

# Playing Time Acknowledgement

Approved: September 14, 2025

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One of the most common areas of discussion, and potential conflict, between coaches, guardians, and athletes in any sport revolves around playing time. At Lanark United Volleyball Club (LUVCl), decisions about playing time are made with specific parameters in mind, aimed at maximizing team performance.

## Core Philosophy:

- Every team within LUVCl is committed to performing at the highest level possible.

## No Equal-Play Policy (with an exception):

- There is no equal-play policy within the club. This means that playing time is not guaranteed to be distributed evenly among all athletes.
- **Exception:** Teams competing in Ontario Volleyball Association (OVA) tournaments at the 16U (Trillium division) and younger age levels are subject to fair-play rules imposed by the OVA. This indicates that for these younger age groups and specific divisions, there will be some baseline for equitable play as dictated by the provincial sport governing body.

## Coaching Discretion:

- Playing time is solely at the discretion of the coaching staff.
- The primary goal of the coaches is to achieve team growth.
- Athlete selections and playing time decisions are made with this goal in mind, based on a variety of factors that can change fluidly throughout a set, match, and tournament.

## Factors Determining Playing Time:

Coaches consider numerous aspects when deciding how much playing time an athlete earns. These include:



- The athlete's proficiency in volleyball techniques (e.g., passing, setting, hitting, serving).
- An athlete's mental toughness, ability to handle pressure, and emotional control on the court.
- How well an athlete communicates and works with their teammates.
- The athlete's understanding and effective implementation of the team's strategic plays and formations.
- The effort, focus, and improvement shown by the athlete during training sessions.
- Playing time is dependent on an athlete's attendance and participation at practices.
- Sometimes, coaches may strategically provide playing time to develop an athlete's experience in a game setting.
- Specific circumstances within a game, such as an athlete's strength on serve, defensive capabilities needed at a given moment, or other tactical advantages.

### Navigating Playing Time Decisions:

LUVC acknowledges that making sound judgments about these factors is one of the most challenging aspects of a coaching staff's role. To help foster a constructive environment, athletes and guardians are encouraged to:

- **For Athletes:** Engage in ongoing dialogue with the coaching staff. This means proactively asking questions, seeking feedback, and understanding what they can do to maximize their role and contribution to the team.
- **For Guardians:** Support your athlete in their effort to self-advocate and take responsibility for their development as athletes. Encourage them to communicate directly with coaches rather than intervening on their behalf, fostering independence and accountability.

This policy emphasizes team success, the professional judgment of coaches, and encourages a proactive approach from athletes in their own development.

Please sign below to acknowledge your understanding of the LUVC Playing Time Policy.

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Guardian Signature

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Date

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Athlete Signature

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Date