



Athlete/Parent Handbook

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Your acceptance as a participant of Alpha Volleyball Academy for the upcoming season indicates that you understand and agree to abide by all of the following information. This handbook remains available 24/7 to coaches, staff, athletes and families.

Vision Statement

Alpha Volleyball Academy (AVA) focuses on the personal and athletic development of our athletes. Our goal is to create a safe, positive, and effective learning environment in which athletes strive for individual excellence and achievement within a team setting. We want to fuel athlete's love for the game through their experience with AVA. We desire to deliver results to each and every athlete that joins. We aspire to expose existing and prospective athletes to competitive levels of volleyball and provide ambitious opportunities that fit interest, commitment, and budget levels. We take pride in making available to our athletes qualified and experienced coaches, trainers and mentors.

The experienced coaches, trainers and mentors of AVA are committed to providing our members with not only advanced training to excel in specific volleyball skills and performance, but also positivity to help build-up the mind and being of each athlete.

Limiting the number of AVA teams each season allows us to focus our organizational abilities and maintain our attention on our athletes. AVA can additionally then ensure that every team has a quality coach. We are very fortunate to have an exceptional group of coaches each year, upon whom our athletes can rely on for instruction, guidance, support and training.

Members is to mean all participants in AVA including but not limited to: athletes, parents, caretakers/ guardians, coaches and staff.

AVA - Common Goals:

- To reach our full potential as athletes and people
- To leave AVA a better program than the year before
- To represent AVA with class and pride
- To understand my responsibility as a role model, coach, teammate and member of AVA
- To be accountable for my actions, always conducting in a positive manner
- To challenge myself and teammates to achieve excellence



AVA - Common Goals continued

- To work to meet team and individual goals
- To look back on the season with pride, confidence and no regrets
- To love the game of which we are playing

AVA – Club Philosophy:

5 Terms That We Believe Should Define All AVA Athletes

- **Committed**
- **Dedicated**
- **Honest**
- **Loyal**
- **Driven**

AVA Coaching Philosophy:

It is the goal of the AVA coaching staff to provide athletes with the opportunity to experience success in a variety of situations, both individual and team, on and off the court. Athletes will be challenged to reach their full potential, encouraged to develop emotional maturity, and will have the opportunity to learn how to deal with success and failure. Not only will athletes learn from qualified, experienced staff of the physical skills of volleyball, they have the opportunity to learn other life-long skills such as: self-confidence, self-discipline, self-motivation, adaptation to change, goal setting, teamwork, cooperation, sportsmanship, leadership and more. We will strive to assure athletes continue to fuel their love for the game of volleyball through their experiences with AVA and those around it.

AVA believes that athletes are young women/men and children first, students second, and athletes third. We recognize and support obligations to family, school, and necessary, positive life commitments. Through commitment to AVA, athletes will learn about balancing many obligations.

Decisions made by the AVA coaching staff will be based on what is good for the club, what is good for the team, and what is good for the individual athlete. Our coaches will always strive to win, however, winning is defined in many ways as a result of goal setting and thus our top priority will always focus on building athletes of strong character through our premier volleyball club.

Expectations of AVA Coaches:

Supporters and members of AVA can expect the following from the coaching staff:

- They will be a positive role model, even when no one is looking.
- They will be a leader and a motivator on and off the court to their athletes.



Expectations of AVA Coaches continued

- They will be a firm and fair disciplinarian.
- They will be committed to the club, the team, the athletes, and to the parents.
- They will be positive, supportive, enthusiastic, and encouraging.
- They will be fully prepared and organized for each practice and game.
- They will be honest with athletes and parents about roles on the team.
- They will communicate well with each other, athletes, parents, and AVA staff.
- They will communicate directly to the director should they have any concerns or questions in order to remain inclusive and transparent.
- **They will follow and uphold all AVA club and team expectations.**

As we build a program and as anyone builds something, it must be done from the ground up. The ideas and philosophies that serve as a foundation are very important but may have room for growth and adjustment. Athletes in this club are expected to know, buy into and respect these ideas. These four basic beliefs serve as groundwork for you to develop as an individual and within a team.

