



2024/25 LVC Player-Parent Handbook

Welcome to the Lakeside Volleyball Club (LVC), a member club of the Ontario Volleyball Association (OVA) and the Junior Volleyball Association (JVA) in the United States. This handbook has been created as a quick reference tool for our players and parents to have access to during the season and provides information on what to expect as you become an LVC participant. If at any time you need more information or have questions, please contact a club representative by email at info@lakesidevb.com.

The OVA is Ontario’s only Accredited Provincial Volleyball Organization with Volleyball Canada. When you sign a contract to play for LVC for any indoor season, you are signing on to become a member of the OVA. LVC participates in Region 3 in Ontario, which is a broad region stretching through most of Southwestern Ontario. Our goal at LVC is to promote youth athletics - more specifically youth volleyball - in the Halton and Surrounding Regions. Our Mission is to help young athletes become the best they can be by providing them opportunities to learn leadership, sportsmanship, teamwork, and a drive for excellence in life. Our goal is to provide a quality experience at an affordable price.

Registration and Eligibility for 2024/25 Season

The OVA defines age groups for training and competition. The age division breakdowns are as follows:

Chronological Age Class

- 12 & Under Born 2013 or later
 - 13 & Under Born 2012 or later
 - 14 & Under Born 2011 or later
 - 15 & Under Born 2010 or later
 - 16 & Under Born 2009 or later
 - 17 & Under Born 2008 or later
 - 18 & Under Born 2007 or later
- } Play as part of the Early Contact Initiative (ECI) program.

Extended Age Class

- 12 & Under Born between September 1st 2012 and December 31st 2012
 - 13 & Under Born between September 1st 2011 and December 31st 2011
 - 14 & Under Born between September 1st 2010 and December 31st 2010
 - 15 & Under Born between September 1st 2009 and December 31st 2009
 - 16 & Under Born between September 1st 2008 and December 31st 2008
 - 17 & Under Born between September 1st 2007 and December 31st 2007
 - 18 & Under Born between September 1st 2006 and December 31st 2006
- } Are eligible to play in ECI divisions - 4v4, 6v6 or TLS. 15U players can play down; conditions apply.

Playing Restrictions for Athletes Included in the Extended Age Categories

Athletes who are registered in an age category based on the Extended Age Class can only be registered and listed on a team roster for that single age category. They are not permitted to move up or down an age category as an individual. They are permitted to move laterally within the age category that they are registered in, or they can play up an age category if their entire team is playing up.

Example: Linda was born September 5, 2008. She plays for the Girls Blue Spikers who are registered in the 16U age category. Linda is permitted to move laterally within the age category and play for the Red Spikers (who are also registered in the 16U age category). She is not permitted to play on the Super Spikers who play in the 17U age division or the Junior Spikers who play in the 15U age category.

Athletes with birthdates in the Extended Age Class but who are registered with a team based on the Chronological Age Class are not permitted to move down an age category.

Example: Joan was born November 25, 2008. She plays for the Red Vikings who are registered in the 17U age category. Joan is permitted to move laterally within the age category and play for the Purple Vikings and play up on the Gold Vikings who are registered in the 18U age category. She is not permitted to play on the Junior Vikings who are registered in the 16U age category.

OVA AGE GROUPS FOR 2024-25

The OVA insists on changing age group classifications every couple of years. The current age classifications are:

Early Contact Initiative (ECI) Age Groups:

- Players that turn 15 years old on or after September 1st have the option to enter OVA competition in a couple of different streams:
 - o 4v4 (aka 12U): These competitions are played on small courts with low nets. LVC does not offer teams in this stream as it does not teach volleyball in a constructive way. It is more recreation than competition.
 - o 6v6 (aka 13U): Also known as "Triple Ball". Again, this is another form of volleyball that is not helpful in teaching kids the game of volleyball. LVC tends to stay away from this stream, but MAY enter a tournament during the season for extra play/competition.
 - o TLS (aka 14U): TLS stands for "Traditional Limited Specialized", however there is very little that is traditional about the rules for TLS. TLS is the entry point for LVC teams as it is the first stream of OVA volleyball that offers regular competition that resembles regular volleyball (with restrictive rules for the first part of the season).
- Fair play (all kids have to play at least one set in every match) is enforced throughout all competitions for all above age groups. There is no positional play, so all kids play every position.

