



Richmond Volleyball Handbook

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Ambition

To compete for Richmond Volleyball in SL, NVL and VE Junior Championships

Principles

- Honesty
- Integrity
- Respect
- Excellence

Development chain

- Physical
- Technical
- Tactical
- Mental

Must be PHYSICALLY capable of handling the TECHNICAL volume to perform within the TACTICAL systems to be MENTALLY confident enough to compete to win

Guiding Philosophies

- SIMPLE
- REPEATABLE
- POSITIVE RIVALRY
- MANAGE RISK
- REDUCE VARIANCE

- BELIEVE
In yourself

- TRUST
Your teammates

- SUPPORT
Unconditionally

Season 2025/26 Goals

- Avoid relegation and secure the best possible position in SL
- Avoid relegation and secure the best possible position in NVL2
- Win U18, U16, U15 National championship

Communication

- **DIRECT**
 - If you have something to say – say it to the person, it is intended for
- **ACCURATE**
 - Make sure your message is truthful and accurate and will not offend
 - Is it true?
 - Is it necessary?
 - Is it kind?
- **TIMELY**
 - Be sure the timing of your communication is relevant to the situation
- **ACTIONABLE**
 - Effective communication often brings about action – elicits a response
 - Be sure to know what the desired action is as a result of the communication

“It doesn’t take a lot of intelligence to see what is wrong with a situation – a level of intelligence is shown in the solution being offered to improve the situation”

Players Responsibilities

- Be prepared for **ALL** Official Richmond Volleyball Activities
- Be on time or early for ALL Richmond Volleyball Activities
- Maintain excellent physical and mental health
- Recover properly from all training sessions and competitions
- Behave in a manner that is appropriate at **ALL** times
- Advocate for yourself and your teammates
- Represent yourself, teammates & Richmond volleyball with PRIDE
- Show respect for yourself, your team, the opponent, the officials & spectators at ALL times
- Inform coaches & medical staff of health concerns immediately
- If you are unable to attend Richmond Volleyball activity, provide sufficient notice using Spond app
- Manage your time to ensure all academic, athletic and personal activities can be met

Training sessions

- Uniform consists of Richmond training top, all players are encouraged to wear it at each session
- Players must be prepared to start training at the time indicated
 - Change, taping etc. are done prior to start time
- Training schedules may change – additional training sessions may be added – or cancelled.
- Players are expected to attend a minimum of two sessions a week

Games

- All players are to be at the playing facility 1 hour prior to the competition warm up
- Assigned Team jobs are to be completed 1 hour prior to game time
- Players must be taped, dressed and ready to meet 45 minutes prior to game time
- Players not participating in matches may be asked to perform team jobs before, during or after matches
- Players should not engage in any volleyball activities on the day of the game unless this is consulted with coaches
- SL and NVL2 playing team should be announced during the last training session before the game or departure unless there are extenuating circumstances
- Junior playing teams should be announced 5-7 days before the competition or departure unless there are extenuating circumstances

Nutrition and Hydration

- Pre game meals should be consumed 2.5 to 3 hours prior to game time
- Pre-game and post-game meals should consist of a easily digestible protein / carbohydrate complex
- Proper hydration requires constant attention but is most important before, during and after each training session, game and travel period

Recovery and Regeneration

- Proper recovery and regeneration separate average performances from excellent performances on a daily basis
- Recovery from training sessions, practice or games is enhanced by the consumption of easily digested carbohydrate/protein complexes within 15 minutes post activity
- Use of rollers massage sticks and stretching bands is encouraged these activities should be done on a daily basis before or after training sessions if time allow

Individual Meetings

- You can request a one-to-one meeting with coaches at any time

Physical Training

- Players are encouraged to use gym at least twice a week

