

VOLT TEAM EXPECTATIONS 2025



VOLT is a member of USA Volleyball (USAV) and the North Country Region (NCR) of USA Volleyball. USAV, a non-profit, non-government supported organization, sets the standards at all levels from the National Teams to the youngest and oldest age groups in indoor, beach, grass and Paralympic disciplines for both genders. As a member of USA Volleyball, VOLT adheres to all rules and regulations set forth by USAV and NCR. More information is available at <https://www.ncrusav.org>.

PRACTICES

- Utilize SportsEngine to RSVP prior to practice so that coaches can plan accordingly
- Attendance to practices will be tracked by coaches. We recognize that many of our athletes are involved in many activities and athletic programs while participating in our program. Like those other activities, VOLT is a commitment, and we ask that you keep that commitment.
- Have gear on, a full water bottle, and be ready to go 5-10 minutes before practice (or as instructed by coach) and ready to start dynamic warmup.
- NO PHONES at water breaks. When getting water breaks, grab your water and hustle back, water breaks should last no longer than 30-45 seconds.
- When coming to and from practice you MUST wear pants and a sweatshirt and/or a jacket.

TOURNAMENT EXPECTATIONS

- Players are expected to respectfully represent the VOLT Volleyball club
- Players are expected to wear VOLT travel gear on game days and between matches
- Players are expected to respect teammates, coaches, parents, opponent, and officials
- Teams and coaches are responsible for assigning jersey color to players and parents the night before a match.
- VOLT Volleyball will respect the tournament spaces - including benches, tables, and team camp. Spaces will be kept organized and we will clean up after ourselves.
- Players are expected to follow coaches' arrival time expectations which is typically 30-60 minutes prior to a first game or officiating.
- Multi-day tournaments will have an AM wave or a PM wave for day 1. Please make sure you're following tournament schedules.
- Player curfews will be 10:00PM or earlier based on coach expectations and next day game time. It is expected that players are getting adequate rest and sleep during tournaments.
- Make sure your daughter is fueled for competition, including balanced meals (pre-game breakfast and post-game meal). Walking in with a coffee or refresher is not adequate fuel for competition day.
- Pack healthy food choices (crackers, meat, cheese, fruit) - USA Volleyball Pre-Match snacks to Perform your Best link: <https://usavolleyball.org/resource/pre-match-snacks-to-perform-your-best/>
- Parents: Support your player and team, be positive and enjoy watching your daughter play

VOLT TEAM EXPECTATIONS 2025



TOURNAMENT SCHEDULES & INFORMATION

- Throughout the winter and spring seasons, all tournament schedules, tournament information, and details will be posted to the Tournament Information webpage as soon as the schedule is received by tournament hosts and confirmed by VOLT directors.
- Please know that it is very likely that schedules may not be released until Wednesday prior to the weekend you play. Some tournaments post two weeks prior, and some tournaments are 2-day prior to the tournament. Be patient and please know that the schedule will be posted once available and reviewed.
- **Tournament Information:** <https://www.voltvolleyball.org/page/show/7689973-volt-tournament-information>

PLAYING TIME

- It is our philosophy that practices are the time to improve skills and work on new concepts. Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and display of skills on the practice court. 80% of each athlete's club experience occurs in our practice gym. The remaining 20% of club time served is within the tournament context. We believe our training is unparalleled in its quality and athletes will expand their tournament opportunities by making the most of their practice and tournament opportunities.
- It is the requirement of Coaches to have a defined and communicated role for all players on their roster. It is a requirement that the Coach communicate and define the scenarios that a player will play, and how they can increase their playing opportunities. It is a requirement that if a player's role changes the coach needs to communicate that change in an appropriate and timely way.
- During tournament play, the coach has the right to determine the line-up that he or she determines best suited to meet the goal of the level of participation.
- It is each player's responsibility to perform at a level that is consistent in keeping with the goals of the team. If the player does not, for whatever reason, fulfill their obligations on the court, it is the coach's right to substitute them so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contribute to the success of the team.
- All players must understand that playing time among team members WILL NOT BE EQUAL, especially in advancement matches, playoffs and gold bracket situations. It is likely that some players may not see the court on the last day of a three-day tournament or in the playoffs of a two-day or one-day tournament. However, coaches of the Open and Regional teams will do his/her best to give each player shared playing time in pool play. THIS DOES NOT ALWAYS TRANSLATE TO PLAYING 50% OF THE TIME. Coaches of Local teams will do his/her best to allow all players to compete in each tournament attended. The coach again will clearly define each player's role (and



VOLT TEAM EXPECTATIONS 2025

offer the player the opportunity to expand that role), and the coach will base playing time on what the line-up/substitution scenario best offers the team a chance to be successful.

