

Adrenaline Volleyball Club Handbook For 2025-26 Season

Developing the Total Athlete!

Welcome to Adrenaline Volleyball Club!

Club Philosophy:

1. To develop a young person's motive to achieve and the desire to strive for excellence.
2. To develop self-responsibility in young athletes.
3. To teach young people how to compete and cooperate.

Tryouts and team selection:

1. We select athletes on the following criteria: coach ability, willingness to be a team-player, athletic ability for volleyball, athletic potential, work ethic, competitive attitude, and experience.
2. We evaluate players every year with no favor to returning players. *
3. Athletes who cannot tryout due to injury, illness or other circumstances must contact club administration for status of their ability to play for the club.
4. Adrenaline Volleyball club reserves the right to eliminate or place a team at an appropriate skill level at any time due to participation and/or team's overall skill level.
5. Adrenaline Volleyball club reserves the right to place a player at an appropriate skill level at any time during the club volleyball season due to overall skill level and AVBC club team's needs.
6. *** Players offered early contracts are exempt from the tryout process.**

Forms:

1. Players must complete the medical history form and submit it to the club by their first team practice.
 - a. The medical release form will be carried by the player in their bag at all times, as well as, by the coach.
 - b. A copy of the medical release form will be kept on file by the club during the season.
2. Players and Coaches must carry a copy of the players OVR membership card to all tournaments.
3. *Note: Every OVR/USAV membership is provided supplemental medical coverage.*

Multi-sport athletes:

1. Being a multi-sport athlete is an integral part of being an athlete. However, if a player expects to miss more than 15% of practices, we suggest they reconsider participation in our program.
2. **Players are expected to be present at every practice.**
 - a. **Legitimate Excuses** - Only a serious illness that keeps the athlete home from school or a genuine family emergency are legitimate excuses for missing practice.
3. Players are expected to be present at every tournament. Tournaments for AVBC are viewed as **top priority.**

What you can expect from Adrenaline Volleyball Club.

Instruction: Our staff has experienced coaches. Most coaches have club coaching experience, while others have school coaching experience. All coaches are experienced players with the desire to teach the sport of volleyball to excited, attentive players. Some coaches may be new to Adrenaline Volleyball Club. However, every coach has been hand selected by the club administration and is committed to Adrenaline Volleyball Club players.

****All coaches are IMPACT certified, USOC Safe Sport Certified, Concussion Training Certified, Sudden Cardiac Arrest certification, sign the USA Volleyball Code of Ethics, and have a criminal background check as mandated by USA Volleyball.***

Training and Fitness: Adrenaline Volleyball Club has a *sports performance trainer* that will work with the players (Age groups 13 -18) throughout the season. This means developing power, strength, agility, quickness, and developing better nutritional habits. Most experts view the ages of 12 – 18 as the ideal ages for developing the foundation for speed, strength and power that will last for an athlete’s entire lifetime. Adrenaline Volleyball Club wants to develop the best athletes on and off the court.

Discipline: The time commitment required to be in a junior program demands that study habits improve, and players budget their time more efficiently. It’s no secret that many players get better grades during the club season.

Leadership skills: Playing volleyball provides players with opportunities to develop skills in communication and team building. Players learn to treat other competitors with respect, identify strengths and weaknesses, develop winning strategies, and manage time effectively. Participating in sports helps players develop confidence and make quick decisions necessary to succeed in leadership roles of all types.

Education: Our goal is to create smart, well-rounded athletes. Volleyball is a sport in which new situations happen frequently and players need to learn to deal effectively with diversity.