Remaining Age Group Classifications:

- 15U: Teams can play positional volleyball (specialized position ie. Outside Hitter, Setter, Middle Blocker, etc.) however a libero (defensive specialist) is not permitted. Fair play is only enforced in morning matches; there is no fair play in playoff rounds.
- 16U: Team can play positional volleyball, and a libero can be used. Fair play rule is in effect for Trillium teams only; Championship, Select and Premier Divisions do not have fair play at any time.
- 17U: No restrictions to rules.
- 18U: No restrictions to rules.

Coaching Staff

Part of our mission at LVC is to provide experienced, quality coaches throughout our programs. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality. All coaches will be NCCP certified for all mandatory requirements outlined by the OVA and Volleyball Canada. Coaches will be registered with the OVA as a coach and will have a completed background check and Vulnerable Sector Screening.

WE ARE ALWAYS LOOKING FOR COACHES!!

If you are interested in becoming a head coach and/or assistant coach for one of our teams, please reach out to us. Becoming a Parent coach with LVC offers the following:

- The ability to be a part of your child's growth and development as a volleyball player (although you do not have to be a coach on your child's team specifically. You can coach with another team within the club).
- An opportunity to join an experienced and welcoming coaching staff that prides itself on a "group" approach to coaching. It is very rare that a LVC team has only one coach attend training and/or tournaments. We travel in packs and support one another as much as time permits!
- Financial assistance with National Coaches Certification Program (NCCP) and Volleyball Canada courses.
- Discounts on child's annual fees.

Please contact Steve at info@lakesidevb.com for more information.

Time Commitment

The 2024/25 season runs from October through April. Practices will begin once the tryout window closes, and we have enough accepted offers to run a team at the age group. OVA Tournaments start in early November, with exhibition games or tournaments possible in October. Players are expected to be committed to attend practices and tournaments scheduled by LVC. Training and tournament schedules will be posted on our website (www.lakesidevb.com) and will be updated frequently. Please check the schedule posted on Teamsnap prior to the start of each week for updates to your schedule.

Team Selection

Players will be selected by LVC Directors and coaching staff starting on the date of player selection eligibility. Teams will carry a maximum of 12 players. Depending on the ability and ages of athletes trying out, players may be asked to play up to the next age division, which is permitted. Athletes may also be eligible to play down to a lower age division (certain restrictions apply).

Each LVC team will be classified as National, Regional, Club or Development within their age group:

- "National" - Will train 7-9 hours per week, play all OVA tournaments at their own age group and will play in older age group tournaments (time permitting), will travel to the USA for one or more events.
- "Regional": Will train 7-9 hours per week, play all OVA tournaments at their own age group and will play in older age group tournaments (time permitting), may travel to the USA for one or more events.
- "Club": Will train 4 hours per week, play all OVA tournaments at their own age group as well as 1-2 non-OVA tournaments hosted locally. US tournament play is an option (based on coach availability); costs for all non-OVA tournaments are extra.

NOTE: Extra weekly training time may be available to "Club" teams only if gym space and team coaches are available AND only if warranted.

Teams within each age group MAY NOT train equal number of hours. Training hours are based on team classification. Requests for extra gym time by parents or players that are based on another team(s) training time will be immediately dismissed.

Should a team be granted extra weekly training time and not utilize the time to its full extent ie. a decrease in attendance, etc., the time will be pulled back by the club and no refunds for extra fees will be granted.

Player Movement Between Teams (In-season movement)

There are instances when a player will play for multiple teams during the season. These situations may include a team suffering loss of a player(s) to injury and requiring roster numbers or if a player(s) decide to leave a team early due to various reasons. In these cases, we will have players fill out rosters based on skill, position, and availability.

