



Mountain RAGE Volleyball Club (MRVC) Policies Manual

Version 2016.2

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1 Introduction

The Mountain RAGE Volleyball Club (MRVC) is established within the Ohio Valley Region (OVR) of the USA Volleyball Association (USAV). The USAV is the governing body advancing the growth of volleyball in the United States. The OVR is the largest region in the country with over 1,600 teams and over 20,000 members. The OVR hosts a wide variety of tournaments, clinics, camps, and other events through which its members find challenge, growth as players and officials, and just plain fun.

This document contains the services and regulations of the MRVC and therefore should be read by all prospective members and parents. This publication is limited to the MRVC and is a supplement to the USAV and OVR volleyball program rules and regulations.

The MRVC is a private organization that offers girls, ages 10 to 18, the opportunity to play post-scholastic volleyball in a safe and fun environment. The goal of the MRVC is to build on existing skills while teaching sportsmanship and leadership. In doing so, we will strive to field teams that are competitive in every tournament entered.

2 Organization

The MRVC is managed by a governing Board consisting of three elected Officers and a single appointed parent representative from each MRVC team. The roles of the Officers and Parent Representatives are as follows:

Club Director / Board Chair

The Club Director, who will also serve as the Board Chairperson, is responsible for the day to day management of Club activities. Responsibilities of the Club Director include:

- Ensure that the MRVC policies are consistently applied to all Club activities;
- Recruit and manage coaches;
- Develop and present an annual operating budget and structure of club fees to the board;
- Represent the MRVC in all USAV/OVR relationships;
- Commit financial resources as outlined in the approved annual operating budget;
- Engage the MRVC Board in other decision making situations as required.

Secretary / Board Member

The Club Secretary, who will also serve as a Board Member, is responsible for the keeping of club records in compliance with MRVC and USAV/OVR policies. Responsibilities of the Club Secretary include:



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- Ensure that all players have completed required forms and authorizations; for the upcoming season, this includes:
 - MRVC Player Contract (signed paper)
 - USAV Juniors Medical Release Form (signed paper)
 - USAV Junior Membership Registration (online with fee paid to USAV)
 - Ensure that all adult members (coaches, chaperones, and administrators) have completed required forms and authorizations; for the upcoming season, this includes:
 - USAV Adult Membership Registration (online with fee paid to USAV)
 - Proof of Adult Background Check Application (online with fee to USAV)
 - Record minutes of formal Board meetings;
 - Serve as the interim Club Director / Board Chair in the event the Club Director is incapable of performing duties.

Treasurer / Board Member

The Club Treasurer, who will also serve as a Board Member, is responsible for the oversight of MRVC finances. Responsibilities of the Club Treasurer include:

- Review and recommend the annual operating budget presented by the Club Director;
- Issue payments for club expenses;
- Collect fees and make bank account deposits as necessary;
- Oversee incidental club expenses incurred by the Club Director;
- Monitor MRVC bank account balances to ensure availability of finances.

Parent Representatives / Board Members (1 per team)

The Parent Representatives, who will also serve as Board Members, will be the voice of MRVC membership at large. Parent Representatives are selected and invited to participate in this capacity by the Club Director. This is not an elected position. Responsibilities of a Parent Representative include:

- Participate in all MRVC Board meetings and formal communications;
- Represent ideas, issues, and concerns of their team to the Board;
- Assist coaches in the coordination of the travel activities of their team;
- Act as a team point of contact for MRVC fundraising.

In addition to these Board Members, the Head Coach of each team will be invited to participate in an advisory capacity to the MRVC Board.



The MRVC Board will only have two planned meetings, but will meet as necessary throughout the season. At a minimum, the MRVC board will meet after the annual organizational meeting and at the close of the season.

3 Protecting Scholastic Eligibility

The MRVC will not violate or condone the violation of any provision of the West Virginia Secondary Schools Athletic Commission (WVSSAC) rules governing scholastic participation. Any perceived violations or concerns should be reported immediately to the Club Director.

4 Participation in Other Sports

School sports and activities are an integral part of the scholastic experience and MRVC will make every effort to schedule events around some of these other activities. However, it is recommended that if a player expects to miss more than 5 practices or more than 2 tournaments, those families reconsider participation in our program. Missing such a significant amount of time does not make it cost effective for families and makes it very difficult to build team chemistry and team cohesion at a competitive level. Being on a team requires dedication on the part of the player for that team to be a success. This means that missed practices could result in forfeiture of playing time. Player selection will consider non-club sports and activities during the team selection process.