“Foundational Five” Belief Statements:

TEAM Mentality and Priority

Personal DEVELOPMENT Takes Investment

Play and Live With DISCIPLINE

Choose Your ATTITUDE

Maximize Your EFFORT

1. **Team Mentality and Priority:** This is a core philosophy in our club. The team is greater than the individual and will always take precedence. If an athlete successfully learns to commit to the greater team, they have learned a valuable lesson in life. This is a team sport and in such, valuable lessons are learned that one could not learn alone. We will commit to teaching how each personal decision as a teammate affects the greater team.
2. We strive to remind athletes that personal **development** takes commitment and investment. The athlete and those who support them should invest into themselves, their time spent with quality trainers, their effort towards skill development and more. It is an important life lesson that it takes these things to develop and advance one's self.
3. Playing this sport requires great personal **discipline**. This is necessary in order to have a high quality defense and in order to be a smart offensive athlete. We will strive to build discipline in every individual athlete as well as within the team. We will focus on and demand it each and every



day on the court in every way possible, knowing that if our athletes learn discipline in the sport of volleyball it will lead to discipline in the realities of life.

4. We believe **attitude** can be the key to success. It's about how you react, even when you think no one saw. Having a good attitude can increase effective thinking and help an athlete regain focus after mistakes or losses that are valuable moments of character and confidence building. Positive attitude is infection and helps keep an athlete's head in the game, which is vital especially if one is hoping to take their interest in volleyball to the next level. Each of us receives the gift and the ability to choose what our attitude will be each and every day, and in each and every situation. It is impossible to control many things in the game of volleyball and in life - the one thing you can always control is your attitude.
5. Our goal will never simply be to "win" on the scoreboard and that be it. Our goal will always be to play hard, play with discipline, play with pride and have fun while giving our very best **effort** possible. If all of the above is taken into account, winning will more often than not be the natural result. If our very best effort does not result in a win, then we can still hold our heads high, feel good about our effort, respect and appreciate the process which includes the training, and give credit to our opponent. We will expect and demand the best from our athletes not only on the court, but also in their personal life so we can have confidence in AVA's influence.

Expectations of AVA Athlete:

- A team first attitude- unselfish, positive, encouraging, and supportive
- A coachable attitude- willing to listen, improve, and accept constructive criticism while focusing on what is instructed of the athlete at all times
- A loyal commitment to AVA, supporting all teammates and coaches
- A commitment to give your very best effort, every day-every play
- Be self-motivated and self disciplined
- Follow all club and team rules
- Be a positive role model- you represent AVA while a committed member
- A commitment to strive for the highest level of personal physical conditioning and mental toughness
- Understand and accept your role on the team
- Ask questions and be transparent should you have concerns, make these known to your coach or director
- To follow not only all AVA rules, policies and handbook but to also abide by all HOA rules and regulations

Expectations of AVA Parents/ Guardians:

Parents of athletes in AVA are expected to adhere to the following expectations:



Expectations of AVA Parents/ Guardians continued

- Be aware of your athlete's needs, feelings, and concerns
- Attend as many games as possible so you get a full and complete picture of the club and what it is providing to your athlete and so that you have a full understanding of their athlete role
- Understand the role of: Your athlete, other athletes and parents, the coaches, and yourself
- Support the team
- Demonstrate sportsmanship at all games, practices and in general as you too are representing AVA (i.e. We do not condone unsportsmanship conduct such as yelling at other athletes, parents, coaches or officials)
- Allow your athlete to participate on the team in her own way; **don't relive yourself through him/her**
- Show positive support and encouragement for your athlete, for all members of the team, and for AVA
- **Let 24 hours elapse** before initiating communication with the 4-step process below. Do not try to resolve a conflict with a coach before or directly after a game- that will likely create more conflict. Encourage your athlete to begin the 5-step communication process:
 1. Athlete expresses wish to discuss with head coach the question or concern(s)
 2. Athlete meets with head coach
 3. Athlete and parent meet with head coach
 4. Athlete, parent, and head coach meet with director
 5. Athlete, parent and head coach meet with club director

*Please note we do **not** feel any form of communication other than in-person is acceptable for important, respectable conversations that rise through question or concern. (i.e. texting, emailing)

Things parents may not ask about:

Playing time

Game strategies

Other athletes on the team

Things parents may want to ask about and is appropriate:

Does my child work hard and have a positive attitude?

How would you evaluate my child in terms of her offensive, defensive and/or team skills?

In what area(s) does my child need to improve?

Is my child a positive addition to the team?

What can I do to help you or my child as a part of this team?