Player Movement Between Teams – Player Re-alignment Policy

Please refer to our Player Re-alignment Policy.

Team Parent Reps

LVC asks for one parent per team to act as a parent rep for the season to assist the Club Director with:

- Planning team activities.
- Communicating important dates throughout the season.
- Creating and facilitating scorekeeping and lines person duties (when necessary) for tournaments.
- Arranging accommodations for away tournaments (when necessary).
- Organizing community food tables (potlucks) for OVA tournaments (when permitted).

All team rosters and schedules will be managed through each team's Teamsnap page. The parent rep for each team will be able to utilize the platform to manage all of the above for the team. Schedules for tournaments and training will be posted as they become available.

Uniforms and Equipment

Your annual fee covers the cost of team uniforms and equipment. Extra practice tees, Hoodies, track pants, etc. will be available at an extra cost. There will be additional items available to order for family members as well.

We will have a Kit Fitting night for each team in September once all team rosters are set. We may take sizes earlier than September from athletes that are already pre-signed. To be confirmed at a later date. Expectations are that we will have our full club kit by the time the first OVA tournament takes place in November.

NOTE: All players will be required to wear Lakeside gear/kit only at ALL TOURNAMENTS.

Training and Policies

As a member of a team, every player is expected to attend all regular training sessions outlined at the beginning of the year. We expect each player to honour their commitment to their team in every sense of the word. When a player misses training, there are a number of repercussions to consider:

- They are losing valuable touches and learning time, as well as potentially missing new skills/drills being executed in a training session.
- They are letting their teammates down by not providing a full complement of players to run team drills and game situation drills to their full extent.
- A missed session means the team is not moving forward at the same rate which ultimately hinders progression for the entire team.

MISSED TRAINING PROTOCOL:

In the event of a known absence from a practice, please communicate with your coach 24 hours in advance to inform them. If for any reason a player is going to miss a session (unplanned), please provide at least four (4) hours' notice to the coach. If notification is not received in a timely manner, the absence will be considered "unexcused". Unexcused absences may result in loss of playing time in an upcoming tournament (at the coach's discretion).

Acceptable reasons for missing training:

- Prolonged illness or injury
- Family emergency

Not-So-Acceptable reasons to miss training:

- Homework or studying for a test: please make accommodations when you know that a test may conflict with a training session. Missing a session to study, especially immediately after a weekend or holiday, will be considered an unexcused absence.
- School activities/sports: you have made a commitment to your club team and therefore the team should be a priority over school extracurricular activities/sports. If club volleyball is not a priority, please re-consider your decision to join the club for the season.

THINGS TO KEEP IN MIND:

1. Please arrive to training a few minutes prior to the start of each session to ensure you have time to put shoes/knee pads on, as arriving right at the scheduled practice time will take away from time you need to warm up and be ready for on-court activities.
2. Once at training, please try to minimize the amount of time away from the gym for water refills and bathroom breaks where possible. Ideally, you will bring enough water for a two-hour session.
3. Ensure that you take the appropriate time to warm up and cool down to minimize the opportunity for muscle aches and pulls. We allow for warm up and cool down time at each session so being on time and starting training with your teammates is essential.

This is your team. It is your teammates' team. It is not the coach's team. You have limited time to play competitive volleyball at the youth level, so make the most of your time in the training gym and get everything you can from each training session. You will be happy when you complete your season knowing you gave it 100% all of the time.

IN THE CASE OF INJURY:

If an athlete sustains an injury, the athlete is still expected to attend training to observe and keep pace with the rest of the team's training progress. An attendance exception will be granted should the athlete be required to remain home and immobile via doctor's orders or be in the acute phase of the Concussion Protocol.