5 Player Selection

Players will be evaluated during tryouts each season. Each player must come to the tryouts ready to compete for a position on one of our teams. A player who cannot participate in a scheduled tryout because of an injury, illness, or other reasons should talk to the Club Director prior to the start of the tryout period to determine if another tryout time can be arranged. Players should never assume that because they were on a previous MRVC team that they will automatically be on a future team.

Unless otherwise advised during the invitation process, player selections will be club selections. The MRVC reserves the right to make player/team adjustments prior to the start of the club season.

Players that have not participated in open tryouts and later wish to join the MRVC will be evaluated based upon the needs of the club. Requests to join the MRVC after open tryouts will be evaluated by the MRVC coaches and, if necessary, the Board. Any player accepted through this process will be immediately responsible for payment of club fees. It will be at



the Board's discretion whether or not to prorate these fees based upon tournaments already missed.

6 MRVC Club Fees

The USAV membership portion of player, coach, and administrator fees (\$62) will be paid directly to USAV by each member. This fee is payable online at the time of USAV Membership Registration and is not considered part of the MRVC Club Fee.

The MRVC will announce the club's fee structure prior to seasonal tryouts in November. Fees are subject to change as the tryout process evolves due to the total number of athletes in the Club and the number of teams formed. Every effort is made to keep costs down, however certain club costs must always be distributed among all teams and players.

50% of the annual club fee will be due at the time of team formation with the remainder due before practices begin in January. Players accepting a position in the club and paying their 50% club fee will not be reimbursed if they decide not to continue with the Club in January.

Members that are not current with payments as of the dates specified will not be permitted to participate in any MRVC activities (tournaments or practice) until their account is made current. Fee payments can be made using two methods.

1. Fees can be mailed to the following address on or before the due date.
Mountain Rage Volleyball Club
21 Long Meadow Drive - Bridgeport, WV 26330
2. Members can use our secure payment system online via PayPal. Members choosing this option will have an additional 2.5% added to their payment to cover the processing fee charged by PayPal.

Refunds of club fees will be made to players who cannot finish the MRVC season due to an injury directly related to Club participation. No refund request will be considered without a written note from your doctor. Refunds will be based on the total paid to the club and a prorated amount reflective of practices and tournaments to the date of injury. A written request for refund and the doctor's note should be given to the Club Director - not the Coach.

Other refund requests must be submitted to the Club Director in writing for special consideration. Only exceptional situations beyond the control of the player and parent requesting the refund will be considered. The refund, if granted, may be full or partial based on the discretion of the MRVC Board.



7 Rules and Regulations

a. General Rules

- i. All practices, tournaments, and other sanctioned club activities will be supervised by an adult member of the USAV who has also accomplished the required USAV Background Screening.
- ii. In addition to the adult supervisor described above, at least one other adult will be present for all practices and club activities. This is a safety consideration. The second adult may be a non-member parent that remains present for practices. As such, the adult to child ratio should never be greater than 10 to 1.
- iii. Any player willfully damaging equipment owned by the MRVC, or any facility used by the Club during practices, tournaments or other functions, or at lodging facilities will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the player may be dismissed from the Club.
- iv. While representing the MRVC, all players are expected to behave in a responsible manner. Determination of what is responsible lies solely with the MRVC.
- v. In case of inclement weather, players will be notified via the MRVC Text/Email alert system.
- vi. Team jerseys are for MRVC club activities and events only. They are not to be worn for other purposes unless authorized to do so by the Coach or Club Director.

b. Practice Rules

- i. Scheduled practice time is the START time and not the arrival time. Plan on arriving at least 10 minutes prior to the start of each practice. There may be a consequence for arriving late to practice and competitions.
- ii. Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. This is to ensure that the shoes last longer and our facility surfaces remain clean and safe.
- iii. Horseplay by players or coaches at practice or tournaments is strictly prohibited.
- iv. All players are expected to make every effort to attend every practice. If you miss school that day you will be excused.
- v. If a player cannot be at practice, the player is expected to make and confirm contact with the coach. It is the player's responsibility (not the parent's) to reach the coach before the practice starts.



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- vi. Practices are open to respectful parents. If a parent's presence at any practice becomes a distraction in the eyes of the Coach, then this parent may be asked to leave and not attend practices in the future.

c. Tournament Rules

- i. All players are expected to be in the gym, ready to warm-up, at the scheduled time. This usually means the player needs to arrive at the site 15 minutes prior to the scheduled arrival time. EARLIER IS ALWAYS BETTER.
- ii. Proper conduct is expected for all members of the Club at all times. This includes players, parents, and supporters. This also means treating supporters from other teams, other parents, and officials with respect.
- iii. Players and/or parents are expected to provide transportation to and from tournament sites and practices. A decision to allow another parent to transport your child to an MRVC event is a personal decision and neither encouraged or discouraged by MRVC.
- iv. If a player cannot be at a tournament, the player is expected to make and confirm contact with the coach as soon as the player knows she will be absent. It is the player's responsibility (not the parent's) to reach the coach before the day of the tournament.
- v. Except in cases of true emergency, any player who has an officiating assignment may not leave a tournament before the assignment is completed. Players that leave a tournament without being excused by the coach may be forfeiting their participation in the MRVC and there will be no refund.