In order to run a classy and successful program, we all need to be supportive and respectful of each other.



Drama/Conflict:

As we enter the season we want to be clear in saying; We will not tolerate drama, conflict or negative attitudes throughout the season. Our biggest desire is to give the athletes our undivided attention and our entire focus. In order to do this, we need your support on and off the court as an athlete and as a parent(s). We ask that you be an encourager and supporter at all times.

Once a coach or AVA staff member has been notified about any negative drama or conflicts with athletes or parents, all parties will have a mandatory meeting with the director. If not resolved, the athlete will either be removed from the team, the organization or not asked to return in the future. We want the experience with AVA to remain positive and influential, allowing athletes to fuel their love for the game because of said experience. If negative energy is created, it will be addressed immediately as appropriate as to not affect one's experience.

Fundraising:

AVA may host a club wide fundraiser(s) every season. All of our athletes are encouraged but not required to participate. The money raised is used for club necessities and at a certain earning if necessary, applied towards their club fee at a certain calculation which is released prior to the start of the fundraiser. If you do not have a balance due to the club, funds earned will be given to the family as a profit, at the fundraisers established percentage. Types of fundraisers may change from season to season. Information on such is released at an appropriate time before/ during season.

Communication:

Any club correspondence concerning athletes, teams or information will be done through GroupMe, email to/ from the info@alphavbademy.com account or in-person.

The club director and/ or co-director must be included in group text, emails or any communication that involves or is about AVA or an athlete of such.

Per HOA USAV rules: Team Communication, Updated and Current as of 10/2021:

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes' parents/guardians.

Electronic Communication:

All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent. Open and Transparent means that the Adult Participant copies or includes the



Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant.

Content:

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception in (1)(a) exists.

Electronic communications must be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

Parent meetings or concerns will first be addressed with the involved coach and from there, with the director as needed. Please make sure you're addressing your coach first and allowing them to resolve or answer any questions you or your athlete may have. If you feel you need to address the issue with someone after the initial conversation with your coach you may then contact the director.

Please remember, we cannot address, fix or deal with any issue or conflict if you do not communicate with us and if you do not communicate in a respectful manner. Inappropriate communication including rude or disrespectful towards any member of the club will not be tolerated and only fosters a negative environment for participants.

The 24-Hour Rule:

If you are concerned about a volleyball related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. As a reminder, we typically ask that the athlete addresses the coach first before a parent. In any matter, one must wait 24-hours past the event/tournament/ game/ etc. At a tournament or during practice is never an appropriate time to confront a coach or attempt to discuss your child's playing time, role on the team, or other aspects of her participation. Please be respectful in this manner.

Social Media:

We live in a day and age where social media is a huge communication platform. We feel we must take a strong stance on social media with both our AVA members, especially if you have a High School athlete with interest in recruitment. We have seen many potential recruits lose scholarship opportunities because of negative social media interaction. Not to mention social media follows one into their potential career opportunities as well.

If any form of illegal activity or negativity about the club, other athletes, coaches or staff is found on one of our athlete's or parent's social media accounts, a parent & athlete meeting will be held as soon as possible with the head coach and director. The athlete will not be able to play until the meeting has occurred and the situation has been discussed and furthermore, a resolution has come to term. Solution, should it rise to this level, could include termination and end of season for that athlete/ family.



All members of AVA must be supportive, on board with the expectations and on the same page in order for your child to be fully successful at AVA. We want every athlete to be successful not just while in our club but in the future. Understanding the harmful and lasting effects of what occurs on social media is important in this day and age.

SOCIAL MEDIA POLICY

In an effort to foster good sportsmanship and to deter the need to enforce such discipline, Alpha Volleyball Academy (AVA) recommends the following guidelines as best practices for the use of social media by AVA players. For the purposes of these guidelines, social media means any form of electronic communication through which users create online communities to share information, ideas, personal messages, and other content, including, by way of illustration and not limitation, social networking sites such as Twitter, Facebook, Instagram, and Tumblr, etc.

AVA respects the right of its players to use social media. However, it is important for our players to understand the need to exercise care and respect in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. AVA athletes who use social media must remember that any information posted reflects on the entire AVA community and are subject to discipline for any inappropriate use of social media.