WHAT AVBC EXPECTS OF PLAYERS:

Practices: Teams will generally practice two to three times a week. Gym availability may prevent having practice three times a week. **(All practices are closed to parents and guardians)**

1. **Practice Attendance** - If a player misses more than 15% of practices for non-legitimate excuses the player can be released from the Adrenaline Volleyball Club without a refund of club fees. It is the parent’s and player’s responsibility to make all practices, tournaments, and team functions.
 - a. **Legitimate Excuses** - Only a serious illness that keeps the athlete home from school or a genuine family emergency are legitimate excuses for missing practice.
2. **Arrive at practice at least 15 minutes early:** The scheduled time is the start time for practice, not the arrival time. **Tardiness can result in loss of playing time.*
3. **All Practices for all age groups 10 -18 are closed practices.** Parent and/or guardian **cannot** enter the practice facility.
4. All coaches, athletes and parents will treat the practice facilities with respect. Adrenaline Volleyball Club has a zero-tolerance policy in regard to facility and custodial disrespect.
5. Athletes are encouraged to bring their own water bottles to practice.
6. Athletes are required to assist coaches with set up and tearing down of practice equipment. However, they are not to begin setting up nets or other equipment without a coach present.
7. Practice is a time for coaches and players to work together to improve the individual skills of the athletes and to become a more cohesive team. Athletes are expected to work hard at every practice, be cooperative with the players, as well as coaches. If a player is not respectful of the learning environment, the athlete may be dismissed from practice.
8. If an athlete cannot make it to practice for any reason it is their responsibility to contact their coach and explain why they will not be there. **Text messages are an unacceptable mode of contact for missing practice. *Please call the coach.**

9. If a practice is cancelled, the coach will notify everyone on the team in advance by either calling each athlete or emailing them to get the word to the team.
10. **Practice times and gym location may change due to availability.** The Club administration will do their very best to keep practice times and locations consistent. Please keep in mind we use Southwestern City school facilities, and the schools may have functions that determine when we can use the facilities. Using Southwestern City school facilities helps the club keep the club fees down, which saves money for every family participating in the club. We want to keep the club affordable for all!
11. When practices are not held due to a holiday, we move the practice to the following day for any team affected. They may share a gym with another team at another location. The club administration will try to keep the team(s) at the same location whenever possible.
12. *Southwestern city schools do NOT allow any folding chairs on the gym floor due to damaging the floor surface. Please respect the school policies at all times.
13. All players need to complete the online down ref, line judge, libero tracking and score book courses assigned by the coach before their first tournament.
14. Players 18 years of age and/or they turn 18 years of age during the club volleyball season must complete the safe sport course online. There is a link on the Ohio Valley Region website. **Ovr.org.**

Tournaments: Teams may play four to nine (4 to 9) tournaments which include OVR Regionals depending on age group. Age groups 10-12 Regional do not play OVR Regionals unless added by coach at an additional cost to the players. Most of these tournaments are one-day tournaments within 1 to 2 hours driving distance. The following is a list of rules for tournaments. Athletes and/or parents are responsible for transportation to and from the tournament site.

es. No team member is to drive a vehicle in which another club member is riding. Coaches do not to provide transportation for team members. The cost for transportation and lodging is not included in the yearly fees and is the responsibility of the athlete and her family.

1. The team and it's coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws. · The employees, coaches and/or volunteers of Adrenaline VBC or one of it's teams, who are not also acting as a parent, shall not drive alone with an unrelated minor player.
2. Coordinating out-of-state travel with airlines is the sole responsibility of the parent. A parent or legal guardian must travel with the player. If a legal guardian cannot travel with the player, the legal guardian must provide written permission, consent to treat minor form (signed and dated) and medical insurance card to their chaperone and a copy of all forms needs to be given to the coach before traveling. **The club will not provide a chaperone.*
3. Arrive at the tournament site 1 hour before the first match. It is the coach's responsibility to communicate the arrival time for each tournament. Each tournament can have a different start time so please check the tournament info on the OVR website.
4. Athletes are encouraged to bring their own drinks to tournaments. However, coolers are not allowed at any OVR sanctioned event.

