



2009-2010 PLAYER/PARENT HANDBOOK

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MISSION STATEMENT

“To provide student athletes opportunities to enrich athletic skills, develop character and maximize enjoyment of the game of volleyball, while providing a positive and encouraging playing environment.”

Club Philosophy

In researching successful high school and intercollegiate programs, club volleyball has become a key to players' success. Today's high school athletes have to participate in off-season activities in their sport just to stay competitive. The Volleyball Academy Inc. was created to give student athletes a solid foundation, in a positive environment, enabling them to be successful at a highly competitive level in the sport of volleyball.

The once popular multi-sport athlete is now rare. Club volleyball also allows an opportunity for players to stay physically fit, and to compete at the high levels necessary in high school and college. Athletes will grow physically and mentally stronger as they compete at the highest levels in this country, enabling them to be successful on and off the court.

Is TVA right for me?

What is my primary reason for trying out?

- Do I want to play volleyball in college?
 - o In our seven years of existence and with only four of those years having 18's teams TVA has provided the opportunity for numerous of our club players to play in college.
- At what collegiate level?
 - o We have had players play at all collegiate levels including NCAA division I.
- Am I playing because I love the sport?
 - o If you don't love the sport don't play.
- Am I looking for a scholarship?
 - o So far numerous of our players have played on partial or full scholarships and much of our staff has experience at either head or assistant coaches at International, Division I, Division II, and NAIA colleges. Playing club for TVA will definitely increase your opportunity to receive college scholarships.
- Am I looking to improve my chances on my high school team?
 - o Of the eight schools in Seminole Athletic Conference, TVA has at least one player on each of the eight teams. Our 2009, 14 National's Team, included 9 freshmen this year, six are already playing varsity on their high school team.
- Do I want to play with specific players?
 - o You should want to play with players who are either at or above your level. If that isn't the case, be a strong leader while making your teammates better.
- Do I want to play a specific position?
 - o Being flexible helps your team, however the higher the level you play the more specific you will want to be. Make sure you are successful in at least two to three of the six positions.
- What kind of commitment level am I ready to make?
 - o Club is a huge commitment of time and money to you, your teammates, and your family. TVA has practice a least twice a week and play in tournaments at least twice a month. It is important that you balance academics, athletics, and some kind of social life.
- Out of everything in my life, where does volleyball rank on my list of priorities?

- Our athletes are called student-athletes, which mean that their two priorities, after God and Family, should be academics and volleyball. That's the kind of student athlete we are looking for.

Club Fees per Player:

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| Registration Fee - \$500 (CC \$515) 16-18 National - \$2700 <ul style="list-style-type: none"> • 1st Dec 15th - \$900 (CC \$927) • 2nd Jan 15th - \$900 (CC \$927) • 3rd Feb 15th - \$900 (CC \$927) | Registration Fee - \$500 (CC \$515) 14-15 National - \$2200 <ul style="list-style-type: none"> • 1st Dec 15th - \$734 (CC \$756) • 2nd Jan 15th - \$733 (CC \$755) • 3rd Feb 15th - \$733 (CC \$755) | Registration Fee - \$500 (CC \$515) 15-18 Elite (Travel) - \$2000 <ul style="list-style-type: none"> • 1st Dec 15th - \$668 (CC \$688) • 2nd Jan 15th - \$667 (CC \$687) • 3rd Feb 15th - \$665 (CC \$685) | Registration Fee - \$500 (CC \$515) 13-14 Elite (No Travel) - \$1000 <ul style="list-style-type: none"> • 1st Nov 15th - \$250 (CC \$257.50) • 2nd Dec 15th - \$250 (CC \$257.50) • 3rd Jan 15th - \$250 (CC \$257.50) • 4th Feb 15th - \$250 (CC \$257.50) |
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*There is an additional 3% charge for credit card service fees.

*Post-season training/travel fees will be added to the base fee when a team qualifies.

