



## **2025-2026 Indoor Season Player/Parent Handbook**

**BRAVO  
P.O. BOX 1081  
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**FOR UPDATES & ANNOUNCEMENTS VISIT**  
*www.bravovbc.com*

[www.pioneervb.com](http://www.pioneervb.com)



***Our Training Facility is located at: 1210 Church Street, Bowling Green, KY 42102***

## **INTRODUCTION**

Welcome to BRAVO (Barren River Area Volleyball Organization) Volleyball! We are one of the many clubs in the Pioneer Region of USA Volleyball. We've put this handbook together to tell you about Junior Olympic Volleyball, details about our BRAVO Non-Profit club, and what it takes to become successful in our program.

## **JUNIOR OLYMPIC VOLLEYBALL**

USA Volleyball (USAV) is the governing body for competitive volleyball in the United States. In 1981, it made a commitment to provide opportunities for young players to play outside of their school programs and in 1981 created a division of USAV exclusively devoted to Youth and Junior Olympic Volleyball Development. USAV states that Junior Olympic Volleyball Programs represent "...the future of volleyball in the U.S. [Its Junior Program] was created to serve as a major building block for scholastic, collegiate, recreational and club play throughout the country."

The purpose of the USA Junior Olympic Volleyball Program is to offer youths the opportunity to become involved in a wholesome and beneficial athletic activity, which they can pursue at various skill levels. In many cases it is a chance for all athletes to receive high quality instruction in skills development and team strategy. The program is a co-educational system that emphasizes instruction through the fun of participation. It is a progressive skills program, based on the physical development of young volleyball players by age group.

Junior Program athletes have been so successful that most NCAA Division I, II, and III coaches recruit exclusively from the Junior Program ranks. The reason for this is simple. Coaches can see many solid prospects in a single day at a Junior Tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player.

Junior Volleyball is not only for the college bound athlete. Many athletes play to improve their skills in order to make their school teams. Junior Volleyball allows players to learn, improve, and progress at a pace they can achieve.

## **COVID-19 Pandemic Resumption of Play Compliance**

BRAVO BG Inc. is classified as a low-touch sport by the Kentucky, "Healthy at Work" (version 1.0 plan-effective June 15, 2020). All players and staff will be required to agree to the, "Covid-19 Pandemic Waiver," form either through our registration process, or through their respective contractual agreements. Social distancing, facility and team occupancy caps, cleaning and disinfectant requirements, personal protective equipment requirements and screening guidelines will be followed per the state and Barren River Health Department. Additional details about our Covid-19 Practice Procedures can be found in our BRAVO documents section.

# AGE GROUPS FOR THE 2025-2026 SEASON

Once a player participates (including but not limited to practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes but is not limited to national JNC qualifying and championship events.

## USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION



### USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2025-2026 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 <sup>1</sup>	18 & Under <sup>2</sup>	17 & Under	16 & Under	15 & Under <sup>3</sup>	14 & Under <sup>4</sup>	13 & Under <sup>5</sup>	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Aug	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Sept	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Oct	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Nov	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Dec	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Jan	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Feb	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Mar	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Apr	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
May	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
June	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018

<sup>1</sup>Players who were born on or after July 1, 2006 and a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year are eligible to compete in 18 & under.

<sup>2a</sup>Players in this age range that have graduated high school are ineligible only if they have been enrolled at a university, college, community college or junior college AND have been cleared to participate by that (volleyball) program.

<sup>2b</sup>Players who were born on or after July 1, 2007, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under.

<sup>3</sup>**Male Only** - Players who were born on or after July 1, 2011 OR players who were born on or after July 1, 2010 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year are eligible to play in the 14 & Under division. This is because 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.

<sup>4</sup>**Male Only** - Players who were born on or after July 1, 2011 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

<sup>5</sup>**Male Only** - Players who were born on or after July 1, 2012 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

**All participants must have a completed copy of the medical release form at tryouts.**

We will field teams in multiple age groups depending on interest and talent.