5. Athletes, parents, and coaches are to act in a respectful and sportsmanlike manner at all times. Remember you are representing your high school, club, and family. Any problems will be dealt with on a case-by-case basis.
6. Parents are NEVER to approach a coach in an aggressive manor while at a tournament. This will result in serious disciplinary actions.
7. If an athlete cannot attend a tournament the coach must be notified ASAP.
8. The inability to attend a tournament is not a reason for refund of any club fees.
9. Athletes must bring all their club attire, medical history form and OVR membership card to every tournament.
10. The team camp area must be cleaned up entirely before anyone leaves the tournament site.
11. **No athlete may leave the tournament site until his/her entire team is capable of leaving.**

Officiating: Officiating is the responsibility of the entire team. No exceptions.

1. Under no circumstances are athletes to have any electronics on their person while officiating. A fine of \$100 will be assessed to a club if players are found to have electronics while officiating. Adrenaline Volleyball Club will fine the player the amount the OVR has fined the club.
2. Coaches must stay at the scorer's table while their team is officiating. If the club is fined for the coach not being present Adrenaline will fine the coach the amount of the fine.
3. Each team is to have at least three (3) players tested down officials and three (3) tested bookkeepers by the end of their second tournament.
4. Every player is required to stay at a tournament site until the entire team can leave. Do not ask the coach if you can leave early.

WHAT AVBC EXPECTS FROM PARENTS:

Uniqueness of the game:

Volleyball is one of the most team-oriented sports. One player cannot win a game for a team, just as one player does not cause a loss. Parents, please remember many times the player who causes the error is not the last player to touch the ball. Errors occur during every point. Parents need to assist coaches in teaching players that no one is ever trying to play poorly. As parents support and encourage the entire team rather than solely their daughter, the team will come together faster and play better.

Players watch their parents as much as parents watch their players. Remember every girl on the team is someone's daughter and deserves the support and respect you wish for your daughter to have.

Relax and let them play:

In our spectator enthusiasm, we are often primed to issue instructions that are contrary to those of the coach. Please let the instruction come from the coach and the cheering come from you. After all you are paying a lot of money for professional coaches; please let them do their job.

Referees are to be treated respectfully at all times. Abusing referees will not be tolerated and dealt with immediately. Abusive or disrespectful actions towards referees can result in points awarded to opponents, dismissal from tournament sites or fines placed on the club. Fines placed on the club due to disrespect towards referees will be passed onto the parent who showed the disrespect.

**Please think before criticizing anyone connected with your daughter's team or club. Criticism is contagious and often hurtful; the damage caused could be irreversible.*

Transportation:

Parents need to drop off and pick up their players on time. Please remember coaches may have families or other responsibilities waiting for them after practice.

Parents may assist in transportation to and from tournaments. However, players are not to drive if other teammates are in the car.

***Note: If you pay your player(s) club fee in total by Nov. 18th, 2025, you will receive a \$50.00 discount.**

Regional players Fee Schedule (Non-early contract players):

***Please pay your fees on time.** If fees are not paid on time tournament payments, Uniforms and practice facilities bills cannot be paid. Failure to pay on time will result in non-participation. If fees are not paid on time late fees will be added.

Payment dates are as follows:

***IMPORTANT NOTE:**

First payment is due upon acceptance of a roster spot for all NON-EARLY contract players.

Age Groups: 10R to 12R (Totaling: \$685.)

1. Acceptance Roster spot - \$450
2. January 15th - \$135
3. February 28th - \$100

Age Groups: 13R – 17R (Totaling: \$1225.)

1. Acceptance Roster spot - \$650
2. January 15th - \$300
3. February 28th - \$275

Continued on next page:

Early contract fee schedule for Regional players:

***Please pay your fees on time.** If fees are not paid on time tournament payments, Uniforms and practice facilities bills cannot be paid. Failure to pay on time will result in non-participation. If fees are not paid on time late fees will be added. **Payment dates are as follows:**

****Payment Schedules below are for early contracts players who paid the early contract fee by Sept. 1st, 2025.***

****Early Contract player paid early fee: \$250. *Early Contract player paid early fee: \$325. By Sept 1st***

Age Groups: 10R to 12R (Teams) (Totaling: \$685.) **Age Groups: 13R – 17R (Teams) (Totaling: \$1225.)**