TVA Juniors

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| Registration Fee - \$100 (CC \$103) 10-14 Black/Gold/White (No Travel) - \$800 <ul style="list-style-type: none"> • 1st Nov 15th - \$200 (CC \$206) • 2nd Dec 15th - \$200 (CC \$206) • 3rd Jan 15th - \$200 (CC \$206) • 4th Feb 15th - \$200 (CC \$206) |
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- Past due payments/Returned Checks:
 - Payments 10 days past due will incur a \$25 late fee.
 - Returned checks will be assessed a \$35 fee.
 - All fees must be paid on time to remain in good standing. If a player is not in good standing they will be suspended from play until they return to good standing. TVA players suspended from the club are not relieved of their financial responsibility. Legal actions will be taken if fees are not paid in full.

Fees include: Administration, Gym Rental, Tournaments and Team Equipment.

| TVA - NATIONAL Teams | TVA - Elite Teams 15 – 18 (Travel) | TVA – Elite Teams 13 - 14 (No Travel) |
|--|--|---|
| <ul style="list-style-type: none"> - Uniforms <ul style="list-style-type: none"> ○ Warm-ups ○ 2 game jerseys ○ 2 spandex ○ 4 practice t-shirts ○ 1 pair of shoes ○ 1 pair of kneepads ○ 1 equipment bag ○ 1 pair of Active Ankles ○ 2 Pair Socks - 8 Tournament entry fees - Player Hotel and 1round trip Airfare (16-18 National only) - Coaches'- salaries, equipment, Hotel and Airfare | <ul style="list-style-type: none"> - Uniforms <ul style="list-style-type: none"> ○ Warm-ups ○ 2 game jerseys ○ 2 spandex ○ 4 practice t-shirts ○ 1 pair of shoes ○ 1 pair of kneepads ○ 1 equipment bag ○ 1 pair of Active Ankles ○ 2 Pair Socks - 8 Tournament entry fees - Player Hotel - Coaches'- salaries, equipment, and Hotel | <ul style="list-style-type: none"> - Uniforms <ul style="list-style-type: none"> ○ 2 game jerseys ○ 2 spandex ○ 4 practice t-shirts ○ 1 pair of shoes ○ 1 pair of kneepads ○ 1 equipment bag ○ 1 pair of Active Ankles ○ 2 Pair Socks - 8 Tournament entry fees - Coaches'- salaries, equipment |

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| TVA Juniors – Black/GOLD/WHITE <ul style="list-style-type: none"> - Uniforms <ul style="list-style-type: none"> ○ 1 game jersey ○ 1 spandex ○ 2 Practice t-shirts ○ 1 pair of kneepads - 5 AAU Tournament entry fees - Oviedo Recreational league - Coaches'- salaries, and equipment |
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Tryouts

You must complete the following before try-outs:

- TVA online Registration
- USAV Membership (National and Elite Teams only)
- AAU Membership (All Teams)
- Turn in Notarized Medical Release forms
 - Found at our website www.tvaws.com.
 - A notary will be available at tryouts.
- Turn in a copy of player's birth certificate.
- **Tryout fee is a non refundable \$50.**

Post tryout

After the tryout each player will receive an envelope.

1. One envelope will say congratulations, and ask you to return to the 1st practice with a check, written to TVA, that includes the registration fee (\$500 for TVA National and Elite and \$100 for TVA Juniors).
2. One envelope will wish you luck, let you know that you did not make the team this year, but we would like you to continue playing and tryout again next year.
3. On the 1st day of practice you must have your registration fee, TVA Membership Contract and sign the USAV commitment forms.
4. **By attending the 1st day of practice you must understand that you are accepting a position and your check will be deposited.** *If you accept a position and then change your mind, your check will not be returned to you.*

Tournaments:

- Each National and Elite team will participate in 8 Tournaments (USAV or AAU).
- Each TVA Junior team will participate in 5 AAU sponsored tournaments and the spring season at the Oviedo Recreational League.
- Playing time depends on attitude, effort, enthusiasm, and performance during practice. ***Equal playing time is never promised or guaranteed.***

Practice:

- Practice times and sites will be shared between Winter Springs High School, UCF, and other local facilities. Players will know when and where they practice at least a month in advance. If necessary teams may share courts for portions of practice and scrimmages.
- No jewelry of any kind is allowed during practice or matches!!
- Practices are open. Parents are more than welcome to attend.