**Girls should try out for their age group.** Players may be offered to play up to fill needs of a team.

*Note: BRAVO does not guarantee a team for each age group. Number of teams depends heavily on gym time, talent, and head coach availability.*

# BRAVO VOLLEYBALL OVERVIEW

BRAVO is a girls' only USA Juniors Volleyball Nonprofit Organization designed to promote growth within the sport. We are dedicated to promoting knowledge and growth in the game of volleyball. We hope to increase competitiveness and love for the game throughout the entire area. By offering competitive, off season experience, we will improve the local middle and high school teams. We believe that our club teaches individuals to excel, promotes competitiveness, and develops leadership skills that affect every aspect of an athlete's life. Most importantly, playing "club" ball greatly increases the opportunity for players to be recruited for **college volleyball scholarships**. We will encourage and help our athletes pursue higher education. By no means is BRAVO just a "club". "Club" Volleyball is the terminology for off season Travel Teams or Junior Olympic Volleyball. BRAVO is part of the Pioneer Region [www.pioneervb.com](http://www.pioneervb.com) which is a member of USA Volleyball (USAV) <http://volleyball.teamusa.org>. USAV is the official governing organization for volleyball in the US, even for the Olympic Teams.

## TEAMS

The primary objective of club volleyball is to give individuals the training and playing experiences necessary to improve their overall volleyball skills. **BRAVO IS NOT A PAY TO PLAY ORGANIZATION**. Playing time must be earned and maintained; it will not be given automatically. Players will be played at the discretion of each team's coach. Disciplinary actions (i.e. suspension or dismissal from club) will be at the discretion of the Directors. All fees are still owed if the player is suspended or dismissed from the club.

## TEAM SEASONS

### o TRAVEL SEASON\*:

Practice will normally be held two nights per week. The official season will last approximately 16-18 weeks. Tournaments will be selected well before normal season practice begins. Along with tentative scrimmages, teams will attend approximately 8-10 tournaments, (3) 2-3 night tournaments, (5) 1-2 day tournaments. Final tournament selection will be decided on at the team meetings between coaches and parents.

*\* BLACK teams (top teams) These teams will have a more rigorous and most competitive season. Black/top teams may have additional practices, depending on gym availability, especially early in the season. Teams will cut down on practices between their last scheduled tournament and Nationals, if they attend. The talent and interest would have to be in abundance for a Black team to attend Nationals.*

### REGIONAL SEASON:

Practice will normally be held two nights per week. The official season will last approximately 8-10 weeks. Tournaments will be selected well before normal season practice begins. Along with tentative scrimmages, teams will attend approximately 4 tournaments, depending on one or two-day events. Ideally, we would attend 2 of each.

• **BRAVO TEAM MEETINGS**

We will have Team meetings asap after the last weekend of tryouts are completed. Head coaches will announce the time and place as soon as that information becomes available. Both Parents and Players need to attend. Teams will be expected to agree on tournaments and to the Tournament Attendance Policy at that time.

**FEE STRUCTURE**

<b>BRAVO Volleyball Club Team Level Comparison 2026</b>			
<b>Teams</b>	<b>Black Teams (13u and up)</b>	<b>12 Black, Red Teams</b>	<b>White/Silver Teams</b>
<b>Level/Travel Area</b>	Travel	Travel	Regional
<b>Team Age Range</b>	13-18	11-16	10-15
<b>Practice Days</b>	2 per week + positional specific practice dates	2 per week	2 per week
<b>Coaches</b>	2 coaches + positional coaches during extra practices	2 coaches	2 coaches
<b>Approx. Play Dates</b>	8+ tournaments (two+ 3-day tournaments)	8+ tournaments (at least one 3-day tournament)	4+ tournaments
<b>Fees Include</b>	Tournament entry fees, Coaches salary, NIKE Uniforms, Admin fees, Facility fees, Equipment fees, Recruiting Coordinators and HUDL (15U+), USAV, AAU and JVA registrations, Lodging for Coaches	Tournament entry fees, Coaches salary, NIKE Uniforms, Admin fees, Facility fees, Equipment fees, Recruiting Coordinators and HUDL (15U+), USAV, AAU and JVA registrations, Lodging for Coaches	Tournament entry fees, Coaches salary, NIKE Uniforms, Admin fees, facility fees, Recruiting services and HUDL (15U+), USAV, AAU and JVA registrations
<b>Uniform</b>	Tryout shirt, practice shirts, 2 jerseys, 2 pair spandex	Tryout shirt, practice shirts, 2 match jerseys, 2 pair spandex	Tryout shirt, practice shirts, 2 jerseys, 2 pair spandex
<b>Season Begins</b>	November	November	January
<b>Season Ends</b>	April/May	April/May	March/April
<b>Travel Area</b>	Up to 8 hours, most within 6	Up to 5 hours away	Bowling Green & up to 1.5 hours away
<b>Tryout Fee</b>	\$80 + \$10 tryout fee to USAV	\$80 + \$10 tryout fee to USAV	\$80 + \$10 tryout fee to USAV
<b>Club Fee</b>	\$2,750	\$2,600	\$1,200

