



Richmond Volleyball Handbook

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Richmond Volleyball Mission and Values

Mission

Our mission is to promote volleyball by bringing athletes, coaches, and the local community together to foster a distinctive culture of excellence. We aim to integrate sport, competition, training, and education to achieve this goal.

Values

We uphold several core values that guide our activities and interactions. Our key values are:

1. **Inclusivity:** We cater to all abilities and ages, from beginners to competitive players, ensuring that everyone has the opportunity to participate and enjoy volleyball.
2. **Excellence:** We aim to compete successfully at the highest levels while maintaining grassroots volleyball. We strive to foster a distinctive culture of excellence by integrating sport, competition, training, and education.
3. **Community Engagement:** We run community programmes involving local people, promoting volleyball as a fun and dynamic family sport.
4. **Development:** We focus on the development of athletes, coaches, and the local community, providing opportunities for growth and improvement in the sport.
5. **Responsibility:** We encourage participants to value their performance and not just results, guiding them to accept responsibility for their own performance and behaviour.

These values help us create a positive and supportive environment for all our members.

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 2026/27 Goals

- Secure a strong, competitive position in SL
- Secure a strong, competitive position in NVL2
- Win U18, U16, and U15 National Championships

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

As the saying goes...

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

Participation in competitive fixtures is optional. However, players who choose to make themselves available and are selected for a squad are expected to treat that commitment seriously — meeting the standards set out in this handbook for training, attendance, and conduct. Playing time within selected squads is determined in accordance with the club's Playing Time Policy.

- 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 agreed 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 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 daily, before or after training sessions, if time allow

Physical Training

- Players are encouraged to use gym at least twice a week (Junior players should seek age-appropriate guidance (e.g. from a parent/guardian or qualified professional) before undertaking independent gym-based training)

