

Welcome to Rivertown Christian Volleyball! The board of RCV is excited to have you join us as we begin our journey this season of 2023. The Lord blessed our efforts to continue to give homeschool girls in our community the opportunity to play volleyball in the fall of 2019 when the old board retired, and a new board stepped up to continue the program. 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 as coaches and mentors! We pray that you will bear with us as we learn more with each passing year. We welcome any of your thoughts, concerns, ideas or criticisms with open ears and hearts, and will do our best to make improvements as we learn.

Mission Statement

The RCV club is striving to dedicate itself to the mission of providing athletic opportunities to homeschooled 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

1. 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.

2. 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:

- ☐ Consideration for others
- ☐ Honesty, integrity
- ☐ Commitment, hard work
- ☐ Ability to win & lose graciously.
- ☐ Teamwork
- ☐ Ability to accept and benefit from constructive criticism

Team Rule: Everything we do, we strive 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 a top displaying the RCV Logo (RCV practice shirt, RCV polo, RCV zipper jacket, etc.)
- b. Practices: Shorts/ capris/ warm-ups/ leggings can be worn. No spandex is allowed as outerwear but can be worn under shorts. Shorts should have at least a 3-inch inseam.

2. Tryouts

- a. Player eligibility is addressed in the player's offer letter.
- b. Coaching staff determine team placement with the Varsity coach having the final say if the coaching staff is not in agreement, with an explanation to the board of the disagreement and decision-making logic.
- c. The board will review and send all offers to the players. This will give the board and the coaches the opportunity to discuss possible changes to the structure of the program, for example - consideration of having two 14U teams or expanding the number on each team.

3. Team Parent(s)

- a. Coaches will be assigned team moms/parents to assist you with tasks. Team Moms are the coaches "go to" person for tasks during the season. Get to know them, get their contact info and stay in touch.
- b. Tasks Team Moms will help with include schedule parents to serve as line judges, scoreboard operator, and scorebook recorder.
- c. Help with goody bags/incentives and possible team meals for tournaments, and inform parents of lodging options for overnight stays for out-of-town tournaments (Ft Wayne and State, possibly Nationals)

4. 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 some changes are out of our control.
- b. You are expected to attend all practices and games. If there is a conflict in your schedule, please communicate it to both the board and your co-coach/assistant coach.
- c. The coach may request the board to cancel a practice if circumstances warrant it.

5. Practices

a. Practice Times:

Practice Team: Mondays and Thursdays 5:00 – 6:30.

14U: Mondays, Tuesdays, and Thursdays 6:30 – 8:00

JV & Varsity: Mondays, Tuesdays, and Thursdays 5:30 – 8:00

b. Each team is responsible for set-up and take-down on their court. Do not let a few do all of the work. Encourage teamwork in these tasks. Coaches are responsible for your team's balls/cart for the season for practices and games.

c. Practice time should include warm up, conditioning, drills, team play and water breaks. Coaches oversee the schedule for the duration of practice after stretches.

d. The Practice Team will end each practice with a brief prayer time together as a team. Encourage players to take turns praying. 14U will begin each practice with a brief prayer time together as a team. JV and Varsity have the option to either begin or end each practice with a brief prayer time together as a team.

e. No player will be left unattended during or after any practice. It is the coach's responsibility to make sure the player is 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 a board member, if you must leave early.

f. Players should indicate availability for games and practices in TeamSnap. 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. See player/parent handbook.

6. 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 of behavior. 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 athlete should sit out an entire match without the player and parents knowing beforehand the reason why.

c. Check TeamSnap for arrival times at games. This allows time for your team to locate the locker room if available, use the restroom, get their shoes & kneepads on. We want

to encourage each team to watch the other RCV teams before or after their games as their parent's schedule allows. Please help encourage this before or after games.

d. Prayer time prior to a game may be with your team only or with the opposing team. Facilitate the prayer time with the opposing team when hosting an RCV home game.

e. No player will be left unattended during or after any game. It is the coach's responsibility to make sure the player is 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 a board member, if you must leave early.

f. Coaches under the age of 21 are not allowed to provide rides to players unless you have written approval from parent.

7. 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 the plan for the day.

b. Prior to the tournament you will need to turn in your roster sheet by the deadline given, following the instructions in your packet. The 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.

d. Coaches are responsible for expenses for hotel and gas for out-of-town tournaments.

8. Stats Tracking

a. If you want to track your team's stats, you can assign it to a parent volunteer. Based on the stats being kept track of, it may take 2 or 3 parents to help out.

b. At a minimum, we recommend tracking serves for 14U. Along with serves, the JV and Varsity levels should include some or all of the following: serve receive, passing, attacks, & blocks. You decide what stats you would like kept for your team. Quikcuts will provide stats for the Varsity team. Quikcuts will store uploaded game videos for JV and Varsity, and will be available for coaches to watch and record stats.

9. Forms

- a. Team Roster: Please print it off and keep it with you, full list can be found on Teamsnap.
- b. Player's emergency contact information is available in TeamSnap. Please to not share this information outside of the club.
- c. Injury report form
 - i. 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 will need one filled out.
 - ii. 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.

10. Equipment

- a. We will provide each team with a clipboard, scorebook, and medical bag. Please return these items at the end of the season.
- 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 warmup.
- 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.
- d. The coach will bring the team medical bag, provided by the board, to all games and tournaments.

11. Communication

- a. Coaches are ultimately there to coach/teach, that is your first priority. You are also there to help navigate player conflict as it arises on the court. If there is a situation with an upset player/parent, or you have been upset by a player/parent, please contact a board member to address the situation if needed. The board is available to address difficult situations/interactions with either players or parents, should they arise.
- b. If a parent/player is upset, please remind them of the 24-hour rule as stated in the parent and player code of conduct, and to wait until that time has passed in order to discuss the issue.
- c. 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.

d. Facebook is an excellent source for updates, sharing information, and informing fans of upcoming events.

12. Team Captain(s)

- a. We recommend 2 players for this role for the season, but you may also decide on 1-3.
- b. The players will write down their nominations for their top 2 choices for team captain and their reason for their selections.
- c. You are ultimately responsible for the final decision of choosing your captain(s), but we strongly suggest you consider the players' input.

13. End of Season Responsibilities

- a. Turn in your medical bag, clipboard, and scorebook.
- b. Attend and participate in the end-of-year banquet. You will be responsible for presenting awards for your team. Players will nominate their choices for the awards, they should be instructed to choose a different teammate for each award. You are ultimately responsible for the final decision of choosing the recipients, there should be only one award per player. We strongly suggest you consider the players' input. Here is list of the awards and their descriptions:
 - 1. Christian Character Award (Consistently demonstrating the character of Christ by showing concern for others, always encouraging, always exhibiting good sportsmanship and humility, and treating teammates, coaches, officials, and others with respect)
 - 2. Most Improved Player Award (self-explanatory)
 - 3. Patriot of the Year Award (a player that showed leadership and dedication, always played their best game, worked on improving, spread enthusiasm, and never gave up)
- d. Be part of a follow-up coaches meeting to evaluate the season & identify improvements needed for the future.