8 Uniforms and Protective Gear

The MRVC uniform will consist of a numbered team volleyball jersey, black athletic shorts, black socks, and a team fleece hoodie. Jersey's will remain club property and be used for at least three seasons while the remaining uniform items are provided by, and remain the property of the player.

Volleyball shoes are a part of the uniform, but are not required to be standardized among players. Players will individually select and purchase their own volleyball shoes. Shoes must be clean and safe. Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. Knee pads are required to be worn by all players during all practices and all tournaments. Knee pads must be a solid black or a solid white color. Players may select the brand and style knee pad that they most prefer. Players will individually select and purchase their own ankle protection.



Ankle injuries are one of the most common injuries among volleyball players. A severe ankle injury can end a season or, if severe enough, a career. MRVC strongly encourages players and parents to study this issue and make their own informed decision about whether or not to include ankle protection as a part of their own personal standard equipment.

9 Injuries and Return to Practice after Injury

Volleyball is a physically demanding sport. Over the course of a season, accidents and injuries are inevitable. The MRVC will take every measure to ensure that our players and coaches practice and play in an environment and under conditions that reduce the risk of injury. That said, when a player is injured, the attending coaches and staff will:

1. Provide necessary first aid to stabilize the injury.
2. If the injury is critical;
 - a. Contact emergency medical services (EMS) i.e. call 9-1-1.
 - b. Contact or attempt to make contact with the player's parent or guardian.
 - c. Collect and prepare player's Medical History and Information for EMS.
 - d. A coach or chaperone will accompany the injured player until parent or guardian arrives.
3. If the injury is not critical, but the player is unable to continue without signs of injury;
 - a. Document the circumstances surrounding the player's injury.
 - b. Contact or attempt to make contact with the player's parent or guardian.
4. If the injury is minor, and the player is able to continue without signs of injury;
 - a. Monitor the player for signs of injury.

When a player is unable to continue an event because of an injury, the player will not be permitted to again participate in events (practice or tournaments) until specifically authorized in writing to do so by a parent or guardian. The MRVC strongly encourages parents to seek professional medical evaluations of all injuries or persistent pain. It is not sufficient to assume that if a parent drops their player off at practice that this is their implied authorization to return to practice.

10 Tournaments

Tournaments can last all day. Teams will begin pool play, where they will play each team in their pool with the winning teams advancing to a Gold bracket and other teams advancing to a Silver or Bronze bracket. Most tournaments are best 2 out of 3 games with rally scoring.



Seating is limited in most of the gyms so we recommend that you bring your own chairs. Some players bring pillows and sleeping bags so they can rest between rounds. Arrive early so you can help set up your team area and get ready to warm-up. Except for starting times, most tournaments do not follow a set time schedule. Matches usually begin 10 minutes after the end of the previous match. Many of your tournaments should be over around 4:00 p.m. But to be on the safe side, expect to be there all day.

MRVC teams work all season with the goal of attending and being competitive at the Ohio Valley Region Championships. Teams qualifying (top 50% of their division) to attend OVR Championships will be expected to attend. Any player willfully not attending Championships without the prior knowledge AND CONSENT of the Head Coach WILL NOT BE WELCOMED BACK TO THE MRVC FOR SUBSEQUENT SEASONS.

11 Officiating

Officiating is the shared responsibility of the entire team. All MRVC players are required at times to help with the line judging, scorekeeping, score flipping, and officiating. Each coach will determine a procedure their team will follow for officiating assignments. EVERY PLAYER IS REQUIRED TO STAY UNTIL EXCUSED BY THE COACH. Teams are expected to have at least one OVR certified scorekeeper and one OVR certified second official by the start of post-season play.

12 Playing Time

WE DO NOT GUARANTEE EQUAL PLAYING TIME ON ANY TEAM OR AT ANY EVENT. Playing time is determined by attendance, attitude, effort, performance, the player's potential, the team's needs at the moment, and the team's needs in the future. This decision is left solely to the discretion of the MRVC coach. This coaching decision is not up for debate or question. Players are encouraged to ask what they can improve upon to get more playing time.

13 Grievance Procedure

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. Knowing when to communicate and how to communicate with your child's coach may be a concern for parents at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

At the MRVC, we encourage players to take responsibility for their participation. For this reason we expect the player to talk to the coach first when they have a problem.