all fees are + sales tax & processing fees

A fee is charged to cover expenses incurred with operating the club. Club fees help ensure the highest quality training with the resources available. **All fees are subject to a 6% sales tax charge and online processing fees.**

**BLACK TEAM TRAVEL SEASON (13U-18U excluding 12B):**

\$2,750 “all inclusive” season fees

\$80 due @ Registration for non-refundable Tryout Fee plus

\$10 Pioneer Tryout fee (paid directly to USAV Pioneer Region)

5 payment example: \$550 due by December 1, January 1, February 1, March 1, April 1

**RED TEAM TRAVEL SEASON (12 BLACK AND ALL 13U-18U RED TEAMS):**

\$2,600 “all inclusive” season fees

\$80 due @ Registration for non-refundable Tryout Fee plus

\$10 Pioneer Tryout fee (paid directly to USAV Pioneer Region)

5 payment example: \$520 due by December 1, January 1, February 1, March 1, April 1

**WHITE/SILVER REGIONAL SEASON (11U-15U):**

\$1,200 “all inclusive” season fees

\$80 due @ Registration for non-refundable Tryout Fee plus

\$10 Pioneer Tryout fee (paid directly to USAV Pioneer Region)

4 payment example: \$300 due by December 1, January 1, February 1, March 1

A \$80 non-refundable tryout fee due at registration for all teams. Both Travel and Regional teams will have to purchase the \$10 Junior Tryout Membership through Pioneer Volleyball to be able to try out.

([www.pioneervb.org](http://www.pioneervb.org))

It is the responsibility of the parent/guardian to ensure that all membership fee payments are received on or before due dates. Fees must be paid on a timely basis in order for the club to operate. **Unpaid/Late fees can result in a player being withheld from participation in tournaments and practices and will result in a \$50 late fee with each payment.**

All fees must be made electronically on the website, no additional processing fees will be charged to members for paying online.

Check or Cash payments will ONLY be allowed for replacement uniform items (if required after inspection) or for registration fees paid in FULL.

### Items included in Fee:

Experienced, Certified Coaches

Coaching Clinics

Club tryout t-shirt, sponsor t-shirt, and 2 practice shirts

Recruiting Coordinator (Morgan Shipley & Jessica Lucas)

HUDL (Not included in 13U/12U/11U/10U teams)

USAVolleyball Registration

USAVolleyball Insurance Coverage

ESIX Directors Insurance

Administrative/Organizational Expenses

Facility Usage

Tournament Entry Fees

Supplies & Equipment

Meals and Lodging allowance for Coaches

Uniforms & Practice Jerseys

### What is Not Covered?

- Transportation: Travel to tournaments is not covered in fees. We encourage ride sharing for tournaments and practices.
- Meals: There are almost always concession stands, and of course, restaurants near-by. You can also pack a cooler with food and drinks for the whole day. Many facilities will not allow you to bring in a cooler, but you can have one in your car.
- Rooms: For the overnight tournaments it is best to try to double up with team members and their parents to cut expenses.
- Spiritwear: There will be a spirit wear/gear shop open to everyone for additional purchases not included in the player packs

# WHAT CAN YOU EXPECT FROM PLAYING BRAVO VOLLEYBALL

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who don't work as hard. These are what we feel are the major benefits of the program:

