



*DIRECT IMPACT COACHING™*

# **OLYMPUS**

# **VOLLEYBALL CLUB**

---

## **2018-2019 HANDBOOK**

*Bringing the Best Volleyball Out of You!™*



# OLYMPUS VOLLEYBALL CLUB

*Bring The Best Volleyball Out Of You!*

## BACKGROUND

OLYMPUS Volleyball Club was founded in 2013 out of a passion to see the sport of volleyball played and administered differently and to help the individual athlete reach their full potential both on and off the court. Olympus Volleyball Club is part of USA Volleyball (USAV) and operates under the Southern Region Volleyball Association (SRVA).

## WHAT IS OLYMPUS?

We derived our name from the mountain ranges of northern Greece near the Aegean coast. Rising to 2,919 m (9,577 ft), Mount Olympus is the highest point in Greece and home of the mythical Greek gods. Our passion and commitment to what we do reflects that grandeur.

## MISSION STATEMENT

### OUR MISSION

Olympus Volleyball Club is a community based volleyball club established in Brookhaven, GA committed to developing and promoting the sport of volleyball from entry level players to the elite athlete. Our goal is to provide unparalleled instruction that ensures the building of character, development of skills and sportsmanship, while providing a fun and nurturing environment for our volleyball players to reach their maximum playing potential.

### IN ORDER TO ACHIEVE OUR MISSION, WE HAVE SET THE FOLLOWING GOALS:

1. To instill and encourage a positive and constructive attitude towards the game, teammates, coaches, and others associated with the game.
2. To teach players to make a commitment to self-improvement both on and off the court and to expect excellence in everything they do.
3. To help players develop a sense of teamwork and cooperation in a competitive atmosphere.
4. To offer a consistent coaching philosophy & staff from the first time a player enters a gym until their high school graduation. Olympus will insist on uniformity throughout our coaching process and provide mandatory coaching clinics for all coaches.
5. To ensure an "open door" communication policy for all players and parents with their coach(es) and Club Directors.
6. To run a well-organized club consisting of: tryouts, practices, tournaments, social events, clinics, lessons, and community service.

### DIRECTORS & COACHES COMMITMENT:

1. We commit to providing a safe, fun, and exciting learning environment for our athletes.
2. We commit to putting the interests of the players, parents, and the club before our own.
3. We commit to providing a consistent and high quality coaching staff at all levels of play.

*"If you can believe it, the mind can achieve it."*

Ronnie Lott



## OUR TRAINING PHILOSOPHY:

At Olympus, we believe that intense practice combined with quality repetitions are the two building blocks for success in any aspect of life – especially in volleyball. We believe that doing things correctly a thousands of times leads to great success on the volleyball court, in the classroom, and in the real world. We are passionate about this training philosophy and want it to become a part of our players' core beliefs. Hard work always produces results, so we will always be excited to work hard.

## PRACTICE PHILOSOPHY:

Olympus is a very distinct from other clubs in our region in many ways. One being our practice planning and preparation. Every single practice at Olympus is planned by the head Coach (and the Directors). In this way, Olympus offers a uniformity of instruction across different age groups, skill levels, and practice locations.

Regardless of which team or coach you have at Olympus, each player will receive the same high quality coaching, intense practice environment, and will hear the same verbal cues. We believe that this uniformity of instruction from age 9 to age 18 creates our unique club culture and yields incredible results in the long run.

## FEE STRUCTURE:

The fees to play for Olympus are different depending on several variables (# practices per week, # of tournaments, season length, gym availability, price, etc.) Parents are required to submit payment to Olympus according to the Fee Schedule outlined in your commitment night package.

Club Fees go towards paying for the following:

- SRVA coaches registration fees
- SRVA tournament entry fees
- SRVA coaches background checks
- Out of region tournament entry fees
- Uniform package
- Facility rental costs
- Training equipment
- Training for coaches
- Food and Beverages during tournaments
- Administrative costs
- Liability Insurance

Fees do not cover the individual player's SRVA registration and AAU membership fee, travel and hotel accommodations to tournaments, and meals during non-tournament play. Players and parents often work out carpools to tournaments to reduce costs. Only in the most extreme situations should the club have to rent a vehicle(s) to transport players to a tournament.

“Persistence can change failure into extraordinary achievement.”