SOCIAL MEDIA GUIDELINES

- Be a leader, act like a leader, and post like a leader.
- Represent this organization in a first-class manner and with integrity
- Refrain from posting comments that constitute a credible threat of physical or emotional injury to another person.
- Refrain from posting comments or photos that describe unlawful assault, abuse, hazing, harassment, or discrimination.
- Refrain from any posts that may be derogatory towards any sports teams or clubs
- Be mindful of what you repost. Although you may not have said it, what you repost reflects how others view you.
- Using inappropriate or offensive language in comments in posts and other videos will most definitely lead to a negative image, so don't do it!

PARENT COMMUNICATION

The club believes strongly that we should be preparing our players to advocate for themselves, and we should be encouraging players to communicate for themselves. The club believes that U14s-U18s players should be doing most to all of the talking with the coach over the course of the season.

VOLT would like to handle any conflicts or complaints in a professional manner. It is an expectation that all players and parents read the VOLT Handbook before beginning a complaint process.

However, parents are NOT allowed to confront coaches at tournaments/practices/e-mail/phone calls. If this is not followed, the following actions will be taken:

- Club Directors will be e-mailed/called immediately
- Coaches are instructed to walk away and let Club Director know ASAP

Resource for Parents: North Country Region Volleyball

Link: <https://www.ncrusav.org/supportyourathlete>

10 Rules for Parents of Athletes

10 Rules for Parents of Athletes by Lloyd Percival

VOLT TEAM EXPECTATIONS 2025



Lloyd Percival, a fitness expert, developed 10 rules for parents of athletic children. Maybe your child will become a great player someday, and maybe they won't, but they will be a better person if you follow these rules.

1. Make sure that your child knows that, win or lose, you love them. Let them know that you appreciate their effort and they you won't be disappointed in them if they fail. Be the person in their life that they can always look to for support.
2. Try to be completely honest with yourself about your child's athletic ability, competitive spirit, sportsmanship, and skill level.
3. Be helpful, but don't coach your child on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, criticism, and pep talks.
4. Teach your child to enjoy the thrill of competition, to be "out there trying," to be constantly working to improve their skills, to take the physical and emotional bumps and come back for more. Don't tell them that winning doesn't count, because it does and they know it. Instead, help them develop a healthy competitive attitude, a "feel" for competing, for trying hard, for having a good time.
5. Try not to live your life through your child. You've lost as well as won, you've been frightened, you've backed off at times, and you've been the villain. Don't expect any better of them. Sure they are an extension of you, but don't assume that they feel the same way as you did, want the same things, or has the same attitude. Don't push them in the direction that will give you the most satisfaction.
6. Don't compete with your child's coach. A coach may become a hero to them for a while – someone who can do no wrong – and you may find this hard to take. Or, they may become disenchanted with the coach. Don't side with them against the coach. Talk to them about the importance of learning how to handle problems and how to react to criticism. Try to help them understand the necessity for discipline, rules, and regulations.
7. Don't compare your child with the other players on their team or others – at least not within their earshot. If they have a tendency to resent the treatment they get from the coach, if she is jealous of the approval other players get, try to be honest with them. Don't lie to them about their capabilities as a player. If you are overly protective, you will perpetuate the problem.
8. Get to know your child's coach.
9. Remember that children tend to exaggerate when they are praised and when they are criticized. Temper your reactions for exaggerating, but don't overreact to the stories they tell you.
10. Teach your child the meaning of courage. Some of us can climb mountains, but are frightened to get into a fight. Some of us can fight without fear, but turn into jelly at the sight of a bee. Everyone is frightened of something. Courage isn't the absence of fear. Courage is learning to perform in spite of fear.