

Section 1

I. Overview

A. Omeja Renegades Volleyball Structure

1. Omeja Renegades Volleyball club (ORVC) is a youth volleyball program operated by North Country Region/United States Association of Volleyball members.
2. ORVC is a 501(c)3 nonprofit tax-exempt organization dedicated to the development of youth volleyball programs.
3. ORVC is managed by a board of directors

B. ORVC Philosophy

1. Primary focus on improving each player in the physical, strategic and mental aspects of the sport.
2. Encourage athletes to strive for excellence by making a commitment to mastering the challenges and physical skills of the sport.
3. Emphasis placed on learning the skills of volleyball in developmentally appropriate progressions.
4. Provide players with a dedicated and professional coaching staff that teaches and trains all elements of the game.
5. Coaches demonstrate and model core values that encourage good sportsmanship, teamwork, accountability, self-discipline and work ethic.

C. ORVC Mission

1. Purpose
 - i. To provide an opportunity for athletes in the South Central Minnesota area to learn and develop high-level volleyball skills outside of their Elementary, Junior and High School seasons.
 - ii. To recognize different developmental stages of the youth athlete.
2. Levels of play available to junior athletes
 - i. **Elite Level Program**
 1. Program Goal
 - a. All elite level teams will have the option to participate in the Northern Lights Qualifier and if qualify, have the option to attend the USAV JO National Tournament.
 2. Season Duration
 - a. Dec – April (without National Tournament)
 - b. Dec – July (with National Tournament)
 3. Age Divisions
 - a. The goal is to form an Elite Level team at each age level, 12's-18's. The formation of

Elite Level teams and age classifications is dependent upon talent available at tryouts.

4. Practice
 - a. Two times per week (Monday-Friday), some additional weekend sessions
 - b. Minimum 4 hours per week
5. Competition Level
 - a. High
 - b. Compete in Northern Lights Power League and National Qualifier
 - c. 2-3 Tournaments per month
6. Coaches
 - a. Head and assistant coach for all elite level teams
 - b. Most experienced coaches at this level
7. Travel
 - a. All players are responsible for own transportation to and from events
 - b. Lodging is not included in Player Fee
8. Uniforms
 - a. Distribution in early January
 1. Package includes
 - a. 2 uniform tops
 - b. 1 pair of spandex
 - c. Warm-ups
9. Playing Time
 - a. Competitive – equal playing time not guaranteed
 - b. Starting positions are earned in the practice setting and are based on skill and chemistry
10. Fees
 - a. Fees vary each year based on uniform package, court rental, program changes, equipment costs, etc

ii. **Power Level**

1. Goal
 - a. Focus on player development
 - b. Competition and commitment level falls between club and elite level programs
 - c. Competitions are focused on teamwork and learning more advanced skills, offensive and defensive schemes
2. Season Duration
 - a. January through April

3. Age Divisions
 - a. Power Level teams will be formed at all possible age levels 13-18's dependent upon number of players that tryout and availability of court time.
4. Practice
 - a. Two weekdays per week (dependent upon court availability)
5. Competition
 - a. Beginner to Intermediate level
 - b. 7 – 9 events per season with some travel required
 - c. Majority of events at MSU-Mankato
6. Travel
 - a. All players are responsible for own transportation to and from events
 - b. Lodging is not included in Player Fee
7. Uniforms
 - a. Distribution in early January
 1. Package includes
 - a. 2 uniform tops
 - b. 1 pair of spandex
 - c. Warm-ups
8. Coaches
 - a. Head Coach for all Power level teams
 - b. Assistant coaches are desired but not guaranteed.
9. Playing Time
 - a. Equal playing time is not guaranteed
 - b. Varies with the level of event
 - c. Determined by team coach
10. Fees
 - a. Fees vary each year based on uniform package, court rental, program changes, equipment costs, etc

iii. ***Club Level***

1. Goal
 - a. Learn and develop volleyball skills to excel within the sport of volleyball
 - b. To enhance the beginner or developing player skills
 - c. Coaches provide athletes with quality instruction and training to build all around skill set

