



MIGHTY MO VOLLEYBALL CLUB

PLAYER & PARENT HANDBOOK

MIGHTY MO CLUB LEADERSHIP

Club Director

Sacha Simmons — Director, Owner, Coach

OUR MISSION & CLUB PHILOSOPHY

At Mighty Mo Volleyball Club, we believe that volleyball is more than just a sport, it's a powerful vehicle for growth, character development, and lifelong connection. Our mission is to empower young athletes not only to sharpen their volleyball skills but to grow into confident, resilient individuals prepared to lead both on and off the court.

We are committed to providing a club experience that goes beyond wins and losses. Through high-level training, positive mentorship, and a supportive team environment, we aim to instill values of hard work, integrity, respect, and perseverance in every player.

We strive to build a culture where athletes create lasting friendships, feel a true sense of belonging, and develop leadership skills that will serve them throughout their lives. Whether they continue with volleyball into high school, college, or simply carry its lessons forward, every player who wears a Mighty Mo jersey will walk away with more than just improved technique, they'll walk away with lifelong memories, meaningful relationships, and the confidence to face whatever comes next.

MIGHTY MO CLUB SUCCESS

Mighty Mo is a well-respected program regionally. Our success is the result of players, parents, and staff working hard together. Success goes beyond win-loss records — it's in the journey: building a cohesive team, overcoming individual differences, and helping athletes grow on and off the court. Being part of Mighty Mo is a commitment to hard work and to bringing something special every day.

PARENT CODE OF CONDUCT

Parents are expected to treat coaches, players, other parents, and officials with respect. Our coaches have extensive experience and are focused on maximizing each athlete's strengths and improving weaknesses. Practice time is for learning and development.

If you have concerns about your child's playing time, do not approach the coach during tournament play. Please request a private meeting or send a text to schedule a discussion. Coaches need to remain focused during tournaments, just like players.

We believe sport should model high ethics and sportsmanship and build character. Pursue victory with honor.

Key expectations:

- **Respect:** Treat everyone with respect and require the same from your child.
- **Class:** Cheer with class; be gracious in victory and dignified in defeat.
- **No Disrespectful Conduct:** No profanity, obscene gestures, taunting, trash-talking, or demeaning behavior.
- **Respect Officials:** Do not argue or confront official decisions.
- **Respect Coaches:** Let coaches coach, DO NOT SHOUT instructions from the stands.
- **Role-modeling:** Exhibit good character and be a role model.
- **Self-Control:** Avoid fights or excessive displays of anger or frustration.

Consequences for violating the Parent Code of Conduct:

1. Restricted access: parent(s) may be barred from attending practices or tournaments.
 2. Player dismissal: immediate removal of the player from the Mighty Mo team for the season.
-

LINE OF COMMUNICATION

Mighty Mo enforces a clear communication process to keep concerns productive and solutions focused.

1. If a player has an issue, she should discuss it with her coach first.
2. If the player feels the issue isn't resolved, parents may send a documented email or text to the coach. Staff will determine whether an in-person meeting is needed or if it can be handled by email or phone.
3. If concerns remain after coach discussions, a meeting with the parent, athlete, coach, and the Mighty Mo Club director may be scheduled.

Important rules:

- Meetings will focus only on the documented concern for that specific player.
- The club director will be informed of any ongoing communication.

Timing:

Wait 24 hours after an incident (including a change in playing time) before contacting the coach. Do not address sensitive matters before or immediately after practices or matches.

Violation of communication rules:

If communication rules are violated, the athlete may lose playing time for the duration of the tournament.

APPROPRIATE ISSUES TO DISCUSS WITH COACHES

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Issues NOT appropriate to discuss with coaches

- Playing time (see playing time policy below)
 - Coaching decisions
 - Other athletes
-

PLAYING TIME

Playing time is determined by team level and competition, each player's skill set and attitude, and the coach's assessment of what best contributes to team performance and chemistry.

PRACTICE PROTOCOL

We want practices to mimic game conditions.

Expectations for players:

- Attend all practices. If you must miss, notify the coach by call, or text prior to practice.
- Arrive 10 minutes early to be ready to start on time. (More time may be needed if you practice first and the net needs to be set up)
- Be dressed in practice attire with shoes on and water ready.
- Practice time is team time, avoid distractions. No cell phones during practice or games.
- No foul language or disruptive attitudes.