1. November 15th - \$200
2. January 15th - \$135
3. February 28th - \$100

1. November 15th - \$325
2. January 15th - \$300
3. February 28th - \$275

18's – Short Season Fee schedule:

Early contract & Non-Early contract fee schedule for Regional 18's players:
(*Short Season)

***Please pay your fees on time.** If fees are not paid on time tournament payments, Uniforms and practice facilities bills cannot be paid. Failure to pay on time will result in non-participation. If fees are not paid on time late fees will be added. **Payment dates are as follows:**

Non-early contract player fee: ****Early Contract player paid early fee: \$325. By Sept 1st***

Age Group: 18R (Team) (Totaling: \$1075.)

1. Acceptance roster spot - \$650
2. January 15th - \$275
3. February 28th - \$250

Age Group: 18R (Team) (Totaling: \$1075)

1. November 15th - \$325
2. January 15th - \$275
3. February 28th - \$250

American Team fee schedules:

Early contract & non-early fee schedule for American players:

***Please pay your fees on time.** If fees are not paid on time tournament payments, Uniforms and practice facilities bills cannot be paid. Failure to pay on time will result in non-participation. If fees are not paid on time late fees will be added. **Payment dates are as follows:**

Non-early contract player fee schedule: ****Early Contract player paid early fee: \$325. By Sept 1st***

Age Group: 12A (Totaling: \$985.)

1. Acceptance roster spot - \$650
2. January 15th - \$235
3. February 28th - \$100

Age Groups: 12A (Totaling: \$985.)

1. November 15th - \$325
2. January 15th - \$235
3. February 28th - \$100

American players Fee Schedule (Non-early contract players):

***Please pay your fees on time.** If fees are not paid on time tournament payments, Uniforms and practice facilities bills cannot be paid. Failure to pay on time will result in non-participation. If fees are not paid on time late fees will be added. **Payment dates are as follows:**

Age Groups: 13A/14A (Teams) (Totaling: \$1400.) **Age Groups: 15A – 17A (Teams)** (Totaling: \$1600.)

- | | |
|-----------------------------------|-----------------------------------|
| 1. Acceptance roster spot - \$650 | 1. Acceptance roster spot - \$650 |
| 2. January 15th - \$450 | 2. January 15th - \$550 |
| 3. February 28th - \$300 | 3. February 28th - \$400 |

Early contract fee schedule for American players:

****Payment Schedules below are for early contracts players who paid the early contract fee in September.***

****Early Contract fee: \$325. Paid by Sept 1st, 2025***

Age Groups: 13A/14A (Teams) (Totaling: \$1400.) **Age Groups: 15A – 17A (Teams)** (Totaling: \$1600.)

- | | |
|--------------------------|--------------------------|
| 1. November 15th - \$325 | 1. November 15th - \$325 |
| 2. January 15th - \$450 | 2. January 15th - \$550 |
| 3. February 28th - \$300 | 3. February 28th - \$400 |

***Late payment:**

- A late fee equal to 10% of payment will be added after 15 days.
- If a payment is 30 days late a fee equal to 30% of payment will be added, and the athlete will be suspended from team activities.
- ***(*Note: Players will not get uniforms if first 2 payments are not made by January 15th, 2025)***

Sibling discount:

Age groups 14 -18 - \$50 discount - each player. With a maximum family (Sibling) discount \$150.00

Age groups 10-13 - \$25 discount – each player. With a maximum family (Sibling) discount \$75.00

****All sibling discounts must be approved by the Adrenaline Volleyball club director.***

****Families that pay their fee(s) in total by the Nov 18th, 2025, are still eligible for the \$50.00 discount.***

Club Fee Refunds: ***(Remember you are paying for skill development and training.)***

****There are no early contract refunds. *(See exceptions below)***

***Refunds with the Club Fund Raising Program:** You can fund raise up to 100% of your fees. Anything over and above your fees will be retained by the club for future hardship scholarships and club expenses.