Matt Biondi



#### INJURY & REFUND POLICY:

Occasionally, a player is kept from participation in the club season because of an injury or illness outside of their control. In such instances, players and parents must submit a doctor's note and an email/letter explaining the situation to the Club Directors immediately. Such an incident may be eligible for the following refund:

1. Notification to Olympus Directors prior to January 1st - 50% refund.
2. Notification to Olympus Directors prior to February 1st - 25% refund.
3. Notification to Olympus Directors prior to March 1st - 10% refund.
4. Notification to Olympus Directors after March 1st - No refund.

Fees will not be refunded for players who chose to leave the club early for any reason other than an injury (submitted with a doctor's note).

#### MAINTAINING GOOD GRADES:

We want Olympus to be filled with excellent students and scholarly athletes. Therefore, it is important for the players to manage their time effectively to excel academically and athletically. This is critical to be recruited to top level colleges or universities. Time management is a critical skill for any student athlete, but especially for those who play club volleyball. Please plan ahead to ensure that school assignments are completed in advance of actual due date. Missing practice to complete assignments/study because you failed to plan ahead will result in reduced playing time. Getting home late from a weekend tournament does not excuse you from school the following day. Get your homework done on the weekends and get rest at the hotels.

#### TEAM MANAGER:

Essential to any successful club and/or high school season is having a great Team Manager. One team manager is required for every team. Listed below are some of the expectations/responsibilities for our Olympus Team Managers. If you are interested in being a Team Manager or wish to help in some other organizational capacity, please contact your coach (or club Coordinator) as soon as possible.

##### **Responsibilities of Team Manager:**

1. Acts as a liaison between the club Coordinator and the parents. Communicates regularly of changes in practice times, tournament information, schedules changes, and any other information that needs to be distributed to the team.
2. Attends Team Manager meetings and communicates any information presented at the meetings back to the parents.
3. Assists in distribution of team uniforms and apparel.
4. Works with tournament coordinator to assist with food pickup, snack preparation or money distribution to players if food is not allowed in venues.

"It isn't hard to be good from time to time in sports.  
What is tough, is being good every day"

Willie Mays



5. Coordinates (assigns responsibility) for the food list at tournaments.
6. Assists with coordinating two team bonding activities along with team decisions on hair bows, social activities, etc.
7. Regularly attends practices and tournaments to be available to the players and team if needed. Is the immediate to go to person for questions from the players and parents.
8. Is available to the team during tournament emergencies, such as injuries.
9. Encourages the players and keeps up the Olympus spirit!

#### TRAVEL AND TOURNAMENT POLICIES:

Everyone (except local teams) will take at least one overnight trip with their team during the season. Players will abide by the rules and curfews outlined by their individual coach and the club rules outlined below.

1. The coach will determine the departure time when traveling to a tournament. They will also establish the meeting time(s) for the team at the hotel and at the gym. This information will be communicated to the Team Coordinator who will share with the Team Managers.
2. Transportation to and from all practices, club-sponsored clinics, and tournaments is the responsibility of the parents. An athlete may not drive to or from an out of town tournament without permission from the individual coach (after speaking with the parents).
3. Bring ALL jerseys and spandex, kneepads, socks, shoes, large water bottle or jug to each day of the tournament.
4. While at the tournaments, players will travel in pairs (at a minimum) when walking outside of the facility. There shall be no display of disrespect toward any club coach, athlete, parent, chaperone, or hotel guest/employee.
6. Boys/Men are not permitted alone in the room with a non family member player at any time. Violation of this policy can result in immediate expulsion from Olympus and the athlete being sent home immediately.

Membership in SRVA: All players and coaches must register as part of the Southern Region Volleyball Association (SRVA) - which is under the direction of the USA Volleyball national organization.

#### REMEMBER WHO YOU ARE:

Remember that at every practice and tournament, you are representing yourself, your family, your coach, your teammates and the Olympus name. Olympus will be known for our sportsmanship, respect for authority, and Christian values. Players and parents who argue with officials do not represent our club positively. It is also important to note that one never knows when a college recruiter is watching. Therefore it is important to display respect and proper behavior at all times. College coaches watch for more than just how a player plays the game. Coaches watch how a player (and their parents) interact with everyone involved in the sport.

“Its not the will to win that matters—everyone has that. Its the will to prepare to win that matters.”

Paul “Bear” Bryant



#### PLAYING TIME (Policies & Conflict Resolution):

It is important to know in advance that a player's club fees pay for training and not for playing time. Playing time has never been, nor will it ever be, equal. Olympus coaches are encouraged to submit the line-up that they believe will give the team the greatest chance of success. All players earn their playing time by attending all practices, demonstrating hard work, a great attitude, and volleyball/skill performance. If a player does not accept this policy, then that player can not be a Olympus player.