Best practice for social media use:

These guidelines are intended to provide a framework for AVA athletes to conduct themselves safely and responsibly in an online environment. As an AVA player you should:

- Be aware that Privacy Settings are NOT foolproof. AVA players are highly encouraged to use privacy settings on social media sites. Even if you diligently monitor your privacy settings, it's best to assume that anything you post may potentially be seen by your club, your school, your parents and strangers.
- Please note potential recruitments can be devastatingly disrupted or ended if recruiters disagree with your use of social media and how you portray yourself through such. Be mindful of the image you create for yourself online. Potential, current and future employers as well as college admissions recruiters may access the information you put on social media sites.
- Avoid posting confidential information. Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phAVA number, schedule, social security number, bank account number, etc. is NOT ever recommended. Once such information is posted, it becomes the property of the social media site.
- Photos posted via social media become the property of the social media site. You may delete the photo from your profile but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find that image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as the authorities, can use against you in the future.



While AVA does not actively monitor players social media accounts, it has the right to act on information provided by third parties and to investigate a player's social media site(s) in the event of allegations of inappropriate online conduct. Finally, AVA has a right to discipline players for any instance of inappropriate online conduct described below.

The following online actions are considered to be substantially or foreseeably disruptive to the AVA club:

- Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors whether of yourself or others.
- Bullying/ threats of violence. While AVA athletes have a right to free speech, that right is NOT unlimited. AVA players should be aware that if their conduct is deemed inappropriate, such conduct may be subject to discipline, not only by our club, but also by law enforcement agencies.
- Derogatory language, remarks or photos about teammates, coaches, other AVA members or any members from different clubs.
- General inappropriate language of a profane or sexual nature.
- Engaging in or indicating knowledge of cyber bullying and/ or harassing another club member (can include coaches, teammates, parents, staff, etc.)
- "Liking" any of the above types of comments or photos on Facebook or any other social networking sites indicates your approval of such comments or posts and thereby holds you to the same standard.
- "Retweeting" or marking a tweet as a "Favorite" on Twitter also indicates your approval of inappropriate comments and thereby holds you to the same standard.
- Other inappropriate behavior as deemed so by AVA.

This policy and handbook serves as your warning, and any offenses that occur can immediately result in the following consequences:

1st Offense – 1 match suspension

2nd Offense – Removal from team and possibly club for the remainder of the season

Furthermore, you will continue to uphold the high standards and character that is expected of all of our players. We know our players are capable of such standards and are here for them for any questions, concerns or needs they may need help addressing. These standards and rules are reiterated in the Player/ Parent Handbook for both athletes, families and AVA staff to reference as well.

Athlete Media:

Social media, our personal website, newsletters and other news outlets are a form of marketing and connection to our athletes and the community that AVA uses. Parents give consent to AVA to use photography, videography, sound, quotes and other media types of their athlete for their own purposes (marketing, PR, advertising, complimentary) while a part of AVA, unless otherwise requested by the guardian. Parents, at any time, have the right to revoke the start of season consent signed but must understand AVA will not be required to sort through and remove media previously posted of the athlete/

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family. At any time, if the media is being shot in the moment, athletes, parents and families in our gym have the right to request not to be included.

Cell Phone Policy:

In team settings, AVA athletes agree to respect one another and their time together. By doing so, the policy of AVA is to not use your cell phone at the following times:

- Team meals
- Team meetings
- Athlete/ parent/ coach meetings
- During practice and or breaks that occur during practice
- Immediately after a game/ tournament before your coach has released you

The purpose of this policy is to respect the time, respect one another and foster relationships. Additionally, this helps athletes remain focused and in tune with what it is they are a part of at those moments.

Cell Phone For Club Purposes:

AVA chooses a team communication app at the start of every season. This app is the main form of communication a coach will use with their team and the parents of the same. We use apps for monitoring purposes and efficiency. Within each team chat, the Director will always be required to be included for oversight and compliance purposes. AVA will ask for both a guardian(s) and athlete's phone number upon completion of season documents; therefore, if number(s) are given this is consent to be included in this team communication. It must be made clear to AVA if guardians otherwise disapprove of the athlete's involvement in a group chat or our designated team communication app(s).

AVA takes communication serious and with grave responsibility to assure it is always safe, appropriate and encouraging. AVA believes open and continuous communication is the key to great relationships and thus great success. This being said, AVA understands that electronic communication or use has the ability to cause miscommunication or misinterpretation. This is why AVA asks parents, athletes and our own staff to remain vigilant in how they use electronic communication and social media and when. AVA's club director is required to be a part of every group chat that occurs between coaches, parents and or athletes for safe oversight.

