

OMEJA

RENEGADES

VOLLEYBALL

CLUB

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PROGRAM OVERVIEW

Omeja means “mastery”: the ability to display and demonstrate proficiency in the skills & knowledge of the game of volleyball.

The purpose of the Omeja Renegades Volleyball Club is to provide an opportunity for athletes in the Southern Minnesota area to learn and develop high level volleyball skills outside of their Junior and High School seasons. The Omeja program places a priority on the development and improvement of each player individually. Our goal is to advance the technical and strategic elements of volleyball through progressional training methods, challenging practices and participation in high-level competition. ORVC employs a professional, knowledgeable and experienced staff that teaches and trains all elements of the game.

The ORVC program is designed and operated based on careful consideration to meet the needs of young athletes. The primary focus is on improving each player in the physical, strategic and mental aspects of the sport. We encourage athletes to strive for excellence by making a commitment to mastering the challenges and physical skills of the sport. We emphasize learning these skills of volleyball in developmentally appropriate progressions versus an immediate emphasis on performance in competitive contests. Both practices and contests are viewed as learning opportunities.

A cornerstone of the ORVC program is based on the “Athletes First, Winning Second” mentality. Every action adults (administrator, coach or parent) take should be based first on what is best for the player, and second on what improves the team’s chances of winning. This is not to say that Omeja sees winning as unimportant, but rather that winning should take a back seat to what is in the best interest of the participants. Omeja players should have the right to play as an adolescent and not as an adult. The long-term objectives of facilitating the physical, psychological and social development of an athlete should not be compromised for the short-term goal of winning a contest.

Playing Time Policy: All ORVC teams are to some degree developmental. That is, they exist for the personal and athletic growth of its members. Omeja recognizes that participation in competition is one component of development.

The ORVC coaching staff shares the responsibility to develop an on-court role for each player that lends to the competitive success of the team. They will work tirelessly to ensure all ORVC teams are competing at their best utilizing all talents.

Of course, the nature of volleyball dictates that not all players get equal playing time. Some players may play more than others simply because of the positions they play. Coaches must weigh a myriad of items when making playing time decisions. For instance, coaches must consider a player’s attendance, adherence to club policies, keep in mind any trends currently operating within the team and evaluate how the team personnel might match up best versus that of the opponent.

Playing Up Policy: It is imperative to a successful club program that a consistent systematic process is in place regarding moving players up one or more age divisions. It is practically a guarantee that a parent or player trying out will ask to be placed on an older age division. Reasons include the player being a member of an older team for the High School season, past experience with a previous club, carpool convenience and misconceptions about the abilities of a player.

Regardless, importance is placed on dealing with the matter directly and in a respectful manner. Players may play up if the Club Director, ORVC coaches and player’s family agree it is best. Players will only be selected to “play up” if they will be among the top players on the older team and/or they possess a great deal more skill and ability than those in the respective peer group.

EXPECTATIONS

All Players, Parents and Coaches are expected to represent the ORVC in a positive manner being respectful to all participants, teammates, officials & spectators.

Coaches: The ORVC expects its coaches to conduct high level, organized practices designed to improve all aspects of the game of volleyball. The coaching staff is responsible for developing an on-court role for each player that lends to the competitive success of the team.

Apart from competitions each coach is expected to maintain communication with parents concerning practice times, tournaments, and special events. They are also expected to provide atmosphere where players and parents feel comfortable approaching them with questions, comments or concerns.

Parents: Parents play an important role in the ORVC Program. They provide the emotional, motivational and financial support for each player. The ORVC expects parents to be respectful of all players, coaches and members of the team. Please be mindful of all comments made in the stands, restroom, car and at home.

A negative comment or misconstrued statement has a large impact on players and often embarrasses those on the team.

Players: ORVC players are expected to be respectful to teammates, coaches, parents and officials. They should be prepared for practice (knee pads, ankle braces, etc), dressed and ready at the start time of each practice. The gym facilities are available for a short period and we need to maximize this time. At each practice and competition they are expected to give full effort.

If an injury or problem does occur, the player is expected to have direct communication with the team coach.

It is also expected and required for players to follow the Missed Practice Policy. It is important for team coaches to know, in advance, of a scheduling conflict to properly plan practice.

Missed Practice/Event Policy: All ORVC practices are mandatory. The ORVC program supports active students and multi-sport athletes. ORVC does not penalize for school activity related absences (game, choir, band, debate, etc). Please inform the team coach as soon as possible using the "Missed Event Form" (found online at www.omejavolleyball.com) if a player is going to miss a practice or a competition. This allows for proper planning and adjustments.

Attendance is taken at each practice session. Should a player continually fail or "forget" to inform the team coach that she will miss playing time may be sacrificed. All unexcused absences will be dealt with at the discretion of the team coach. A commitment to the ORVC program is required from day one. Please do not abuse or take advantage of the program's policy and support of extracurricular activities.

In the case of a sudden illness or emergency please contact the team coach by phone at the earliest convenience.

Practice Cancellation: Part of the enjoyment of living in Minnesota is the wonderfully unpredictable weather. Every Club season there is at least one practice cancelled due to in-climate weather. All cancellations will be indicated on the Omeja Renegades Volleyball Club website: www.omejavolleyball.com. Every attempt is made to find a make-up session, but it is not guaranteed.

SEASON DETAILS

Player Fee Payment Plan:

Each player's parent/guardian is required to sign a Player Fee Contract selecting from the offered installment plans. Please refer to the Contract for specific details and dates. All checks are made payable to: Omeja Volleyball Club.

Fundraising

All ORVC players are encouraged to participate in one or both of the below fundraising opportunities. Both the Butter Braid and Poinsettia fundraisers intent is to assist players in offsetting the cost of their individual player fee. Any money raised over that amount will be placed in the ORVC general fund.

Throughout the year players and parents will also be asked to participate in ORVC fundraisers. These events are important in keeping player fees down and assisting with the purchase of new equipment and paying for team costs that are not covered by the player fee.

Butter Braids: An order form will be distributed at tryouts. The Butter Braids are priced at \$11. For each Braid sold, the player takes home \$3.

Poinsettias: An order form will be distributed at tryouts. The Poinsettias are priced at \$15. For each Poinsettia sold, the player takes home \$6.

Both Fundraising order forms are due by **November 30th**. Order forms can be turned in at practice or mailed to: Ashley Petak, 135 Myers Field House, Mankato, MN 56001.

All checks should be made payable to: Omeja Volleyball Club.

Butter Braid and Poinsettia delivery is scheduled for the evening of December 5th at the Taylor Center, MSU Campus. Please pick-up all items between 530-700pm.

Apparel Order - BStark

A team and family apparel order will be placed through BStark, Mankato. Please consult the handout and/or website for details. Questions? Contact Christie Satre by email at: satre@hickorytech.net.

ORVC Website:

Updates, practice cancellations, schedules and general information can be found online at:

WWW.OMEJAVOLLEYBALL.COM