- d. Competitions are focused on teamwork, improving each athlete's skill level, and learning the game of volleyball.
 - e. Recreational focus
- 2. Season Duration
 - a. February through April
- 3. Age Divisions
 - a. Club Level teams will be formed at all possible age levels 11-14's dependent upon number of players that tryout and availability of court time.
- 4. Practice
 - a. Two weekdays per week (dependent on court availability)
- 5. Competition
 - a. Beginner & Intermediate level
 - b. 6-8 events, minimal travel required
- 6. Travel
 - a. All players are responsible for own transportation to and from events
 - b. Lodging is not included in Player Fee
- 7. Uniforms
 - a. Distribution in early Februarys
 - 1. Package includes
 - a. 2 uniform tops
 - b. 1 pair of spandex
 - c. Warm-ups
- 8. Coaches
 - a. Head Coach for all club level teams
 - b. Assistant coaches are desired but not guaranteed.
 - c. Parents may be asked to coach club level teams. Team may not be formed at this level if there is not a parent willing to coach.
- 9. Playing Time
 - a. Equal playing time not guaranteed
 - b. Varies with level of event
 - c. Determined by coach
- 10. Fees
 - a. Fees vary each year based on uniform package, court rental, program changes, equipment costs, etc.

D. Administrative Structure of ORVC

1. Board of Directors
 - i. ORVC is an organization governed by a volunteer board of directors and officers
 - ii. Members comprised of volleyball youth sports supporters
 1. Parents
 2. Coaches
 3. Sponsors
 4. Volleyball Enthusiasts
 - iii. Board members are appointed and officers are elected at the Annual Board meeting held in September of each year.
 - iv. Board ideally meets monthly
 - v. Board meetings are open to public
 - vi. Current Board Members – See Appendix A

Section 2

II. INFORMATION MEETING AND CLUB FEES

A. Pre Season Informational Meeting

- a. Prior to each tryout ORVC hold an informational meeting to allow interested players and parents to ask questions about ORVC and learn more about the program.
- b. Date, time and location of meeting will be published:
 - i. ORVC tryout flyer
 - ii. ORVC website: www.omejavolleyball.com

B. Parents and Players Meeting

- a. Held after tryouts and before first practice
- b. Date, time and location announced at tryouts
- c. Consists of 15-20 minute question and answer session with ORVC staff and 20-30 minute meeting with parents, players and coaches.

C. Participation Fees

- a. Participation fees are based upon a season program developed by the planning committee and adopted by the ORVC board.
- b. Participation fees are all inclusive and cover:
 - i. Court rental
 - ii. Uniform
 - iii. Event registration
 - iv. Player, coach, chaperone and team registration
 - v. Coaching stipends
 - vi. Equipment
 - vii. Miscellaneous supplies & Administrative fees
- c. Participation fees will be available at the information meeting and posted on the ORVC website: www.omejavolleyball.com

Section 3

III. TRYOUTS AND PLAYER SELECTION

A. Age Policy

a. **The North Country Region (NCR) and USAV rules establish Age Divisions.**

- i. Age divisions are based on an athlete's age on September 1st of the fall of the tryout year.

b. **Age Requirements for Elite, Power and Club teams**

i. For all level teams

1. All athletes must tryout for their designated age division.

- i. Athletes may tryout for a higher age level if they are invited to do so.

- ii. Based on the results of tryouts, Elite, Power and Club level teams may be formed at the following age designations:

- a. 11's
 - b. 12's
 - c. 13's
 - d. 14's
 - e. 15's
 - f. 16's
 - g. 17's
 - h. 18's

ii. For Elite Level teams only

1. Elite teams will be filled by age group

- i. Players may play up if the Club Director, ORVC coaches and player's family agree it is best.

- ii. Players selected to "play up" if they will be among top players on the older team and/or they possess a great deal more skill and ability than those in the respective peer group.

- iii. 9 Elite level players must commit to play the entire season in order to form an elite level team – no exceptions.