Payments:

- Payment of athlete Fees per the designated Team Fee Structure (varies by team) can be made in full at the mandatory Team Meeting or at any time before the final installment date as set forth in the Payment Agreement Plan for the season. Fees and payments may vary by team. Fees for each team for the season will be established by the club, and each athlete/parent(s) will be responsible for paying their fees in addition to their personal costs (i.e., travel, food, lodging, personal apparel, etc.).
- To understand what is included for the athlete in the athlete fee, please ask your coach or the director for the team's Fee Structure of that year.
- There will be a \$50/week late payment fee assessed 7 days after due date and there following if no discussion and agreement has been made regarding an extension. The athlete will not be allowed to participate in practice or tournaments if any of the fees are not paid in full and or on time.
- Fees may be used to pay for equipment (i.e. such as balls, bags, nets, carts, or training aids), tournament entry for the team, facility use and qualified coaches pay, among other club related things.
- All equipment will be purchased by and through the club, and the club is the sole owner of all equipment purchased by and through the club. No athlete, parent, or member shall have any ownership interest or property right in any equipment or property of the club because of payment of fees or for any other reason.
- Coaches and teams shall be responsible for maintaining all club property or equipment they use and returning all property or equipment to the club at the end of each season or upon demand of the director, whichever is earlier.
- ALL FEES MUST BE PAID BY CASH, MONEY ORDER, CHECKS OR ELECTRONIC MEANS (i.e. Venmo or SportsEngine online payment system).
- CLUB FEES SHOULD BE PAID IN FULL BY FEBRUARY 1ST OF EACH SEASON (with possible exception made in writing and in agreement between an athlete/ parent and the club director).
- PARTICIPATION PENALTY:
 - Athletes whose payments are late may be subject to a participation penalty
 - First offense, notice given on late payment: Athlete may continue to participate in practices but will not be allowed to participate in tournaments until payment is received or payment adjustment agreement made in writing with the Director
 - Second offense, notice given on late payment and is past due for more than 2 weeks: Athlete will not be allowed to participate in practices or tournaments until payment is received or payment adjustment agreement is made in writing with the Director
- REFUND REQUESTS: will **only** be considered for approval in the following circumstances, unless otherwise agreed upon in writing with the Director. (Refund amounts will be determined on a case by case basis, to be configured with but not limited to the following: amount of time into the season, jersey/ apparel purchased for the individual, etc.):
 - Athlete is injured before the start of the tournament season and is required by a medical provider to sit out for the remainder of the season (no release needed, as athlete will not be joining another club)
 - Athlete is injured during season and is required by a medical provider to sit out for the remainder of the season (no release needed, as athlete will not be joining another club)
 - Athlete and or athlete family has an unforeseen circumstance arrive that will not allow



athlete to complete the season (no release needed, as athlete will not be joining another club)

Uniforms & Equipment:

- athletes' uniforms are a part of their athlete fee for the season. These will be given to athletes before the start of the season, post-team meeting where sizes will be gathered.
- We ask our club members work together, therefore, if someone finds or accidentally picks up someone else's uniform or personal equipment they need to return it as soon as possible to an AVA coach or staff member.
- athletes are also responsible for securing warm-up balls during tournaments and making sure that the correct number are in the bag at the end of each event.. This teaches our athletes responsibility for items they use.

Practice Gear:

Knee pads and court shoes are required. Athletes are not allowed to wear shirts from other volleyball club organizations, the main reason being that they should plan to oftentimes be filmed for recruitment or marketing purposes.

Practice:

1. Practices are not closed to parents but we ask that they wait in common areas and not near the court unless asked and or approved by a coach.
2. Scheduled practice time is start time. Athletes should arrive early enough to be dressed and completely ready for practice by designated start time, which usually requires arriving 15 minutes before start time.
3. IF AN ATHLETE CAN NOT BE AT PRACTICE, THE ATHLETE OR PARENT IS EXPECTED TO NOTIFY THE COACH WITH APPROPRIATE TIME (i.e. before practice starts, with best practice being as soon as possible).
4. All athletes are expected to attend every practice. Only an illness serious enough to keep the athlete home from school, is deemed contagious, is a symptom of worsening illness or a genuine family emergency are legitimate excuses for missing practice. In some cases, a school activity/ commitment may also be an exception to missing practice but must be communicated in advance to the head coach. Regardless of the reason, if an athlete misses more than 10% of the practices, his/her playing time may decrease, and his/her role on the team will be reviewed.
5. Athletes are encouraged to bring water, in an unbreakable container with a lid to practices and tournaments. Absolutely no glass containers are allowed in the gym.
6. All trash and items brought in by athletes or parents must be picked up before a team leaves. Team areas MUST be checked over before the team leaves. Please take care of our facility and the facilities we visit.