- **Instruction:** The development of coaches is crucial to growing the sport in our region. BRAVO prides itself with our seasoned coaches! Inexperienced coaches will be given the opportunity to train for the future, with guidance from experienced coaches. WKU Coaches, Travis Hudson, Craig Bere, Jena Otec & Kristi Griffin, our BRAVO Coaching Consultants, will be instrumental in helping with all coaches' training. Also, all USA Volleyball coaches are required to have a background check and Impact Certification and Safe Sport Certification in order to ensure good quality in our clubs.
- **Extended Training Schedule:** Top collegiate programs work nearly year round because volleyball takes a long time to master. Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction is hard to obtain during school. Our training allows ample time for work on techniques so that players may improve their skill levels.
- **New Friendships:** Since BRAVO is committed to fielding competitive teams, girls from different schools will be placed on each team, thus promoting new friendships to form.
- **Increased Discipline:** The time commitment required to be in a junior program requires that study habits improve and players budget their time better. It's also vital that players have disciplined work habits on the court.
- **Exposure to College Recruiters:** As a member of most high school programs, it is likely that the only way a college coach will see you is if you or your opponent has an outstanding player. College coaches regularly attend junior competitions. Some even occasionally attend practices. Morgan Shipley & Jessica Lucas, BRAVO Recruiting Coordinators, will work with BRAVO student athletes on their college recruiting needs. They can help guide you throughout the process and help ensure you find the best fit at the next level. They can help you understand the guidelines with the different NCAA, NAIA, and Junior college divisions, as well as provide ideas on how to get the best exposure and promote yourself to coaches at the next level. They will also be reaching out to colleges before and after tournaments to help promote our BRAVO Student-Athletes. If either can be of any assistance throughout this process, feel free to reach out to them. [Bravorecruiting@gmail.com](mailto:Bravorecruiting@gmail.com) 270-799-0686 (Morgan's cell) or 812-521-5767 (Jessica's cell).
- **Fitness:** Conditioning does not play a large part in our plans because it takes vital time away from practices; however, it is necessary for players to be fit in order to succeed. Therefore, conditioning outside of practice sessions is crucial to our success.
- **Leadership Skills:** The age-group system requires that younger players become leaders. The oldest players in the 16 and under for example, are sophomores. Players returning to high school as juniors are often leaders ahead of their time due to their junior volleyball experience.
- **Education:** We are trying to create smarter players, not just better players. Volleyball is a sport in which new situations happen frequently and outstanding players learn to deal effectively with new situations
- **Fun:** We think it is a lot more fun to play volleyball at a higher level. As the players progress and the speed of the game increases, it becomes more fun all the time.

## OUR EXPECTATIONS FOR PLAYERS

Just showing up for practice isn't enough. We need players who are punctual, who are in the proper frame of mind to work hard, and who pay attention to coaches and cooperate with teammates and coaches.

**COMMITMENT:** It is vital to be committed to the program. If you really don't want to participate, then don't. If you work hard in practices, matches, and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into social

events. **BRAVO must be considered your number one priority over other sports and activities during BRAVO season.**

**REGULAR ATTENDANCE:** Attendance is required at all practices, scrimmages, and tournaments and players are expected to provide their own transportation. Any absence must be approved by your coach. Be on time and prepared for all practices and games. **Missing practice, scrimmages, or matches will affect playing time at the coach's discretion.**

**RESPECT FOR THE RULES OF THE CLUB:** This includes the USAV Players Code of Conduct. Rules will be clearly stated, and will be enforced. Breaking rules could lead to expulsion from the club. You will sign a BRAVO Player/Parent Rules Agreement.

**COOPERATION:** Do not embarrass the program or your family and be supportive bench players. **BRAVO IS NOT A PAY TO PLAY ORGANIZATION.** Playing time must be earned and maintained; it will not be given automatically. We expect you to respect the rules we make and show respect for your coach and teammates.

**IMAGE PRESENTATION:** Most of the time, players are not aware when college coaches are present. You can make or break your recruiting chances, or even the chance of a teammate by the way you act when a member of the team. **A positive attitude is everything.**

**MAINTAIN GOOD GRADES:** Even though not all players are trying to earn scholarships, we still consider ourselves a college prep program. We think that you should consider yourselves scholar-athletes, and strive for the best possible performance in school.

**DRUGS, TOBACCO AND ALCOHOL:** Any player in BRAVO who is caught with any form of drug, tobacco, or alcohol before, during, or after any club event may be subject to disciplinary action or be removed from the program immediately.

**COMMUNICATIONS:** Electronic dialogue in the form of email, texting or social media shall only be used for announcements or alerts to/from the coaching staff (i.e. late to practice, practice changes, or tournament information). Any such communications should always include ALL members of the coaching staff, and a parent and never be one-on-one communication between an individual player and a coach.