B. Tryout Process

- a. All players will go to registration table upon arrival

b. **At Registration** players will:

- i. Fill out all necessary forms
- ii. Receive a tryout name tag with their name and number on it
- iii. Receive directions for uniform sizing
- iv. Receive directions for which court to report to after sizing

- c. **After Registration** players will be fitted for uniforms

- i. Locker room or large bathroom staffed by ORVC to help out
 - ii. Player reports sizes to uniform table for recording
 - iii. Players can not start tryouts until sized
- d. **After Uniform Fitting** players do a brief warm up and begin physical testing stations
 - i. Height, reach, block, approach and agility
 - ii. Measurements recorded on players individual card
- e. **After Individual Physical Testing Completed** players turn in cards to data collection table and then report to designated court to begin volleyball warm up.
- f. **After ALL Physical Testing Completed** a short information and explanation of tryout process takes place.
 - i. Welcome
 - ii. Club History
 - iii. What you get for your money
 - iv. Program Summary – Practice & Competitions
 - v. Expectations of Commitment regardless of team level
 - 1. ORVC expects players to balance personal lives in order to be at all practice sessions and competitions.
 - 2. Known conflicts to be brought to the attention of the coaches as soon as possible.
 - vi. Tryout Process
 - 1. Goal to have teams formed by end of day
 - 2. Explanation and Demonstration of drills
 - 3. Explanation of Selection Process
 - i. Attempt to place players on teams that best suit their skill level for optimal learning environment.
 - ii. If player selected for Elite team and declines, a place on a lower level team will be offered.
 - iii. Once player accepts an offer for spot on team they are directed to registration table to complete additional paperwork, sign letter of commitment and pay the player fee.
- g. **Once Presentation is Over** (master sheets at each age division completed) players are sent to designated court to begin tryout.
 - i. Coach introductions prior to warm up
 - ii. Selection process begins

C. Schedule of Tryouts

- a. Tryout schedules vary from year to year. Tryout format discussed at the information meeting and will be posted on the ORVC website: www.omejavolleyball.com

D. Player Selection Process

Elite Level Team Selection

- a. Observing coaches work together to select Elite Level players
- b. Elite Head Coach can select an elite level player at anytime during the tryout
 - i. *If player wants to commit to the Elite Team* she must go to registration table with her parents, sign the Letter of Commitment, complete registration forms and pay the player fee.
 - ii. *If player does not want to commit to the Elite Team*, the player will be placed on a Power or Club level team. Coaches need to stress to both player and parents the club's interest in placing players at the appropriate skill level. If player chooses a lower level they may not be getting the best possible experience.
 - iii. *If player wants to commit to Power or Club Level team* she must go to registration table with her parents, sign a Letter of Commitment, complete registration forms and pay the player fee.

Power and Club Level Team Selection

1. Any player not selected for the Elite Level team will placed on a Gold or Club team, space permitting.
2. "Cutting" will take place if there are not enough players to field a team or there are too many players per number of coaches or courts available.
3. *If player wants to commit to a Gold or Club Level team* she must go to the registration table with her parents, sign Letter of Commitment, complete registration forms and pay the player fee.
4. *If player does not want to commit to a Gold or Club Level team* the player will not be placed on a team.

If a player does not sign the Letter of Commitment on day of tryouts they are not considered on the team and will be replaced by an alternate.

Section 4

IV. PLAYER, PARENT AND COACH RESPONSIBILITIES

A. Player Fees

- a. All fees must be paid on time according to the timeline set by the Executive Committee of the ORVC
- b. Consequences of no payment or late payment

- i. Players will not be allowed to practice until payment is made
 - ii. Player will not be allowed to play in competition until payment is made
- B. Rules and Scoring
 - a. Rules and Scoring Clinic – Attendance is mandatory
 - i. All players and coaches must attend a rule/score clinic held at the beginning of the ORVC season at MSU-Mankato.
 - ii. If player or coach cannot attend this clinic they must make their own arrangements to attend an alternative clinic.
 - iii. Dates and locations of alternate clinics found at NCR website: www.ncrusav.org
 - iv. If player does not attend a clinic she will not be allowed to practice or play.
 - b. All players are required to keep score and officiate at all matches.
- C. Transportation
 - a. Transportation to all practices and events is the responsibility of the player and her parents. Car pools are encouraged.

