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INSTRUCTIONS

1. Fill out each section and insert your logo
2. Delete Yellow Highlighted text when done editing
3. Delete this Instructions box when done editing
4. Print or email the document

**----CLUB----**

**----TEAM----**

**2019-2020**

**PARENTS INFORMATION DOCUMENT**

The objective of this document is to provide you with all the information about your child’s upcoming volleyball season and to make all expectations clear for everyone. Communication between parents and the coaching staff will be very important for everyone to enjoy a successful volleyball year and this document represents a first step in this direction.

1. **CLUB INFORMATION**

***Provide general information about the club such as the year it was established, number of teams and athletes, winning record, website and social media, etc.***

**MISSION**

***Write down the club’s mission statement if it has one***

**VALUES**

***Write down the club’s guiding values***

**CLUB CONTACT**

***List the names, functions and contact information of key club representatives such as the president, club contact, technical director, etc.***

1. **TEAM COACHES**

***Provide information about the team’s coaches such as name, contact information and level of certification. If the coach has a particular volleyball background that is worth mentioning, make sure to write it down here.***

**Head Coach:**

**Assistant Coach:**

**Assistant Coach:**

**3. VOLLEYBALL IN ONTARIO**

The Ontario Volleyball Association is the governing body for volleyball in Ontario, which is the province with the largest number of volleyball players, coaches and referees in Canada. The OVA is an athlete-centered association where dedicated volunteers and professional staff provide leadership in the growth and development of volleyball for all Ontarians.

Visit the OVA website to learn more [www.ontariovolleyball.org](http://www.ontariovolleyball.org)

**3.1 The LTAD model for volleyball in Ontario**

Despite its growing popularity, volleyball is still a late-entry sport in Ontario, which means that children start playing it later in their development than in other countries. This creates a gap in the development of Ontario youth volleyball players when compared to the leading volleyball nations. The LTAD guidelines were created to help bridge this gap and to help children develop the habits that will make them active for life.

The LTAD model is based on the idea that excellence takes time and that there are sensitive periods when individuals are especially responsive to specific types of training. Here are a few key concepts of the LTAD that will help you understand the different game formats and rules within OVA competitions.

**Developmental Age**: In contrast to chronological age, the developmental age relates to the biological maturation of each individual. Children don’t hit puberty at the same time and therefore don’t develop at the same rate. This has an impact on the development of volleyball skills.

**Specialization:** Volleyball is a very complex sport and requires athletes to master a wide variety of motor and technical skills before they can reach a high level. The LTAD recommends that specialization in volleyball does not happen before the 16U age category for girls and 17U for boys.

**Window of Trainability**: This concept refers to the fact that there are periods during the development of a child when they are more sensitive to a specific type of training. The Volleyball Canada LTAD states: “correct training during these windows is essential for individuals to achieve their genetic potential”.

**Periodization**: This is the organization and the planning of training, competition and recovery in a way that optimizes development and performance. Periodization considers the elements of developmental age, specialization and trainability into a plan for each athlete’s development stage.

The LTAD recommends a ratio of training to competition for each stage of development. This ratio should be taken into consideration when creating the periodization for a group of athlete.

Learn more about the LTAD on the [Canadian Sport for Life website](http://canadiansportforlife.ca/resources/sport-parents-guide)

**3.2 Game Formats and Rules Based on LTAD**

The OVA is committed to delivering a competition system that reflects the guiding principles of the Long Term Athlete Development model (LTAD) through different game formats and adapted rules of the game. Here are the particular LTAD-based rules that apply to your age group in Ontario this season.

For more information, visit the [Volleyball Canada Development Model website](http://www.vcdm.org)

**16U Boys**

**Train to Train LTAD stage**

**Recommended Ratio: 70% training, 30% competition**

* Net height at 2.35m instead of the senior height of 2.43m
  + Boys grow later than girls so the net is lower than the senior height for 16U boys to allow them to be aggressive and develop proper hitting patterns. Even shorter players and late-developers can be successful at the net at this height.
* Liberos are allowed
  + Boys are now starting to play volleyball earlier and are now developing faster. At 16U, boys are ready to specialize
* Over-head passing is allowed
  + Players are strong enough to execute the skill properly and are ready to develop the cue-reading and decision-making skills associated with the skill of serve-reception.

**4. SEASON PLAN**

***This is a crucial section where you can share your intentions and expectations with the parents of your players.***

**Team Values and Principles**

***These are your own values as a coach. Share your coaching philosophy and indicate how you will decide about playing time, captain, etc.***

**Team Objectives**

***Share your goals for the team this season. Indicate whether your goals are performance or result oriented. A performance goal relates to the development of your players and what skills, behavior and attitude they will demonstrate. A result goal relates to your ranking at a competition and focuses on winning. A combination of both types of goals is recommended.***

**Periodization**

***Share your seasonal plan. The OVA strongly recommends you design a seasonal plan. Download a seasonal plan template*** [***HERE***](http://www.vcdm.org/global/images/misc/14U_Interactive_Seasonal_Plan(3).xls)***. If you don’t have a seasonal plan, explain how your team will meet the objectives listed above.***

**Practice Schedule**

***Provide all information pertaining to practice times, location, special training sessions, team functions and known cancelled practices, etc.***

**Competition Schedule**

***List all OVA tournaments, exhibition matches and tournaments, Ontario Championships and National Championships your team will attend. Include the reasons why you participate or don’t participate in specific tournaments such as “play-up” or USA tournaments.***

**Rules, Roles and Responsibilities**

***Indicate your expectations with athletes and parents in regards to their behavior and responsibilities such as communication for missing a practice, travel to competitions, etc. List your team rules regarding cell-phone use, staying at hotels, dress code, code of conduct, etc. Be as clear and thorough as possible.***

**5. CLUB ADMINISTRATION**

***Indicate the administrative details pertaining to the fees for the season and what they cover, responsibilities of parents with registration, club processes, fundraising activities, etc.***

**Fee:**

**The registration fee includes:**

**The following is not included and will have to be paid by the parents:**