Injury Policy:

All injuries must be immediately reported to the team coach and/or the director. In case of a major injury, the athlete will not be allowed to participate unless released by his/her physician. Every season each athlete must read, understand and sign acknowledgement a Medical Release Form.

Illness Policy:

Every illness, every individual, and every circumstance is unique. The guidelines below are agreed-upon by most sports medicine specialists and have been adapted by AVA. *If you have a unique situation or concerns, please see your child's physician to discuss the specifics as we cannot give medical advice.*

- Athletes with a fever of 100.4 degrees or higher should stay out of sports until they have a normal temperature for a consecutive 24 hours.
- Athletes should not exercise if they are having any symptoms below the neck that include– cough, vomiting, diarrhea, etc. These symptoms could indicate a more serious illness and we will ask they do not attend practice until symptoms have been relieved. Athletes cannot return if he/she has vomited within 12 hours.
- Your child should not ever exercise or attend practice if they are still considered contagious by their physician.
- Athletes who believe they have been exposed to any sort of contagious infection, disease or illness should have their guardian/ parent report this to the head coach and not attend practice until cleared by their physician.

Attendance:

If absent from the practice prior to a tournament, it may result in the athlete sitting out a set at the tournament. Unless the athlete was participating in a school sponsored event or an excused absence such as a family emergency was communicated to the coach. This may not necessarily include extracurricular activities since those are optional, but can be discussed with the coach as timing may be pertinent (i.e. athlete misses the practice before a qualifier for an extracurricular activity). Extracurricular activities are encouraged of our athletes to become well-rounded, but they should be communicated with the coach ahead of time and should not repeatedly affect the athlete's participation as a part of the team.

If any athlete is injured, he/she is still required to attend practice unless medically unable to attend. A note will be required for any medical absence. We ask this to show team appreciation and participation. We want all athletes to continually feel a part of the team, regardless of current physical condition.

If attendance becomes a repeated issue, this will be addressed with the athlete, parent(s), head coach and director.

Playing Time:

Playing time is very important to us. It is important to apply the skills and fundamentals taught in practices and lessons within a match situation. Only then can a coach and athlete truly realize which skills the athlete is proficient at and which skills require more training to continue to develop well-rounded athletes. Nearly every tournament AVA teams play in are of high significance - whether they are in-region (where finish determines overall seed within the region such as local tournaments) or out of region (typically national qualifiers, Power League, or tournaments with a lot of recruiters present). Your club membership fees go toward practice time and instruction by qualified, experienced coaches, **NOT** playing time in tournaments. We will guarantee a 'fair' amount of playing per athlete, not per overall team as being fair and not 'equal'. If you are going to attempt to assess playing time, please consider this example: there may be only two middle hitters on a team and three outside hitters. One outside hitter must sit out, since only two outside hitters are in the game at a time. Yet the two middle hitters play all the time. More playing time is earned by being at practice and working hard to improve, as well as, executing the skills when given the opportunity to play and lastly by team/position make-up. Coaches are advised to give everyone an opportunity to contribute their individual skills and abilities to the team during pool play matches. Those skills and abilities may include being a hitter in the front row, serving and playing defense in the back row, or playing "all the way around". When teams advance past pool play, this is the time to reward those athletes that have excelled when given opportunities earlier in the day. Amount of playing time for all athletes is at the coach's discretion and may not be equal for all athletes. Every practice session, lesson, competition and experience is an opportunity for growth and development.

At AVA, we cannot stress enough the quality of loving and having fun with the game. As coaches we also find it vitally important that the athletes on the court are being positive team members and enjoying the moment. If an athlete is not visibly encouraging themselves and/ or their teammates, their playing time may be adjusted as seen fit.