TRAINING OUTSIDE OF THE REGULAR SCHEDULE:

If LVC plans a practice that falls outside of the regular training days set at the beginning of the season and you cannot attend, your absence will not be counted as an Unexcused Absence. For example, attendance at training will not be considered mandatory during any Statutory Holiday, Winter Break (2 weeks) or March Break (1 week).

TRAINING ATTENDANCE TRACKING:

Each coach tracks attendance for their team. The purpose of tracking attendance is so that we as a club can understand how best to utilize our gyms and ensure that the teams that have the highest overall attendance are offered the opportunity to train with the highest frequency or duration.

- We expect every player to achieve a 90%+ attendance. Our 15U Walezi team averaged a 96% training attendance record in 2023-24. Although this seems like a high attendance rate, this team trained 8 hours/week so players that attended 90% of sessions missed three hours/month on average which is a lot of training time over the course of the season. It is imperative that players attend all sessions throughout the season to keep their team moving forward and learning/growing at the same pace.

Training – Spectators

Spectators are not permitted in the gym during training sessions. Due to the number of kids in the gym at any given time, there is little to no room for spectators to safely view training sessions. In addition to this, over the course of the last three seasons, it has become apparent to us as a club that the players train harder and retain more information when spectators are not present and thus, we will continue to run training sessions as “closed door” training.

Spectator Open Training: At each coach’s discretion, we will offer opportunities for parents/guardians to come into the gym and view a training session at points during the season. During these sessions, we will ensure that there is adequate space provided for spectators to observe training in a safe manner. Dates will be provided well in advance of the open viewing session.

Financial Commitment

Each player is required to pay a participation fee while she participates with LVC. Various factors can affect the cost and there is no guarantee there will not be an increase (before each season or during the season) due to circumstances beyond our control; however, we will do everything in our power to keep this from happening.

Included in your annual fee are facility rentals, cost of equipment, certifications, coaching expenses, OVA tournament fees, Ontario Provincial Championships, Insurance (during training) and partial team kit (one jersey and one warm up shirt, as mentioned above).

NOTE: Fees not included (and may be required during the season) are overnight tournament expenses, US tournaments (unless communicated at the beginning of the season), extra game/tournament play that may be available throughout the season. All additional fees that a player may be subject to will be discussed with each team/player prior to fees being due. An example of this would be a coach wanting to take their team to a tournament in the US – the coach would be required to survey the players on the team to gauge interest and must disclose the potential costs for the unplanned event.

Once you sign your player contract and pay your fee, you are committed for the season with LVC. Should you quit before the season is over, you will not be entitled to any refunds on monies already paid.

Our Fee Schedule is as follows:

Due at signing: \$500 non-refundable deposit

Due on or before September 30th: Up to 50% of the remaining balance of the annual fee.

Due on or before November 30th: the remaining balance of the annual fee.

Failure to make payments on or prior to the above dates will result in the following:

- The player will not be eligible to participate in training or game play until the payment is made in full.
- Should an LVC representative have to send correspondence to chase down a payment, an additional fee of \$25/written communication will apply.

LVC will accept e-transfer, cheque, or cash for payment. E-Transfers can be sent to info@lakesidevb.com .

ANY cheque returned due to insufficient funds will be charged a \$40.00 fee by LVC, in addition to any fees your bank charges you. This fee will be required to be paid prior to participating in any additional practices/games.

A receipt will be provided upon request.

Tournaments

Note: Travel expenses are not included in your annual fee. All travel expenses are the responsibility of each family.

Playing time at tournaments is earned and not always given out equally. Training is where the girls learn and get better. You pay to train, and you earn tournament play time.

Ontario Volleyball Association (OVA) Tournaments

Tournaments typically take place on Saturdays for one-day events, but occasionally happen on Sundays throughout the season as well. Tournaments usually begin at 8 am and run until approximately 5pm. You will be required to arrive 1 hour early to each tournament, unless otherwise informed by your coach.

We encourage each family to sit down and learn the score keeping sheet to become familiar with how to keep score for OVA matches. The OVA has now mandated that an adult representative from each team will run the scoreboard and scoresheet, while the players will now self-line their own matches. Please take a look at a "How To" video on our website: <https://www.lakesidevb.com/parent-resources/>.

ONTARIO CHAMPIONSHIPS: All teams will participate in Ontario Championships (Provincial Championships). Provincial tournaments will be held in Waterloo, Ontario at RIM Park as well as the EY Center in Ottawa, ON. Locations for age groups and divisions for OVA Provincials are posted on the OVA website.

The OVA tournament schedule is now posted on the OVA website. The competitions calendar shows the weekends each age group are playing throughout the season. Tournament division splits and locations to be posted three weeks prior to the start of each event.

Volleyball Canada National Championships

LVC typically does not participate in Nationals UNLESS the team is ranked in the Top 5 in the Province OR Nationals are hosted in Toronto, ON.

We typically do not attend Nationals for a few reasons:

- It is only hosted in Alberta for 15-18U. The last time it was hosted in another Province was in 2013 (Toronto). All other age groups are split into separate tournaments (East, Central, West) so it is not a true Nationals. For example, the Central "Nationals" for 12-14U include teams from Ontario and Quebec only and are hosted in Ottawa, ON most years.
- Unless you are in the top 10 in Ontario after Ontario Championships, you are playing in lesser divisions against weaker opponents and/or against many other Ontario teams that you have already played all year and/or at Provincial Championships.
- The cost of travelling for Nationals is very expensive for a three-day tournament (flights, hotel, rental car, etc.).

Our preference would be to take our teams to a larger US tournament in place of Nationals, where families can drive to the event and play teams from all over the US (and only a few from Ontario). The cost to do a large US tournament (typically 600 - 900 teams across all age groups) in Michigan, Ohio or New York is a fraction of the cost of Nationals, is typically better competition and has all of the same "fanfare" as Canadian Nationals. We have done this in previous years and teams love to do a US tournament in place of Nationals. We will consider this option for all teams.

Hosting Tournaments

In a typical season, LVC looks to host a number of OVA tournaments to minimize travel for our parents to remote locations during the winter months (our region stretches from Barrie to Windsor to Niagara). As such, there is a lot of work that goes in to hosting a tournament for the OVA, from setting up the courts, spectator chairs and tournament tracking sheets to running the actual tournament on tournament day.

At the conclusion of each tournament that we host, everything that was put in place to run the tournament must be taken down and put away. It is the expectation of the club that every player and their parents are available at the end of the tournament to help tear down and clean up the facility. Should a player and/or family fail to stay and assist in the cleanup at the end of the tournament, the coach may follow the same Unexcused Absence Policy protocol for missed practices/games which may impact the players participation in future practices and/or games.

US Tournaments

NOTE: Not all teams will travel to the US in a season. Travel to the US will be based on each team's classification (National, Regional or Club) which is determined before the season begins.

For tournaments in the US, these are typically two-day tournaments on the Saturday and Sunday. Occasionally, we may enter a three-day tournament should the event run on a holiday weekend.

Tournaments usually begin around 8 am and run until approximately 5 pm. You will be required to arrive 1 hour early to each tournament, unless otherwise advised by your coach. If we are asked to work the first game instead of play, you will be required to be there 30-45 minutes early. (In the US, players, not parents, are required to score and work lines as well as provide a down ref when we are designated as a "work" team for any match.)

Please plan travel time accordingly! It is the responsibility of the tournament site to post all of this information, and it usually is not made available until Wednesday prior to the tournament. An email will also be sent to each player/parent with all tournament times and locations and addresses. If there is a major conflict with a scheduled tournament and you absolutely are unable to attend (not having a ride is not an excuse for missing a tournament), please let the coach/director know AS SOON as you realize there is a scheduling problem. LVC is not responsible for any transportation to or from any tournaments; however, we will work with you in the event that a player is without a ride.