When a parent has a problem that is specific to their own child, we also expect them to first talk to their child's coach. However, the coach will not be required to defend his/her thought process or conclusions in the determination of playing time, and it is improper for a parent to request they do so. PARENTS ARE NEVER TO CONFRONT A COACH AT A TOURNAMENT UNLESS A MATTER OF SAFETY IS IDENTIFIED.

Specifically, the procedures to follow if you have concerns about MRVC policies or a coach's actions are, in this order:

1. The player will speak or meet with the coach to discuss the matter.
2. If the matter remains unresolved, or if the player has reasonable concern that speaking to the coach will not resolve the matter, the parent should speak to or meet with the coach. Parents should call the coach on the phone to set a meeting. Meetings are to be at times and locations other than tournaments or during practice. If a coach is approached by a parent during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the Club Director and to walk away from the situation. The recommended time for a parent and/or player to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice.
3. If the matter remains unresolved, or if the parent has reasonable concern that speaking to the coach will not resolve the matter, the parent may speak to the Club Director. In certain situations, MRVC may ask the player to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament.
4. If the problem remains unresolved, the final resolution will be referred to the MRVC Board.

The MRVC will not tolerate aggressive behavior of any parent, coach, or player toward any other parent, coach, player, or official, whether associated with the MRVC or not. Violation of this policy may result in the related player being suspended or expelled from the MRVC without refund.

It is inappropriate for a player or a parent to approach other MRVC members about a problem the player or parent is having with a coach. Asking uninvolved people to take sides in an issue is unfair to those people, the coach, and the Club. For the psychological health of the teams and the Club as a whole, grievances need to be handled between the parties involved and in the proper manner.

If a player or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Club, they are strongly encouraged to suggest the complaining party to take the matter up with either the coach in question or the Club Director as described above.



Please refrain from negative comments around your child and the other players. Young players are vulnerable and if they hear complaining about the coach, the coach's style or MRVC policies, this can have an adverse effect on their performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance procedure of this guide to resolve the matter.

15 Fundraising

Fundraising can be a key part of controlling the cost of participating in the MRVC. Fundraising may occur in a variety of ways including commercial sponsorships, donations, and club/team fundraisers.

Sponsorships are corporate donations of an amount greater than \$100 in exchange for recognition as a Club Sponsor. Donations are gifts made to the MRVC of amounts less than \$100. Sponsorships and donations become part of the MRVC general funds and are used to cover any necessary MRVC club expenses. Fifty percent (50%) of each sponsorship or donation will be used to offset the club fees of the member securing the amount. The maximum offset of any individual's club fees will be 100%.

Club/Team Fundraisers are events organized by either the club or a team to offset the membership costs of the club or team. Fundraisers are ideal methods to pay for additional tournament entry or to offset travel expenses. Fundraisers must be coordinated in advance of the event with the Club Director.



Mountain RAGE Volleyball Club PLAYER CONTRACT

THIS AGREEMENT is made between **Mountain RAGE Volleyball Club (MRVC)** , a licensed Club in the Ohio Valley Region (OVR) of the United States Volleyball Association, (USAV) , and _____, the legal parent/guardian of _____, a junior player (the parent/guardian and the player are collectively referred to as the “Member”).

The Member will:

- 1) abide by USAV rules, regulations, and policies;
- 2) abide by the OVR rules, regulations, and policies;
- 3) abide by the MRVC rules and policies as outlined in the MRVC Policy Manual.

The MRVC will:

- 1) abide by USAV rules, regulations and policies;
- 2) abide by the OVR rules, regulations, and policies;
- 3) provide an environment and opportunities where the Member can grow as a volleyball player and compete in OVR tournaments that allow the Member to demonstrate increased volleyball proficiency.

Prior to first seasonal practice in January, I will pay the required club fees for membership, in full or in part according to the permitted payment plan.

I certify that I am the legal parent/guardian of player, _____, and have the authority to agree and sign this contract and waiver on behalf of the player. I acknowledge that participation in this athletic activity can result in serious injury or death to participants and agree to indemnify, defend and hold harmless the MRVC and the OVR for any and all claims for harm or injuries suffered during participation in MRVC activities, including but not limited to play and practice. I further agree to waive and release the MRVC from any and all demands, claims, actions, lawsuits, liability and damages of any kind arising from participation in the MRVC activities.

Parent/Guardian (print) **Parent/Guardian (sign)** *date*

Player (print) **Player (sign)** *date*

Brian D. Griffith _____
MRVC Club Director (print) **MRVC Club Director (sign)** *date*