Discipline:

- Should situations arise where, in the judgment of the coach and with discussion with the director, the discipline of a club member needs to be addressed, the coach may handle the situation as he/she sees fit, or he/she may request an incident review by the director to investigate the matter and make a recommendation to the coach and/ or may have final say.
- To maintain the integrity of the club, as well as the respect the club will and has garnered from other clubs, coaches, recruits and alike - it is imperative that all athletes uphold high moral and ethical standards. Parents are asked to do the same.
- Coaches will be key positive role models for our athletes and their discretion amongst necessary discipline is held highly.
- Any damages, theft or misuse of another athlete's belongings, lodging, or venue will result in disciplinary action and potential dismissal from the team/club and/or legal action.



- Any costs incurred from damage, theft or other misuse will be the responsibility of the specific athlete(s), not the club, and will be pursued as needed.
- Disciplinary actions can include, but are not limited to, extra physical exertion (i.e., running laps), a athlete being held out from practice, benched a match, a whole day, an entire tournament, sent home from the tournament (at the athlete/parents expense), suspended for a period of time (from tournaments and/or practices), or expelled from the club (with no refund or forgiveness of the obligation to pay all dues or fees for the year). Coaches shall have authority to take all disciplinary actions up to and including being held out from practice but furthermore is subject to director approval.

Recruiting:

AVA currently works with sports recruiting programs as well as recruits through its own means of marketing and media. Each season we will continue to work hard towards gaining our athletes attention from colleges, including but not limited to providing ourselves as references and emailing coaches.

Competition:

AVA coaches, at the discretion of the director, set a schedule to give each team the best competition and opportunities to be successful and continue developing their skill sets.

How tournaments work: Many of the tournaments AVA teams will enter are considered one-day tournaments, either being a Saturday or a Sunday. The typical one-day tournament schedule starts at 8am with "pool play" consisting of "round-robin" matches. Some tournaments follow "pool" play with single elimination "bracket" play for top pool finishers. Most bracket play for one-day tournaments start sometime in the afternoon, ending with tournament finals immediately after (typically near 5 or 6 pm). Teams making it to the finals will add another match or two to their day beyond those that were eliminated in bracket play or did not advance past pool play.

A few tournaments (Qualifiers and special events such as Regionals, Nationals, etc.) involve two or three days of pool play, as described (three or four matches per day), followed by single elimination bracket play. In a two-day tournament, bracket play sometimes starts immediately after the second day's pool play, and wraps up that evening. In the longer tournaments, bracket play (usually multiple brackets with team position within the brackets dependent upon performance in pool play) starts early the day after completion of all pool play. Teams making it to bracket finals in these larger competitions add another three to four matches to their tournament total.

Counting three to four matches per tournament day, and adding another two to four matches per bracket, the number of matches played during a typical AVA season adds up rapidly, with some of our travel teams playing more than 50 matches in one season. Typical high school varsity team plays 15 - 20 matches per season plus any playoff matches. One AVA season can, therefore, easily provide experience equivalent to two or three high school seasons of competition. Because the length of volleyball matches can be



unpredictable and tournament formats and management varies, as discussed above, it is difficult to pinpoint the time a tournament may end. Also, exact tournament schedules or final confirmations are often not available until the day before the tournaments begin. This is partly due to late entries, withdrawals or team changes, all of which impact the actual tournament playing schedule and matchups.

AVA has no control over the administration of some tournaments, but we do make suggestions, as do other clubs, to those who run the tournament for consideration in their next one. Since team entry fees must be paid weeks in advance, and the large amount of planning required for travel and lodging, it is extremely important that team coaches are notified as far in advance as possible of any tournament an athlete cannot attend. Parents and athletes should closely review the tournament schedule provided and notify the coach of any conflicts. We understand that situations such as illness do cause short notice conflicts; it is the ones known in advance of which we must be informed as soon they are identified in order to best adjust to the situation.