****There are no refunds of club fees - *Exceptions noted:*** *The only exception may be if a player is injured, Pandemic tournament & competition/practice restrictions set by the state of Ohio, USA volleyball or OVR, or player has a serious illness during the club season and is out for the remainder of the club season. The Club Director will evaluate the full situation and determine if a refund is the appropriate action. If a refund is deemed appropriate following the Adrenaline Volleyball Club guidelines described below, the Club Director will determine the amount.*

***Refund exception: Due to Pandemic restrictions:**

If a pandemic restricts tournaments, some form of competitions from being played or causes practices to be cancelled, we will calculate reimbursements based on the following criteria: number players on the team, number of tournaments and number of practices missed. (Players will still be charged for the uniform if we are beyond the order date in December.)

Your club fees cover these club expenditures:

1. Staff compensation:
 - a. 28 - Coaches – Head coaches, Assist. Coaches and 2 sports performance coaches
 - b. Accountant – Advisor & Club Taxes etc.
 - c. 4 - Administrative staff
 - i. Director & Assistant Director
 - ii. Treasurer
 - iii. Webmaster
 - iv. Recruiting Coordinator
 - v. Social Media Coordinator
2. All staff - OVR memberships
3. All staff - Background check
4. AAU membership
5. Coaching & Sports performance training – (*Staff Education & Certifications) – *All covered by the club.
 - a. Our staff has access to a premier volleyball coach training website. The website provides training from the top coaches from the college and professional levels.
6. Three (3) days of Tryouts – Bibs, print outs and Facility costs – (*Club Marketing)
7. Parent Meeting – Zoom License cost for: Host up to 300 participants – **As needed.**
8. Sports Performance Equipment – Meds ball, ladders, and hurdles & misc. equipment.
9. 8 - Saturday practices – During Jan – Feb (***Depending on gym availability**)
10. Weekday practices – Twice a week (2.5 hrs.) ages 12A – 18 & (2) hour practices age 10-12R.
11. Uniforms package
12. Tournaments – (Play Dates) Please note two (2) day tournaments – Cost double the cost of a one (1) day tournament. That is why clubs go by play dates. (***Important information**)
13. OVR Regionals
14. **Equipment** – We have replaced 25% a year of our equipment since we took over. Many balls and carts needed to be replaced on a 4-year cycle. Purchased setter’s balls for each team.
 - a. Other equipment: IE: pole pads, Nets, cranks, Net repair, and net pins for use at Franklin Heights. (Any schools that need it.)
 - b. Sports performance equipment. (Slam balls, bands, Jump ropes and wheeled storage.)
15. Website upgrades & maintenance – We have transitioned to a new website format to make the club registration & payment process automated. On-going monthly cost and upgrades.
16. Club Marketing
17. Sports recruits – Memberships for American teams 15-17.

***Refund exceptions** may be made due to a season ending injury as a direct result of participating in a sanctioned club event, or serious illness. In this instance, pro-rated refunds MAY be granted with a written request, to the Director, accompanied by a physician's report, where applicable. The club must receive a signed statement from a physician that states the player cannot participate in volleyball and the duration that they are unable to participate.

PRO-RATED Refunds- (**if approved**) are based upon the following formulas:

- February 1st 40% of the season fee
- March 1st 20% of the season fee
- April 1st 10% of the season fee
- There is no credit or refunds for players who are unable to attend tournaments or practices, including post Regionals, for American teams, regardless of prior notification.

Substance abuse:

You as a team representative (Player), team assistant, spectator, chaperone, or transporter for AVBC becomes our business. We have a zero-tolerance policy for substance abuse, and any infractions will result in indefinite expulsion from AVBC activities. *There will be no refunds of club fees.

