

2022 Coaches Handbook

Welcome to Rivertown Christian Volleyball! We are excited to have you join us as we begin our journey this season of 2022. In 2019 the Lord blessed our efforts to continue to give homeschool girls in our community the opportunity to play volleyball. As we've tried to navigate what the previous program had in place and institute our goals, visions and hopes for this season, we've learned this takes a lot of effort on both the part of our board members and coaches. As we work together toward the goals set for our program, we thank you for committing your time & energy! We pray that you will bear with us as this is all very new to us and we are learning a lot as we go. We welcome any of your thoughts, concerns, ideas, or criticisms with open ears and will do our best to make improvements as we learn.

Board Member Contact Information

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Mission Statement

Our volleyball program is striving to dedicate itself to the mission of providing athletic opportunities to homeschool young women in an environment that will bring glory to God on and off the court. We want to promote Christian values of honesty, integrity, commitment, and hard work as the foundation of the program. The individual players who participate within our program can learn the benefits of teamwork, spiritual growth, self-discipline, personal responsibility, the setting of high standards, and the joy of achievement.

Philosophy of Coaching

- a. Athletics are viewed as a ministry. We understand that opponents, spectators, and officials are watching to see if there is a difference in the Christian athlete and this presents a great opportunity for active ministry. Our job is to encourage our athletes to act and think like Jesus both on and off the court to teammates, opponents, and all others in attendance.

- b. Athletics are an arena for teaching principles from God's Word. Athletes will face many different situations that run parallel to life situations, and these become teachable moments that allow you, as the coach, to apply those principles. With that in mind, RCV coaches should promote Christian life-traits such as the following:
 - a. Consideration for others
 - b. Honesty and integrity
 - c. Commitment and hard work
 - d. Ability to win and lose graciously
 - e. Teamwork
 - f. Ability to accept and benefit from constructive criticism
- c. Team Rule: Everything we do, we strive to do it in a way that honors God and gives Him the glory. In humility, we will love and serve each other.

General Guidelines and Information

1. Dress code for coaches

- a. Game days: Jeans, dress pants or nice warmups (no spandex) with RCV Coaching shirt (we will provide)
- b. Practices: Shorts/ capris/ warm-ups can be worn. No spandex is allowed as an outerwear but can be worn under shorts. Shorts should have at least a 4-inch inseam.
- c. Practice shirts must be appropriate. Not undergarments showing, no profane or inappropriate wording.

2. Team Parent(s)

- a. You will be assigned team moms/parents to assist you with tasks. They are your "go to" person for team help during the season. Get to know them, get their contact info and stay in touch.
- b. Tasks they will help with include making sure all players have a ride to & from games, coordinating collecting money as needed, help plan team parties, help with goody bags/incentives for tournaments, and help coordinate overnight stays for out-of-town tournaments (Ft Wayne and State, possibly Nationals).
- c. Assist with or assign stats tasks for games and tournaments
- d. Help with the Big Sister's Program

3. Game and Practice Schedule

- a. All games and practices will be scheduled and posted on our rcvpatriots.org website under the Calendar tab. Please check it often, especially prior to a game. If there are changes, we will send out a TeamSnap notification that goes directly to the email on file to notify the players. We will directly call the coaches. We strive to make as few changes as possible as the season begins, but often things are out of our control.

- b. Practices, games, tournaments will also be listed on TeamSnap. You will have access to your team for their availability, contact information, and messaging. Please make sure your team members are checking off their availability for practice and games.

4. Practices

- a. Practices begin August 1, 2022 and are every Monday, Tuesday and Thursday from 5:30-8:00pm for JV & Varsity. For 14U practices are Monday, Tuesday and Thursday from 6:30-8pm, and for the Practice Team it's Monday and Thursday from 5-6:30pm.
- b. We have the gym from 5:15 until 8:15 pm on those days with the 15 minutes allowed before and after for set up and take down. All players are expected to be on the courts, ready to stretch by 5:30pm.
- c. Your team is responsible for assigning set-up and take-down on your court. Do not let a few do all of the work. Encourage teamwork in this, however, not everyone will be able to help and those that are not setting up should be running laps until it is done. We encourage you to set up a schedule on rotation, so the same people aren't left to set-up and tear down each day.
- d. Practice time should include warm up, conditioning, drills, team play and water breaks. You are in charge of the schedule for the duration of practice after group stretches.
- e. Begin or end each practice with a brief prayer time together as a team. Encourage players to take turns praying. We will also pray as an organization before we leave.
- f. No player will be left unattended during or after any practice. It is the coach's responsibility to make sure the players are safe. It is our policy that there must be a third party present when there is an unrelated male and female left alone. Make sure your players have been picked up before you leave or make arrangements with another coach or present board member if you must leave early.
- g. Players should be notifying you of absences. Excused absences include; illness, family emergency, family vacation and other prior approved arrangements. Please be flexible and if there becomes concern about too many absences, please consult the board.
- h. Players are expected to arrive on time and be ready with all equipment needed on their bodies by 5:30pm. If they miss stretches and warmups, they must do them on the sides before they can join practice. This prevents injury and encourages players to be on time.

5. Games/Tournaments

- a. Game play should reflect participation, potential and attitude, during both practices and games. It is also based on their position and stats.