1. All athletes are expected to be in the gym, **READY TO WARM-UP**, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15-30 minutes prior to the scheduled arrival time to have time to warm-up.
2. Food, drink (other than water), or snacks are at each tournament's discretion. This information can often be found online at hoavb.org through selecting the tournament the team is entering.
3. Proper attire and demeanor is expected of all members of the club (athletes, parents, supporters) at all tournaments; this includes treating members of the officiating crew with respect.
4. Parents are responsible for arranging/providing transportation for their athlete to and from the tournament sites and athletes will be under parental/guardian supervision until the coach arrives/leaves the tournament site and during sitting breaks. Parents should inform the coach if they do not plan on staying when they bring their athlete to the tournament so coaches are aware of their needed supervision of that athlete during breaks and or if anything occurs that will need parental notice. athletes should always inform the coach when leaving a tournament or practice with someone other than their parent/guardian.
5. All athletes are expected to attend every tournament to which he/she has committed to. **IF AN ATHLETE CANNOT BE AT A TOURNAMENT, THE ATHLETE IS EXPECTED TO INFORM THE COACH AS SOON AS THE ATHLETE KNOWS SHE WILL BE ABSENT.** It is the athlete's responsibility to inform the coach of this incident.
6. Except for the starting times, most USAV tournaments do not follow a set time schedule. Matches often begin 10 minutes after the end of the previous match. Because of this format, it is very difficult to determine exactly when a tournament will end. **Expect to play all day and do not ask to arrive late or leave early, this is unfair to your team, coach and the other teams who require our teams to be present to play.**



7. Athletes will not be allowed to leave a tournament site until excused by the coach. This may include officiating a match after your playing schedule has been completed. Please be aware this is customary that the loser of a bracket play match is required to stay and officiate the following match. It is our duty to abide by this schedule, do not deviate from it - we would not want a team leaving and excusing themselves from our own match thus leaving us no way to finish a tournament, so do not ever expect this to be okay.

8. We strongly advise that you pack a cooler for your athlete and family for the day of a tournament. Although you may not always be allowed to bring it inside the facilities, you can leave it outside the facility or in your car. Parents may take turns doing this for the entire team or can be a team-effort. Some gyms may offer concessions.

Travel

These trips are for your athlete's volleyball experience and training as a member of a team.

Benefits of Travel Tournaments:

- Gauge how teams compare to the rest of the country.
- Provide athlete's exposure to collegiate coaches.
- Teach athletes time management skills.
- Teach athletes to be productive team members while traveling in a competitive environment.
- Teach athletes to handle the rigors of a competitive schedule (a MUST for the college athlete).
- Development of friendships with athletes from different areas of the country.

What is NOT covered by the athlete Fees?

Transportation: Travel to tournaments is not covered. We encourage sharing rides for practices and tournaments. **To allow for the flexibility of parents to utilize hotel points, hotel rooms for athletes will not be included in athlete dues but it should be noted we receive team discounts at certain hotels in the cities of which our teams travel to** (this information can be found on our website and will be released to parents before tournaments for utilization should you wish). Tournament expenses you will want to think through: Food/ drinks, overnight lodgings, additional fan apparel bought while aware, etc. are not covered by the athlete fee or club.

Parents are encouraged to help in transporting athletes to and from the playing site. In cases of possible inclement weather, the club director will make the final decision for travel on the departure day and will notify the coaches and team via the designated group communication app. Every effort will be made to attend any scheduled tournament, but the safety in travel will always be considered first priority.

Airfare:



1. Airfare for athletes and parents are to be handled by parents on an individual basis.
2. Your coach can inform you of his/her personal flight schedule if you ask him/her.

General Travel Rules:

Each Coach will set some specific rules for travel, but these are the general rules for the entire club:

1. WE TRAVEL TO OUT-OF-TOWN TOURNAMENTS TO COMPETE; everything else is secondary.
2. Athletes will be courteous to and respectfully obey all staff members of every location/ facility/ organization that we travel to. This includes all coaches, chaperones, and/or other adults officially traveling with the team as well as staff on-site for lodging, at the tournaments, etc.
3. Athletes must report any illness or injury to the coach and chaperone immediately.
4. An athlete who damages any property at lodging or playing facility will be personally responsible for damages.
5. An athlete found in possession of alcohol, tobacco, illegal drugs or weapons will be sent home immediately at the parent's expense. Please note that this can result in possible dismissal from the club.
6. An athlete who disobeys any of the travel rules may be sent home immediately at the expense of the parent. Evaluation of the situation by the coach and the director will occur immediately after the trip is completed. Please note that this can result in possible dismissal from the club.
7. AVA will not be responsible for any athlete's personal items while participating in an event. All athlete's personal items will be their own responsibility while playing or at the hotel.

AVA is a registered Heart of America Volleyball Association club volleyball organization. We will abide by all rules associated with the same, as well as all regulations set forth by USAV.