletes. For more specific information, please refer to USA SafeSport manual at <https://www.teamusa.org/usa-volleyball/about-us/safesport/coaches>.
10. Harassment comes in many forms. For your own protection as coaches, please read the following section. This section is not to imply a lack of faith in Iowa region coaches, but to give you information on practices to follow and to avoid the risk of a sexual harassment suits. Report any suspected cases of abuse to appropriate authorities.
  - a) Physical contact with players should be avoided.
  - b) Use appropriate discipline.
  - c) Take injuries seriously.
  - d) Avoid engaging in behavior, which causes awkwardness or embarrassment to another, or endangers a person's safety or negatively affects performance.
  - e) Verbal interactions with players should be positive and instructive and not negative, threatening, or harmful.
11. Motivate with praise, not abusive remarks.
12. Make sure that under no circumstances shall a coach use racial, ethnic, gender or sexual orientation related slurs.
13. Treat all athletes with equal respect; never condescend, patronize or exhibit favoritism.
14. Ensure that bullying is not tolerated by team members or staff.
15. Engage in any behavior which is defined or construed as sexual abuse.
16. Use only positive touches (i.e. high fives, handshakes, pats on the back) and respect the privacy of an athlete's body.
17. Avoid going anywhere alone with an athlete.
18. Report any suspected cases of sexual abuse to law enforcement as required by law.
19. Will not engage in a romantic relationship with a player's parent or with a player.

**10. CONSEQUENCES FOR VIOLATIONS – PLAYERS & PARENTS**

**A. EACH VIOLATION**

1. Each violation will be considered separately as circumstances for the violations vary widely.

**B. SANCTIONS CAN RANGE FROM:**

1. An apology note
2. Personal apology
3. Loss of playing time
4. Cannot participate in practice(s)
5. Cannot participate in tournament(s)
6. Sent home from an event- with parent notification
7. Removal from Ohana Volleyball Club

**11. CONSEQUENCES FOR VIOLATIONS – COACHES/DIRECTORS**

**A. EACH VIOLATION**

1. Each violation will be considered separately as circumstances for the violations vary widely.

**B. SANCTIONS CAN RANGE FROM:**

1. An apology note
2. Personal apology
3. Suspension for a period of time or for an event/events
4. Termination from the Ohana Volleyball Club