Section 5

V. PRACTICES

- A. Practice Gear – appropriate attire for physical activity and indoor court shoes
- B. Player Etiquette
 - a. Players are expected to come to practice prepared and ready for physical activity.
 - b. Players are required to bring a personal water bottle to practice and games.
 - c. Players are expected to listen attentively to coaches at all times for instruction and feedback.
 - d. No jewelry in practice or matches
 - e. Players should be at practice 10 minutes early
 - i. To be fully dressed and ready to practice at the designated start time
 - ii. To assist with any set up
 - f. Players are expected to help take down and put away equipment when necessary.
 - g. Players are to be picked up no more than 15 minutes after scheduled end time of each practice.
- C. Missing Practice Policy
 - a. *Players must call their coach at least one hour before practice to notify them of absence.*
 - i. To emphasize player responsibility, parents are not to call on their child's behalf.

- b. If player cannot reach their coach they may call Club Director, Lori Wollmuth at 507-389-5339 to leave a message. The following information should be provided:
 - i. Time called
 - ii. Player name
 - iii. Reason for absence
 - c. Athletes who skip practice are missing valuable information and training time. Playing time may potentially be decreased.
 - i. See Section 7 for proper absence reporting procedure
- D. Cancellation of Practices
 - a. Poor weather and/or road conditions may cause the cancellation of ORVC practice.
 - b. Cancellation notice will be displayed on the main page of the ORVC website: www.omejavolleyball.com. A phone tree is also suggested for each team for such occasions.
 - c. Player and parents are to make their own decision and judgment on road conditions. If they decide the roads are unsafe and they will not be attending practice they are to follow the missed practice policy.
- E. Practice Schedules
 - a. Practice Schedules are different for each team. A team practice handout will be distributed at the team information meeting.
 - b. Practice schedules are also posted on the ORVC website: www.omejavolleyball.com
 - c. Skills Session and Mini-Camps
 - i. If gym space and staff can be scheduled, Skills Sessions and Mini-Camps will be offered in December and occasionally throughout the season to ORVC players.
 - 1. The Skill Sessions and Mini-Camps may be an additional cost

Section 6

VI. TOURNAMENTS

- A. Tournament Schedules
 - a. A tentative tournament schedule will be available at the team information meeting. Players and parents must be prepared to have tournament dates change or added. Players will know 1-2 weeks prior where and when they play.
 - b. For many tournaments the exact schedule is not finalized until the day prior to the event. Approximate information (site and start time) is often posted 3-5 days prior and online.
 - c. It is the responsibility of the team head coach to locate all necessary information and share it with players and parents.

- B. Arriving at Tournament**
 - a. Players are to arrive at competition site and be ready to warm up or officiate at time specified by team coach
- C. Leaving a Tournament**
 - a. Players may leave a tournament only after all officiating duties are assigned or completed and team coach grants permission.
 - b. Players will clean up the team “camp” site prior to leaving
- D. Adding an Event**
 - a. ORVC supports any team that wants to participate in additional events.
 - b. The following must be completed prior to adding an event:
 - i. At least one coach agrees to be available for the event and any necessary additional practices
 - ii. If necessary, acceptable chaperones commit to the entire trip
 - iii. At least 8 players in correct positions want to add the event
 - iv. ORVC management will send a letter to each player’s family outlining the trip, additional costs and practice schedule. Each family will either approve or disapprove letter and return to ORVC management. At least 8 players of proper position must have approval before event is added. (Only ORVC management will see the letter)
 - v. Additional cost of the event is based on actual cost of event, coach’s travel expenses involved and cost of gym rental if applicable. Firm costs are included in the letter sent to parents for approval/disapproval.

Section 7

VII. CONFLICTS

- A. Missing an Event**
 - a. Players must notify their team coach about known conflicts as soon as possible
 - b. Examples of excused absences include:
 - i. Religious obligations such as Mass, Sunday School, Confirmation, retreats
 - ii. Family celebrations such as weddings, baptisms, reunions, etc
 - iii. School obligations such as band and theater
 - c. Examples of unexcused absences include:
 - i. Forgetting/Skipping
 - ii. Homework
 - iii. Babysitting
 - iv. Job

APPENDIX A

2011-2012 Officers & Board of Directors

Officers

Co-President – Lori Rittenhouse-Wollmuth

Co-President – Kelly Fallon

Vice President – Fred Taylor

Board Members

Ashley Petak

Christie Satre

Beverly Gruenzner

Emily Foster

APPENDIX B

CONFLICTS AND MISSED EVENTS FORM

Player Name	
Team Name	
Date of Conflict	
Event Missed	
Reason of Absence	
Date	Submitted By:
Date	Approved By: