



## **Oklahoma Peak Performance (OP<sup>2</sup>) Volleyball Club Parent/Player Policies and Guidelines**

**Organization** – Oklahoma Peak Performance is a 501©3 corporation.

Board of Directors:

Jeff Boyland, Randy Decker, Greg Dewey, Will Ethridge, Bill Hamiter, Edgar Miraku,, Lisa Polcovich, Ellen Waterman

Board/Staff Responsibilities:

- Financial agreements, fees, payments – Ellen Waterman
- Business Manager – Gina Boyland
- Club Director – Randy Decker
- Player Uniforms – Jeff Boyland
- OP<sup>2</sup> Clothing, Active Ankles, Car Decals – Will Ethridge
- Private and Group Lessons - Will Ethridge
- Coach Recruitment – Greg Dewey/Jeff Boyland
- College Recruiting – Individual Coaches
- Character Development – Greg Dewey
- Facilities – Will Ethridge
- Strength and Conditioning – Lisa Polcovich
- Website – Edgar Miraku and Randy Decker
- Developmental Programs – Randy Decker

AGE GROUP COORDINATORS - AGC's are board members whose purpose is to oversee the teams under their supervision, ensure teams are functioning well, accomplishing the goals and mission of the club, mentoring and encouraging coaches, and mediating should any issues arise.

The following age group coordinators have been assigned to teams for the upcoming season:

- 10-1, 10-2, 11-2, 11-3 --- Randy Decker
- 12-2, 12-3, 12-4, 18-1 ---Lisa Polcovich
- 11-1, 12-1, 13-5 --- Edgar Miraku
- 13-1, 13-2, 13-3, 13-4 --- Greg Dewey
- 14-1, 14-2, 14-3, 14-4 --- Ellen Waterman
- 15-2, 15-3, 15-4, Boys' 16-1 --- Jeff Boyland
- 16-2, 16-3, 17-2 --- Will Ethridge
- 15-1, 16-1, 17-1 --- Bill Hamiter

## **Mission**

Oklahoma Peak Performance (OP<sup>2</sup>) provides an environment for the committed volleyball player to reach her peak performance in three specific areas:

### **Sport Specific Development:**

OP<sup>2</sup> has the privilege of providing our athletes with the highest level of instruction and training the nation has to offer. Each of our coaches has extensive coaching experience on a state and national level. OP<sup>2</sup> coaches are committed to helping each team and player reach their optimum performance in the sport of volleyball. In addition, many of our coaches have years of experience on both sides of the college recruiting process and will assist players and parents who are interested in pursuing a collegiate volleyball career.

### **Character Development:**

OP<sup>2</sup> is dedicated to the growth and development of the whole person: body, mind and spirit. We place a great value in the areas of education, decision-making, morality, and spirituality. Biblical principles are the foundation of development in this area as we help athletes mature and navigate through life. OP<sup>2</sup> invests intentional time helping each player optimize their role within the family, the team and as a contributing citizen. John Wooden's Pyramid of Success Playbook will be studied during the season.

### **Fitness and Conditioning Development:**

OP<sup>2</sup> is determined to assist our players in becoming the best athlete they can be with their God-given ability. We provide unique opportunities in speed, agility & jump training as well as nutrition, strength and conditioning. We have partnered with Coach Lisa Polcovich to provide players with exceptional training.

## **Training Facilities**

OP2 Training Center – 11624, 11626, and 11628 N. I-35 Service Road, OKC, 73131 (For specific Google Maps directions, use building address number 11702)

Mailing Address – P.O. Box 19729, Oklahoma City, OK 73144

## **Fees**

### **Items Included in Fees**

Apparel, gym space, coaching fees and expenses, tournament entry fees (including qualifiers for teams that participate), training equipment, certified strength & conditioning instruction (Select teams may participate at a cost), team registration, and club operation expenses.

*Apparel* - Game jerseys, Spandex, warm up tops and pants, backpack, and practice shirt(s) are included. (Select teams receive 1 practice shirt.)

**Items Not Included in Fees:** Food, lodging and travel for players or parents, shoes, kneepads and post season expenses (national tournament, extra tournaments, etc.). It is expected that 1's teams will attend an end-of-season national tournament and some 2's teams may also attend. It is expected that teams earning a bid to the USAV national tournament will participate.

**Parents will be required to establish an account on the SportsEngine Platform.** Parents may pay in full or choose to make a 30% down payment and then pay the remaining balance in 3 installments. Payments may be made using a credit/debit card or by e-check. Payments for things other than club fees may be sent to P.O. Box 19729, OKC, OK, 73144. Fees should be paid by indicated dates. Players may be held from practices or competitions until fees are collected. Parents are responsible for paying the entire amount of dues even if the child does not complete the season unless the parent requests and is granted relief from the board due to unusual circumstances (ie., injury, player moves, etc.).

## **Team Volunteer Opportunity**

**Team Representative** – This person assists the coach with tournament registration, hotel reservations, communication with parents, etc. – **Must be a registered USAV member and complete the Safe Sport training.**

## **Guidelines**

### **TRAINING**

- Athletes must adhere to the USAV policies regarding drug and alcohol abuse.
- Athletes must try to get at least 8 hours of sleep the night before training or competition. Proper recovery is a must.
- Athletes must try to eat balanced meals and drink lots of water, milk and juices; refrain from consuming sugar based drinks.
- Athletes must report any and all injuries to the coach.
- A doctor's release must be supplied before an athlete will be allowed to participate in training or competition following an injury or illness once a player is under a doctor's care or upon the coach/club suggestion.
- During training and competition, proper hydration is a must and will be required by the coach.

### **ATTENDANCE**

- All team practices are mandatory – Any absence warrants a contact from the player to the coach prior to practice (min. 12 hours) except for emergencies. We will work with athletes who play multiple sports or commitments but due diligence to make practices must be followed.
- Excessive or unexcused absences in practice may result in a decrease in playing time (coach's & Age Group Coordinator's discretion).
- Participation in tournaments is mandatory. Players must commit financially and physically to the entire playing schedule.

### **PRACTICE**

- The athlete is expected to give maximum effort in every task.
- The athlete must be coachable and willing to change technical skills.
- The athlete should display a positive attitude toward practice, teammates and coaches.
- The athlete must be on time – a minimum of 10-15 minutes prior to scheduled starting time is a good rule of thumb.
- The athletes should take responsibility and make sure that the court and facility remains clean and orderly.

- **Players must wear an OP2 shirt during practices.** Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- Overt negative behavior by players or parents may necessitate their removal from the gym/facility and could result in further consequences.

## COMPETITION

- The athlete is to display personal pride in themselves, the team and the club at all times.
- The athlete and parents must be courteous to officials, opponents and coaches at all times.
- The athlete will wear uniforms/warm-ups or other required dress during tournaments. Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- Players will be under the direct supervision of their coach or a chaperone unless approved by the Team coach.
- When players leave the immediate area of participation at a tournament they must be with at least two players, one chaperone or at least one of their parents. The Team coach should be notified when leaving the immediate area of participation at a tournament.
- The athlete will be encouraged to support other OP<sup>2</sup> teams whenever possible.