Insurance Coverage:

The USAV and OVR provide supplemental medical coverage for OVR/USAV members participating in sanctioned events. Persons who are not members are not covered. Transportation to and from tournaments is not covered. Any incidents resulting in medical claims must be directed to the attention of the club director immediately.

Grievance Procedure:

Competitive athletics by its very nature creates situations where everyone may not be happy all of the time. Knowing how to communicate, when to communicate and who to communicate with is a concern for almost every parent at some time in the season. Any issues with fees need to begin with an email form sent to Peg Ripley and Bill Neider. Coaches are not to deal with any financial issues.

At AVBC we encourage the athletes to take responsibility for their participation. For this reason, we expect the player to talk to the coach first. They should ask if there is something they need to work on to give them more opportunities for playing time. Usually a player knows why they may not be playing as much as a teammate when a parent may not. Parents can best help their athlete by assisting in setting some goals to achieve more opportunities.

When a parent has a problem specific to their own athlete, we expect them to go to the coach first as well. Coaches have been instructed to **not** discuss coaching decisions and philosophies with a parent.

***If you have real concerns, and your player(s) has unsuccessfully attempted to work things out with her coach on her own, schedule a meeting with the coach, and have your child attend with you (you may not be hearing the whole story). If you are trying to resolve a problem, help your player by being a role model in the problem-solving process.**

***WE DO NOT GUARANTEE EQUAL PLAYING TIME ON ANY TEAM OR AT ANY EVENT.**

AVBC has the philosophy that you are paying for instruction time during practice. Playing time is decided based on attendance to practice, attitude, effort, performance, team's need at that time and the team's needs in the future. **We do not guarantee playing time at any event.*

Steps for grievances specifically are:

- 1 The athlete speaks first with the coach. If the matter remains unresolved, or if the athlete has concern that speaking with the coach will not resolve the matter:
- 2 The parents should meet with the coach. Parents are to call or email the coach to set up a meeting. Parents are not to corner a coach at a tournament or practice. We have instructed coaches, who are approached at practices or tournaments to refuse to discuss any issues, refer the parent to the club director and remove themselves from the situation by walking away. If meeting with the coach in private does not resolve the matter or if the parent has reason to believe meeting with the coach will not resolve the matter:
- 3 The parent may request a meeting with the director and coach. Any grievances brought to the director should be dealt with via email with the assistant director copied. In certain situations, AVBC reserves the right to ask all parties to attend the meeting. *Directors will not discuss coaching decisions at any time.

Other Policies Regarding Grievances:

- 1 AVBC will not tolerate any hostile, aggressive confrontations between a parent and any official, or a parent and a coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete, or other parent is a member of AVBC or not. Violations of this policy will result in dismissal from AVBC without a refund.
- 2 It is inappropriate for an athlete or parent to approach another member of AVBC about a problem the athlete or parent is having with an AVBC coach. Asking third parties to take sides is unfair and a bad example for the team.
- 3 If a parent or player is approached to listen to any issues between two other members of the club, it is strongly encouraged they respectfully remove themselves from the conversation, and refer the parties involved to the club director.
- 4 Any member who, as a third party hears remarks or stories about AVBC, its employees, or its policies, which cause the member to be concerned is advised to contact the director immediately to determine the facts or alert the club administration of any situations it may be unaware.
- 5 Please refrain from negative comments around your daughter and the other athletes.
- 6 Repetitive complaining to the athletes, parents, or other third parties that interferes with the club's efforts to pursue its stated mission may result in club administration to ask for the member to resign.

***Handbook continued next page.**

What you get for the club fee:

Please read the following statement:

Please note: Competition\Tournament formats may change.

Due to a pandemic – State of Ohio guidelines: *Tournament format - Competition format will be determined by state guideline conditions, OVR and USA Volleyball sanctions events. (Regional leagues may be formed in place of tournaments.) – We cannot and do not guarantee any form of competitions or tournament play due to unpredictable pandemic conditions.

Age Groups 10 - 12 Regional:

\$685 – Fee (If paid in full November 18th, 2025 – The fee will be \$635.)