- b. At all levels, all players should be playing at least part of every match. No one should sit the bench the entire match unless it is due to a known consequence, behavior or absences. An exception would be in bracket play of a tournament where playing time is not guaranteed, we want to play to win, but we also can't help players get better without the experience. If an issue arises that you as a coach believe a player needs to sit out, please consult with a board member. No one will sit out and entire without the player and parents knowing beforehand the reason why.
- c. Check calendar for arrival times at games. This allows time for your team to locate the locker room if available, use the restroom, and get their shoes & kneepads on. It is expected that if you can, arrive early or stay late to watch your fellow RCV teams and cheer them on.
- d. Prayer time prior to a game may be with your team only or with both. Facilitate this with the opposing team when it is a home game.
- e. Players should check with you after the game/tournament to make sure their responsibilities are done and that they have a ride home. 12U and 14U must have a sign out sheet for games and tournaments. Make sure everyone has a ride present or has been picked up before you leave. If you must leave before the team it is your responsibility to assign this to your team mom or another responsible parent.
- f. Coaches under the age of 21 are not allowed to provide rides to players unless you have written approval from parent.

6. Tournaments

- a. Individual tournament information will be given to you as soon as it is received by our ADs. It is your responsibility to review the material & understand the rules and format and know what the plan for the day will be.
- b. Prior to the tournament you will need to turn in your roster sheet by the deadline given, following the instructions in your packet. Board secretary will provide you with rosters.
- c. On the day of the tournament you will attend the coach's meeting. If line judges and scorekeepers are needed you will need to make sure your team mom has those scheduled and covered. Preferably your line judges will be parents but if players help out make sure they are given time to rest and eat before the next game.

7. Stats Tracking

- a. This year the club will have a membership to Qwikcuts. The platform part of the program will be available for 14U, JV and Varsity teams, and the stats part of the program will be available for varsity. We are hoping that this program will help coaches in their ability to train their athletes and prepare them for games and tournaments.

8. Forms

- a. Team Roster: Please print it off and keep it with you, full list can be found on TeamSnap. Game roster and lineup forms will be provided by our board.
- b. Emergency: You will receive a copy of the players emergency contact information.
 - a. Please keep this with you for all games and practices.
 - b. This has confidential information, so please protect it and return to board at the end of the season for shredding.
- c. Injury report form
 - a. This is to be filled out and given to a board member for any injury preventing the player from continuing practice. If the player goes to the ER, you would need one filled out.
 - b. If parents aren't on site when the injury occurs, please contact them or inform them when they arrive. Ask if they would like a copy of the injury report then make a duplicate if they do.

9. Equipment

- a. We will provide each team with a clipboard and medical bag. Included in the clipboard may be items such as a notebook, rulebook, pens/pencils, and other forms. Please return the clipboard with rulebook, pens/pencils and any unused forms at the end of the season. We will provide you with this by the first week of practices.
- b. Balls and ball carrier are for your use during practices and games. You may need to take them to away games, as often the other team does not provide them for your warm up.
- c. You are responsible for the exact number of balls you are given at the beginning of the season. It is your responsibility to notify the board of any ball casualties. Please be sure you collect all balls after games and tournaments as they are similar to others, RCV will be written on ours.
- d. The coach will bring the medical bag to all games and tournaments (Board will provide before first game) Please return at the end of the season and notify parent coordinator if you need supplies.

10. Communication

- a. Coaches are ultimately there to coach/teach, that is your first priority. You are also there to help navigate volleyball issues as they arise on the court. If a situation becomes apparent with an upset player or parent or you have been upset by a player or parent, please find a board member to handle the situation. We will ask that everyone take 24 hours to cool down and pray on it before a discussion is held. We will not ask that you handle any off court issues between girls unless it affects the attitudes on court. If it escalates or interrupts your ability to coach, please find a board member or contact one after to discuss.
- b. Off-court communication: We do not encourage group chats as it becomes easier for the girls to say hurtful things that will effect on court relationships. If there is an issue we encourage the girls to meet face-to-face to settle the differences along with parents and a board member if needed. Emotions at these ages tend to flare before

clarity is, please encourage kindness and respect as this is good experience for real life situations.

- c. If a parent/player is upset, please encourage them of the 24 hour rule, and to wait until that time has passed in order to discuss the issue.
- d. If a parent chooses to have a conversation with you, make sure they understand that you will only discuss their daughter and not other players.

11. Social Media

- a. Facebook is an excellent source for updates, sharing information, and informing fans of upcoming events.
- b. Team members must not post negative comments about our team, opponents, outcome of games or refs.
- c. Facebook will be monitored, and discipline will be dealt with in regards to inappropriate postings. While you play for RCV you represent RCV, do so respectfully.

12. Team Captain(s)

- a. We recommend 2 players for this role.
- b. We encourage the players' input here as it may be valuable since they know their peers and you'll get an idea of who they will respect.
- c. Ask each player to write down their nominations for their top 2 choices for team captain and why they picked each one. This is important and helps to eliminate the popularity contest by getting their reasons for nominating who they did.
- d. Players need to submit their choice in an email to the board. This will protect the coaches and allow the board to confirm nominations to the coach, where then they can announce it to their team.

13. End of Season Responsibilities

- a. Turn in your medical bag and clipboard with rule book, pens/pencils, unused forms & player medical forms.
- b. Attend & participate in the end-of-year celebration. You will be responsible for choosing award recipients from your team and presenting the awards at the celebration.
- c. Be part of a follow-up coaches meeting to evaluate the season & identify improvements needed for the future.