## TRAVEL

- OP<sup>2</sup> teams will participate in 7-9 tournaments. Some teams (Select and possibly American teams) will not attend a Qualifier.
- Team hotels and flights (if needed) will be arranged by the team coach and team representative in consultation with the club director. All participants are required to stay at the same hotel (Exceptional reasons for not staying at an approved hotel must have the approval of the Team Coach).
- A team van may be used at tournaments in which teams are traveling by air. Transportation to tournaments is the responsibility of parents.
- During team travel, athletes will wear uniforms/warm-ups or other required dress. Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- Players may not drive themselves to tournaments.
- When roaming at hotels, at restaurants, etc. players must be with a parent or chaperone, or with at least two players.
- No person of the opposite sex is allowed into a hotel room occupied by a player unless it is a family member.
- A player is not allowed in a room with the opposite sex unless the coach and a chaperone are present or it is a Team meeting.
- Team meetings or a meeting between a coach and a player should be held in a public area whenever possible. If a team meeting or a coach-player meeting takes place in a non-public setting at least three players, an additional coach or chaperone must be present. If a meeting is held in a hotel room the door must remain open at all times.
- The curfew for players (regardless of who they are staying with) to be in their rooms is 11pm or one hour after arriving at the hotel from the playing site, restaurant, etc., whichever is later.
- Players being transported to tournaments or practices by someone other than a parent must have the approval of the parent. The driver must be a registered USAV member and have completed the "Chaperone" form (this is for insurance purposes).
- When being transported a player should be with at least one parent, in a group of at least three players or with two adults and another player (This is for the players protection).

- **Note:** Team coaches have the right to impose additional rules of conduct, curfews, etc. if warranted. These additions must be approved by an Age Group Coordinator and must give printed notice of the rules to the players and parents prior to traveling. For the safety and welfare of players, the Team Coach has the right and responsibility to implement rules “as needed” to meet unforeseen causes or behavior.

## CONDUCT

- Players, parents and coaches should hold themselves to a high level of conduct representing the ideals of OP<sup>2</sup>.
- Players/Parents/Coaches’ actions reflect the club in many areas including social media. When engaging in social media use related to club volleyball, posts should be positive in nature and not degrade other players, coaches, teams, or organizations.
- Those representing OP<sup>2</sup> (parents, siblings, coaches) should not consume or be in possession of any alcoholic beverages at any playing site. In addition, parents, siblings, relatives, and friends should not be under the influence of alcohol while participating at his/her child’s event.
- Playing time is the responsibility of the coach. Playing in games is a significant part of a player’s development so all players will have a role. Players will not necessarily receive the same amount of playing time. Playing time will be determined by numerous factors which include but are not limited to: competition level, position, abilities, team systems and tournament priority.
- **48 HOUR RULE** – We know that problems and issues will occur. When a problem/concern arises at a practice or tournament, parents/players should:
  - Set up a time to meet with the coach **at least 48 hours after the event. Coaches are not allowed to discuss these concerns at tournaments.**
  - Depending upon the age of the player, OP<sup>2</sup> encourages players to talk directly with their coach to address concerns.
  - At times, it may be necessary for both the parent and player to meet with the coach regarding issues.
  - If the problem is not resolved, the issue should be directed to the Age Group Coordinator.
  - Confrontations in public between players, parents or coaches will be handled by the Club Director and/or Board.
- Players and parents should never get involved with officiating and scoring matters. The coach will handle all of these issues. Players or parents should never approach a member of the officiating team (before, during or after a match or competition).

## DISCIPLINARY ACTION

- Individuals not conducting themselves appropriately will be asked to meet with a Team Coach, Age Group Coordinator and/or Club Director.
- Disciplinary guidelines contained in USAV forms will be followed.
- Where specific disciplinary actions are not mentioned, the Age Group Coordinator or the Club Director will dictate the disciplinary action(s).
- Disciplinary actions will be implemented on a case by case basis in order to meet the specifics, severity, cause and implications of each incident.
- Disciplinary actions may include but are not limited to reprimands, practice suspension, match suspension and/or tournament(s) suspension. The region or USAV may impose further actions.

**DUE PROCESS AND APPEALS** – Parents are encouraged to informally address all concerns and appeals of disciplinary action. A formal appeal of any enforced disciplinary action should be done in writing within 48 hours.

- **First appeal** should be made to the “Team Coach”.

- **Second appeal** should be made to the “Age Group Coordinator” with responsibility for the specific team.
- **Third appeal** should be made to the Club Director.
- **Fourth appeal** should be made to the Board of Directors excluding any individual(s) who have made prior rulings regarding the incident.