2 – Jerseys

2 – Practices a week – *Practice starts in January. *There may be some Saturday practices.

4 - Tournaments – (4 total play dates – NO OVR Regionals) - **Projected Play**

Age Groups 13 - 17 Regional:

Ages 13 – 17 - Regional \$1225. – Fee (If paid in full by November 18th, 2025 – The fee will be \$1175.)

2 – Jerseys

1 - Pair of Spandex shorts

2-3 – Practices a week - ***Saturday practice** (Jan/Feb) will include 1 hour with Sports Performance coach (Practice times will be between **TBD**) – 2 hours long.

8 - Tournaments – this includes Regionals (8 total play dates) - **Projected Play**

Continued on next page:

18 Short Season: \$1075. – Fee (If paid in full by November 18th, 2025 – The fee will be \$1025.)

2 – Jerseys

2-3 – Practices a week - ***Saturday practice** (Jan/Feb) will include 1 hour with Sports Performance coach (Practice times will be between **TBD**) – 2 hours long.

6 - Tournaments – No OVR Regionals (6 total play dates) – **Projected Play**

***Note: 18's short season** will play **6** total play dates. – ***No OVR Regionals.**

Age Groups 12 American:

\$985 – Fee (If paid in full by November 18th, 2025 – The fee will be \$935)

2 – Jerseys

2-3 – Practices a week - ***Saturday practice** (Jan/Feb) will include 1 hour with Sports Performance coach (Practice times will be between **TBD**) – 2 hours long.

6 - Tournaments – this includes OVR Regionals (6 total play dates) – **Projected Play**

Age Groups 13-14 American:

\$1400. – Fee (If paid in full by November 18th, 2025 – The fee will be \$1350.)

2 – Jerseys

1 - Pair of Spandex shorts

2-3 – Practices a week - ***Saturday practice** (Jan/Feb) will include 1 hour with Sports Performance coach (Practice times will be between **TBD**) – 2 hours long.

9 - Tournaments – this includes OVR Regionals (9 total play dates) - **Projected Play**

Age Groups 15 - 17 American:

\$1600 – Fee (If paid in full by November 18th, 2025 – The fee will be \$1550)

2 – Jerseys

1 - Pair of Spandex shorts

2-3 – Practices a week - ***Saturday practice** (Jan/Feb) will include 1 hour with Sports Performance coach (Practice times will be between **TBD**) – 2 hours long.

11 Months membership to Sportsrecruits.com – College recruiting site (Runs through the beginning of next club season) - December Activation – Nov 30

www.Sportsrecruits.com

9 - Tournaments – this includes OVR Regionals (9 total play dates) - **Projected Play**

Teams can add tournaments and/or OVRs – Cost breakdown below:

Important note for teams adding tournaments and/or OVR regionals – this is the cost breakdown:

1. Team adding additional (1 day) OVR sanctioned tournaments is **\$50.00** per player per a tournament added to the base allotted tournaments.
2. Team adding additional (2 day) OVR sanctioned tournaments is **\$65.00** per a player per a tournament added to the base allotted tournaments.
3. Team adding OVR Regional tournament that extends the season will be charged **\$60.00** per player. This covers the additional practices.
5. Teams adding additional tournaments outside the OVR sanctioned tournament: AAU and JVA. The cost will be determined by tournament entry fee and if the tournament extends the practice season.

Please note all club registrations will be completed online at our website:

www.AdrenalineVbclub.com

Club Personnel

Director/Coach

Peg Ripley
Pegr007@yahoo.com
614-404-8898

Assistant Director

Bill Neider
wtneider@gmail.com
614-282-6296

Treasurer/Website Coordinator

Rob Mitchell
Rgm276@yahoo.com

Adrenaline Volleyball Club Handbook Agreement Form/Contract:

In the event of an exceptional, unforeseen circumstance, Adrenaline Volleyball Club reserves the right to amend this handbook to better serve the needs of the program.