## **WHAT WE EXPECT FROM PARENTS**

Yes, parents, we do expect some things from you. Sometimes parents forget that just writing out a dues check does not keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Please assist us in finding gyms to use for practice. Parents, not coaches, have the best chance to obtain new facilities for us. We can always use more gyms. If you think you know of a facility, please contact the Directors.
2. Deliver and pick up players on time. Late arrivals to practice cause disruption. Please remember that coaches have families or other commitments after practices.
3. Read and be aware of all team communications.

4. If your player is on a travel team, and attending a Stay and Play tournament, you must book within the required block to ensure that the team will be able to participate. Canceling rooms after the deadline, or failure to meet room booking requirements will result in hotel fee penalties and possibly tournament fee penalties that you will be liable to pay.
5. Please assist with transportation of players to out of town events. The club is opposed to players driving to these events. We recommend the formation of carpools within the teams.
6. Pay dues on time. If dues are not paid on time, coaches, tournament fees, and bills cannot be paid. Remember, players will be withheld from participation in tournaments and practices if fee payments are not made on time.
7. Solicit corporate grants and sponsorships. Parents have the contacts available to help us gain sponsorships for our team.
8. Please watch your daughter when they compete. Even though they may not let you know, they will appreciate it if you are there to cheer them on when you can. Also, remember that your daughter has a coach, let the coach do their job while the players are on the court and you as parents are their “positive” cheerleader. No parent is to coach or attempt to coach their daughter or any other player during any club practice or competition. If you distract your daughter’s attention from the practice instruction or competition, she will be asked to sit with you for the remainder of the event.
9. Parents may not be on the gym floor during any competition. You may not be next to or behind the player’s bench unless there are designated bleachers for spectators.
10. As spectators, please be courteous! Believe me, you are not going to like all the calls the referees make, but parents need to be role models for the players! Remember, others watch you as a representative of BRAVO as well as the players and coaches. During all competitions the ruling of the officials is final. Any negative comments or verbal out-bursts by parents will not be tolerated by BRAVO. As a parent in this program you have two choices: Be a positive supportive fan both in victory and defeat OR do not attend any of our events.
11. Please let your daughter work with their coach if a problem arises. We expect players to speak to coaches in these circumstances, not the parents. We do realize this is especially difficult with the younger girls. If the problem is not solved at that point, the parent may contact the coach with further questions only AFTER their daughter has discussed the issue with her coach. Only after these steps should the BRAVO Directors be contacted as needed. Playing time (amount of) is a non-discussable topic with regards to all travel team players. No player on a travel team is guaranteed any specific amount of playing time. It will not be equal for every player on the team. Parents are not allowed to discuss player/team performance topics before, during or after any practice or competition with the coach. You will sign a BRAVO Parent/Player Rules Agreement.
12. Lastly, we expect all parents to be committed to the betterment of their daughters, and BRAVO, by gladly accepting a national team role. We understand that this will mean more time committed and extra financial burden. However, we feel it is necessary that our national teams be composed of the most elite players from that age group. This will promote all who are serious about playing at a high level to compete for these spots year after year. For the quality of volleyball to keep increasing in this area, we will need parents who are willing to sacrifice a little more so that their daughters can truly reach their full potential.

**With cooperation from parents and players, we feel that the club will enjoy another great season!**

## **SPONSORSHIPS/FUNDRAISING**

We will offer individual and team Fundraisers following tryouts for those who are interested. You can also raise money toward your BRAVO fees by helping us obtain Sponsorships. Please refer to our updated Sponsor information on our website under "BRAVO DOCUMENTS".

### **BRAVO Board of Directors**

Dianna Marshall, BRAVO President  
Retired Academic Athletic Advisor, WKU

Ken Marshall, BRAVO Vice President  
Co-Owner/Vice President, Machined Ceramics Inc.

Amy Croghan, BRAVO Treasurer  
Rafferty's, Inc., Accountant

Paul Lawless, BRAVO Board Member  
Attorney, Bell Orr Ayers & Moore PSC

Tammy Austin, BRAVO Secretary  
Teacher, BGISD

Matt Maresca, BRAVO Board Member  
Marketing Manager, Spalding

Dustin Rockrohr, BRAVO Board Member  
Firefighter, Kentucky Air National Guard