- Wear appropriate clothing to and from practice.
 - Keep the bench area clean; players are responsible for equipment used.
-

PARENT PRACTICE PROTOCOL

- Be supportive and cheer for all players.
 - Respect and support the coaches.
 - If you have concerns, speak privately with coaches following the communication guidelines.
 - **Do not discuss other athletes.**
 - No profanity or disruptive behavior.
 - No alcohol in the gym.
 - Do not yell instructions to players — let the coaches coach.
-

PICKING UP YOUR ATHLETE

Mighty Mo staff will never leave a player unattended. Please be prompt for pick-up. Habitual late pick-ups may prompt a meeting with coaches to discuss next steps.

INJURY & ILLNESS

Notify coaches if your athlete is injured or ill before practice starts. If an injury prevents participation in practice, a doctor's note clearing the athlete to resume activity is required.

CHEMICAL & SUBSTANCE USE

Use of illegal substances, alcohol, tobacco, fighting, or other inappropriate behavior is strictly prohibited at all Mighty Mo and affiliated events. Violations may result in disciplinary action up to dismissal from the club and associated activities.

CELL PHONES & SOCIAL MEDIA

Excessive phone and social media use disrupts team cohesion. During practices, tournaments, and team events phone use may be restricted. Violating phone restrictions can lead to loss of phone privileges during team activities.

Social media misuse (negative comments, pictures, or attacks about the club, coaches, teammates, or families) may result in dismissal from the team.

Players and parents agree to these basic social media principles:

- I will not post negative comments about Mighty Mo, coaches, or teammates.
 - I will not post inappropriate pictures of myself or teammates.
 - I will not encourage peer mistreatment via social media.
-

TOURNAMENTS

- Arrive at the tournament site at the time specified by your coach (10 minutes early is preferred).
- Bring all uniforms and necessary gear (teams must stay together; notify the coach if you must leave the site).
- Work responsibilities (scorekeeping, court duties) are shared and required — every team member must stay until work is complete.
- Leave the team area cleaner than you found it.
- Follow **Club Food Guidelines** at tournaments:

1. Eat together as a team for bonding.
 2. Choose healthy foods and drinks.
 3. No fast food.
 4. No sodas.
-

UNIFORMS

Uniform orders are fulfilled through Gear UP.

MIGHTY MO CLUB SEASON PAYMENT

- Mighty Mo reserves the right to enforce “no pay, no play” or release a player for non-payment.
-

WHAT MAKES A SUCCESSFUL ATHLETE?

Success starts with self-motivation. Coaches can guide and inspire you, but lasting growth comes when players bring effort and drive every single day.

A successful athlete shows:

- **Belief** in themselves, their teammates, and the program.
- **Desire to win as a team**, not just individually.
- **Consistency** through hard work and daily effort.
- **Sacrifice**, choosing discipline and commitment over comfort.
- **Mental toughness**, staying focused and resilient in every moment.

Ask yourself:

- Am I **coachable**—open to instruction, accountable, and eager to improve?

- Do I bring a **competitive spirit**, fighting to win with passion?
 - Am I ready to **practice with intensity**, showing up every day with purpose?
 - Am I willing to **sacrifice**, embracing the discipline and conditioning required?
 - Can I **think under pressure**, staying present, learning from mistakes, and moving forward?
-

RULES OF CONDUCT & MATURITY

Coaches expect athletes to behave with class, punctuality, good manners, humility, and respect. Some players develop into sustained contributors over time, keep a positive attitude, work hard, and ask coaches about your role and how to improve.

School and community behavior matter; discipline in life reflects on the court. If you cannot commit to these standards, reconsider participation.

TEAM PERFORMANCE PRINCIPLES

- **Team Unity:** Diverse individuals working together toward a common goal.
 - **Competitiveness:** Passion, grit, and a desire to win.
 - **Passion:** Motivation and dedication on and off the court.
 - **Self-Sacrifice:** Prioritizing team goals with integrity.
 - **Trust:** Believe in yourself, your coaches, and teammates.
 - **Knowledge:** Focus on process, not just outcomes.
 - **Initiative:** Do things without being asked (help set up/take down).
 - **Resilience:** Let go of errors and bounce back.
-

Keys to supporting your athlete

1. Make sure your child knows you love and appreciate them regardless of results.
2. Be honest about your child's capabilities and attitude.
3. Be helpful but don't coach on the way to the gym, too much instruction can be counterproductive.
4. Teach them to enjoy competition, give 100%, and work to improve.
5. Don't relive your athletic past through your child or place undue pressure on them.
6. Don't compete with the coach, support the coach's role.
7. Don't compare your child to teammates within earshot.
8. Get to know the coaches to ensure their philosophy aligns with your expectations.
9. Remember children exaggerate praise and criticism, investigate before overreacting.
10. Encourage balance: school, family, and team responsibilities.