



Parent and Player Manual

What is Club Volleyball?

Club Volleyball is an opportunity for players to compete outside of school sponsored events. The club takes initiative to organize practices and tournaments and athletes gain extensive in-game experience during the off-season.

Timberlake Volleyball Club was created to give more girls the opportunity to learn and develop their volleyball skills at a fraction of the price of the current market. Not only does our club focus on volleyball skills, but we are also intentional about instilling our athletes with character and integrity.

Cost and Payments:

Our club has worked hard to provide a club volleyball experience at a reasonable price. **The cost to play club at Timberlake Volleyball Club is \$550.** Payments will be used for tournament entry fees, practice facilities, uniforms, coaches, etc.

A minimum of \$300 must be paid at registration. A second payment will be due on or before January 6th. All players must be paid in full before tournament play begins.

When is the club season?

Registration for Timberlake Volleyball begins in September and runs through October. We feel our athletes should make their high school volleyball team their first priority. As the regular season comes to an end, we begin our showcase process. Players should expect to start practices after Thanksgiving. Tournament play begins in January and runs until early April. Although registration runs until October, don't delay in turning in your forms as we expect to have a lot of girls signing up this year.

How do tryouts work?

Tryouts are an opportunity for players to "showcase" their talents prior to teams being posted. Girls will be assessed with other players in their age group for two weeks (2 practices) before being assigned to a team that best suits their talent level. Skill, position and date of birth (see chart below), all play a part in determining teams. **There is no guarantee that siblings or friends will be placed on the same**

team. Due to the number of athletes that we have we are unable to take requests for teams or coaches. There will be a cap of 11 teams this year (20 girls per age group) and **cuts may be made if we have too many girls per age group.** We are very excited about the growth of our club and do our best to accommodate as many athletes as possible. Should your daughter not make one of our club teams you will be refunded your deposit or full \$550.

Age Groups:

USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2017-2018 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under	17 & Under	16 & Under	15 & Under ²	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Oct	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Nov	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Dec	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Jan	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Feb	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Mar	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Apr	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
May	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
June	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
July	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Aug	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010

¹ Players who were born on or after September 1, 1999 OR players who were born on or after September 1, 1998 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

² Male Only - Players who were born on or after September 1, 2003 OR players who were born on or after September 1, 2002 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year are eligible to play in the 14 & Under division. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002.

The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during the USAV 2016 Annual Meetings and research justified the continuation of the cut-off date of September 1.

Player Commitment:

Timberlake Volleyball Club is a commitment. In order for every member of the team to get the most out TVC, each member needs to be committed to practice and tournaments. Girls should expect to attend two practices per week. We do allow girls to miss practices on occasion, but request the following procedure:

Players must give at least 24-hour notice if you are unable to make it to a practice. The earlier you can notify your coach the better they will be able to plan accordingly.

Protocol:

Call your club coach (if they do not answer, leave a message)

*Please contact both Coach and Club Director if you plan on missing a tournament. It is imperative to communicate any potential conflicts as early as possible.

We encourage players to take initiative and call coaches when they are unable to make it to practice. It is a great opportunity for the girls to begin to take

responsibility and accountability for themselves. All TVC athlete's speech and actions should be a positive representation of the club and our values.

What if I decide to withdraw?

Should a player decide to withdraw from TVC after November 1st, they will not be eligible to play for another club in the area. Additionally, no refunds will be given for any reason after November 1st.

Coaching Commitment:

Coaches at Timberlake Volleyball Club are the face of our club. We rely on them to live out our philosophy everyday. We work hard to hire knowledgeable coaches who are committed to encouraging players on the off the court. Our coaches understand the part they play and commit their time and effort for the success of the girls and the club. In compliance with USA Volleyball, all TVC coaches are required to be USA Volleyball Members, agree to a background check and complete the SafeSport course. Coaches understand that employment can be terminated at any time bypassing disciplinary policies.

Gym Rules

Leave entire school property better than what your found it.

Pick up trash and double check to make sure you haven't left anything behind

Treat everyone with respect (athletic director, teachers, other athletes)

Be on time

Give 100% effort throughout the entire practice

A Note from the Club Director:

From 2010-2013 I had the amazing opportunity to play volleyball at the collegiate level. My coaches at Liberty University helped to push me to be the best athlete I could be. However they also motivated me on a personal and spiritual level as well. Although I came to LU to train as a volleyball player I learned so much more about life that has taken me farther than any setting tip could.

One of the most important lessons that I learned during my collegiate career can be summed up in one simple phrase, "**Volleyball is what you do, not who you are**". Throughout high school and college it was customary to be asked to introduce and tell the class something about yourself. Automatically I would say, "I am Jade and I play volleyball". While I took pride in the endless hours I spent in the gym training, it wasn't any specific skill that formed me into the person I am today. It was the character I built grinding out each drill on the court and the integrity necessary off the court that made me - me.

It is my goal to help each team and each individual become a better volleyball player. However, I hope that each girl leaves TVC with a better understanding of

who they are. In the grand scheme of things, playing sports is a very small part of our lives, but the lessons we can learn from competing and the days spent building our character can last much longer.

What does your character say about you?

1 Corinthians 9:24-25

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

I look forward to getting to know you and your family this year. I also look forward to competing and pushing each player to the next level. If you have any questions please feel free to contact me via e-mail at jadesanders13@yahoo.com

Jade Sanders