#### ROLE ACCEPTANCE:

Whether you are a starter or a substitute, all players and parents are expected to put the team success above their own individual glory. Legendary UCLA basketball coach, John Wooden once said, "It's amazing what you can accomplish when no one cares who gets the credit." Additionally, players are expected to perform certain roles while on the bench – e.g. cheer, take statistics, encourage others – these roles contribute greatly to team success.

Parents should NEVER:

- engage in "coaching" from the sidelines
- come onto the court for any reason during competition
- criticize players/coaches/officials verbally during a match
- approach a coach regarding playing time/team issues/etc - until 24hrs after a match. A player or parent is permitted to contact the coach after the 24 hour rule has expired to discuss concerns.

#### CONCERNS REGARDING PLAYING TIME:

If it is the player's belief that he/she is not receiving the appropriate amount of playing time, the player should make the first effort to discuss these concerns with their coach. Since the coach sees each player at practice on a weekly basis, they may have a different perspective than parents. Parents and players should always remember that all playing time is earned.

#### STEPS TO RESOLVE CONFLICT:

1. Follow the 24hr rule. Let everyone calm down before discussing anything.
2. The player must be the first to request a meeting with the coach. Parents of younger players (13 & under teams) may request the meeting in lieu of the player.
3. If conflict is still unresolved, parents may ask for a meeting with parent, player and coach to discuss the issue further. Players must be present at this meeting.
4. If still unresolved, the parent will ask for a meeting with themselves, the player, the coach and a Club Director. The decision of the Club Director at this point is final.

**"Never give up! Failure and rejection are only the first step to succeeding."**

Jim Valvano



## PARENT & PLAYER COMMITMENTS:

### Players Commitment

1. We commit to participate in all practices and play in the tournaments for which the team has signed up.
2. We commit to putting the interests of our team before our own interests.
3. We commit to working hard and having enthusiasm for everything we do.
4. We commit to displaying a Christian-like attitude both on and off the court.
5. We commit to learning from our coaches and respecting those in authority.

## ATTENDANCE POLICY:

All practices are required. If you will miss a practice, you must notify your coach in advance of practice. If possible, 24hrs notice or more is expected. While the top teams (1s teams & Elite teams) are prohibited from playing other sports, other players are allowed to play multiple sports during the Olympus season. Any multi-sport athlete should communicate tournament dates, practice times and other conflicts in advance with their Olympus coach. Players will be held to the same standard of a non-multi sport player. Choosing to attend school-sponsored events or the other sports's practice/tournament over Olympus practice or tournaments will result in losing playing time at future tournaments. This means that Olympus is the priority over the other sport.

Attendance at all tournaments is MANDATORY.

Players are allowed to miss up to 3 excused practices during the season without incurring the club-mandated restriction on playing time. Players are always allowed to "make up" their missed practice with another team if they notify their own coach and the coach whose practice they will be attending in advance. On the 4th missed practice without makeup, the coach will reduce playing time at the next tournament since skipping team practices and/or tournaments does not signify full commitment to the program.

Simply showing up for practice is not enough. We expect our players to be punctual (meaning 10 mins early), ready to work hard, able to openly receive instruction, willing to help shag balls or set up nets, and cooperate with teammates. Players should be warmed up and ready to compete at the start time listed for practice.

Olympus has very standardized practice attire. Olympus attire must be worn for practices and tournaments. A Diva blue Olympus practice shirt and dark colored shorts/spandex are required to be worn at all practices. Players are also required to wear sweat pants and sweat shirts to and from practices and tournaments during the winter season. Players are to warm up in their sweats or jerseys (as outlined by the coach) at both practices and tournaments so we look like a team at all times. Players can wear sweats or Olympus t-shirts in between tournament games or while completing their reffing assignments. There may be pre-approved theme day/night practice that would allow themed attire to be worn instead of Olympus attire. Team bags are to be lined up neatly at practices and behind the team bench at tournaments.

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

John Wooden





## CONDUCT AT PRACTICES & TOURNAMENTS:

Olympus is looking to set the example for sportsmanship, integrity, and quality volleyball. Below is a list of expectations for our players. Please note that all circumstances are not accounted for and in the event of an undue circumstance, the Club Directors will take appropriate action.