There are situations at US tournaments where, in elimination play on the last day of the tournament, the losing team must work the next match even though they have been eliminated for the tournament. In these situations, it is mandatory that we stay and work. No exceptions. Should we miss any work assignment at a tournament, we risk the possibility of not being accepted to participate in any future JVA/AAU tournament. It is imperative that ALL players are available to work. If a player is not working the match, they are expected to stay and support the rest of the team as they work the match.

To reiterate, whether we are hosting a tournament that requires tear down after tournament completion or attending local or US tournaments and are scheduled to be the working team after we are eliminated from competition, all athletes and their families are required to be in attendance to share the duties and stay together as a team. Failure to fulfill this obligation will be considered an Unexcused Absence for the athlete.

Insurance Coverage – US Tournaments

It is the responsibility of parents to ensure that their athlete is covered by medical insurance for US tournaments.

Volleyball is like any other sport – the risk of accidental injuries is inherent with the nature of the sport. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, while participating in the various program activities, and while playing volleyball. We attempt to minimize the existing risks through use of proper sports equipment, proper facilities, and sound safety practices.

Communication

LVC is dedicated to keeping an open line of communication between all players, coaches, and Club Executives. We want the players/parents to feel comfortable with our staff and know that we are here to make this experience enjoyable as well as a great space to learn and grow for your daughter. This is also designed to help your daughter learn how to interact with adults and authority figures.

If there is a conflict or problem with your daughter and coach, please follow the chain of communication we have set up for this matter. Please know that we feel very strongly that our coaches will respect our desires and treat your daughter respectfully, yet firmly, regarding her performances and as a young lady and athlete. We will not accept inferior coaching, and we hope that this policy will help alleviate any issues within the team environment.

The chain of communication is as follows:

- Your daughter may talk to the coach prior to or after practices about any concerns they may have.
- On tournament/game days, coaches will not accept any requests to meet or discuss any issues surrounding playing time or any other matter involving activities surrounding match play. **If a player or parent wishes to speak with a coach, a 24-hour waiting period (after the final match of the day/tournament) must pass before the request can be made.**
- If after a conversation with the coach the issue is not resolved, please contact a club director with your issues or concerns. We will then discuss the situation with the coach and work out a plan to resolve the issues.
- Should the above steps fail to rectify the problem, please ask a director to schedule a meeting between the player, parent, coach, and director. We hope to never arrive at this stage of a situation, but if needed, please rest assured that we will.

IMPORTANT - Please be sure that if your contact info (email/phone) changes, you make sure the coach, team parent and director are aware of the changes, so you do not miss any important information.

Guidelines for Being a Positive Player - Parent

The following guidelines serve as a reminder of how parent interaction can play a role in player development:

Cheer your player on, be supportive of her, console her; but do it without judging her, the coach, officials, or teammates.

Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.

Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their playing time or role; it immediately indicates they want more.

Do your physical part as a parent. Get your child to practice on time and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective and is a good example for you daughter to follow as she grows and matures herself.

Positions and talent sometimes do not match up. Coaches attempt to do what's best for the team, putting the best physical mix and best "chemistry" on the floor. That may mean that sometimes your daughter may be playing "out of position" to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.

If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence). If you are trying to resolve a problem, help your player by being a role model in the problem-solving procedure. Please follow our guidelines on communications.

Never approach a coach with complaints after a tough game. Most coaches are highly competitive, and just like players, prefer to not be confronted after tough games. **Please wait 24hrs or until next practice and follow our communication guidelines.**

Please think before criticizing anyone connected with your player's club or team. Criticism is contagious and often hurtful. The damage could be irreversible.

Visibly show that you enjoy watching your child perform; this will make her feel better about individual participation, no matter what the role is.

And finally...please focus on your daughter's improvement, motivation, and desire. We have coaches to focus on her volleyball skills and performance. Above all, be supportive. LVC wants all players to be successful on and off the court. Thank you for giving us the opportunity to share in your daughter's achievements here at LVC. Have fun this season and enjoy the LVC experience with your daughter and the other club parents!