1. Conduct "unbecoming of an Olympus player" will not be tolerated at any function. Obviously this covers a wide variety of situations; e.g. not being a team player, getting into fights with teammates, arguing with refs, foul language, rude gestures, etc.
2. No cell phones are allowed to be "ON" in the gym during any practice. At tournaments, cell phones and electronic devices may be used only after your pool play is completed. They should never be used in between games and especially while officiating.
3. Get lots of rest and eat healthy throughout the season. Practices and tournaments are both very demanding and often last all day. Your coach will advise you when to eat from the Tournament Table when that is set up for the team. It is important to stay hydrated at all times especially before coming to practice and throughout tournaments.
4. Only the Team Captain (under the direction of the Head Coach) or the Head Coach may question an official.
5. If any Olympus teams are playing at the same tournament site, teams will be encouraged to watch and cheer for each other.
6. For many tournaments, teams will be responsible for officiating, scorekeeping, and handling lines. We want to referee other games the way we would want to be officiated. This means no headphones or cell phones in use at the table, while calling lines or while being the referee.
7. No team member is permitted to leave a tournament site until all officiating responsibilities are completed. There may be circumstances for local tournaments where the head coach can give you permission to leave early but request must be approved by the coach in advance. All last minute requests will be denied.
8. You are to support your teammates at all times while on the team bench, whether you are currently getting to play or not. If you can't support the team from the bench, you can't support from the court.
9. Parents are to be supportive of the entire team at all times. Parents are not to engage in any behavior in cheering that would reflect negatively on Olympus. Guidelines for parents are no different from players in this regard and consequences for players will result from inappropriate parent conduct.
10. Automatic expulsion from the Club can result for the following offenses:
  - o Use of alcohol, tobacco, or illegal drugs at any Olympus function.
  - o Leaving tournament premises without notifying the Coach.
  - o Having boys in your room (other than relatives).

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe."

Gail Devers





## EXPECTATION OF PARENTS:

At Olympus, our parents are a vital part of our club; their assistance during tournaments and throughout the year is essential to our success. Having parents that can help with transportation, snacks, and chaperoning responsibilities allows our coaches the freedom to focus on teaching volleyball and coaching to win tournaments. We expect a lot from our parents. Here are a few ways in which parents can help contribute to a successful season:

1. Drop off and pick your child up **ON TIME** from practices/tournaments. "On time" at Olympus means 10 minutes early. Your daughter is required to be warmed up and ready to practice at the time listed. Dropping a player off at the appointed time does not leave them enough time to set up the nets, put on shoes, or be ready to start practice. We will end practices on time. Do not be late to pick them up.
2. Please do not distract, coach, or instruct your child during practices or games. The coach needs their undivided attention to get the team to play at a high level. Abide by the 24hr rule with any questions concerning playing time.
3. Communicate with your coach any conflicts of with practices or tournaments **WELL** in advance.
4. Encourage your child. It makes a difference and more than you realize. Everyone is expected to work together. Players, parents, coaches, and administrators to make the season go smoothly.
5. Help provide transportation of players to and from out of town tournaments.
6. You are also representing your player's team and our Club. Be respectful of the opposing team, officials, and locations at where we are playing.
7. Help supervise your child after the coaching staff has released them from team responsibilities. Please do not take them away from "team events" such as eating together, pool time, or recreational outings.
8. Pay your club fees on time (even early). Expenses for the Club are all front-loaded (tournament entry fees, uniforms, etc.) If fees are not paid, your daughter will not be permitted to participate in practices or tournaments and will eventually be dropped from the program.
9. Take photos of your team and submit them to our media team at:  
***info@olympusvolleyballclub.org***
10. Help plan fundraisers and special events.
11. Remember that you are paying for training and all playing time is earned. If there is a question, the player will talk to the coach first. If there is still a concern, the parent and the player can discuss it with the coach together at an appropriate location and time.
12. All Olympus travel teams are encouraged to stay in the same hotels but are required to stay with parents. If the parent is not able to attend, it is the parent's responsibility to find a chaperone for their child and inform the Coach in advance. Coaches will not have players stay with them or transport players to/from tournaments.

**On behalf of the Directors, board members, coaches, and volunteers we wish you the very best this season, both on and off the court.**

**"Winning isn't everything, but wanting to win is."**

Vince Lombardi



*DIRECT IMPACT COACHING™*

*Bringing the best volleyball out of you!™*