Clinics:

- Specialty clinics will be offered throughout the season. The clinics will be run by our National Coaches and occasional guest, while assisted by all coaches in the club. Clinics are opened to all current TVA players. Fees are included in TVA Club Fees.

Tournament Dates:

- All tournament dates USAV Florida Region Tournament Schedule or AAU Tournament Schedule can be found on our website (www.tvaws.com).

Financial Assistance:

- Sibling discount – 10% discount off lowest fee
- TVA Inc. does not offer financial assistance or scholarships but we do offer opportunities for players to raise monies through sponsors. 80% of player generated sponsorships go directly to that player.
 - Sponsors (Marketing Write Off for Businesses)
 1. \$1000 [Website (Front page Ad and link) and T-Shirt ad]
 2. \$500 [Website (Ad and link) and T-Shirt ad]
 3. \$250 [Website Sponsor list]
 4. \$125 [Sponsor page on website]

Staff:

- TVA is fortunate to host one of the most qualified and dedicated selection of staff members and coaches of any club in Florida. All coaches are Impact Certified and background checked for the safety of our athletes. Our coaches have shown a great commitment to the game of volleyball, consistently striving to stay up to date with the changing rules and coaching methods of the game of volleyball.

Attendance:

- All players are required to attend all practices, tournaments, and team functions on time. Tardiness is unacceptable and may result in loss of playing time. Missing practice may result in sanctions such as not playing in tournaments up to dismissal from TVA. It is the player's responsibility to notify and obtain permission from their coach prior to missing practice.

Injuries:

- If an injury is sustained during practice or at a tournament an Incident Report must be filled out by the coach within 24 hours of the injury. If the injury requires medical attention, a doctor's order must be given to the coach or club director stating the athlete's inability to play. Likewise, before the athlete will be allowed to practice or play, they must present a doctor's report to their coach or club director giving them the OK.

Equipment:

- Uniforms and Practice T-shirts
 - All players are required to wear matching practice T-shirts, and proper volleyball attire to practice.
 - i. Players will not be allowed to practice without proper attire.
 - All players are required to take all uniforms and equipment to all tournaments.
 - i. Players will not be allowed to play without proper attire.
- Balls, Nets and miscellaneous equipment
 - Players are responsible for all balls during tournaments and practice.
 - Players are responsible for the care of all volleyball equipment before during and after practice.
 - Please make sure the gym is cleaner at the end of practice than in the beginning.

Insurance:

- According to the notarized medical history and release form, each participant of TVA must have their *own full medical insurance*.
- Registration with USAV includes supplemental insurance coverage

Playing Other High School Sports:

- Playing multiple sports can be a wonderful experience in high school. TVA encourages athletes to play multiple sports and will try to accommodate a multiple sport athlete currently on a **high school** team.

Sportsmanship Policy:

- **Players:**
 - **Respect** coaches, fellow teammates, referees, members of the opposing team.
 - **Demonstrate** commitment to their teams by practicing and playing to the best of their ability.
 - **Exhibit** a positive spirit and pride in their teams whether on the bench or on the court.
- **Coaches:**
 - **Show** respect to athletes, parents, referees and members of the opposing teams.
 - **Set** a personal example of good sportsmanship both on and off the court.
 - **Instruct** athletes to play to the best of their ability and to win or lose with dignity and grace.
- **Parents**
 - **Respect** coaches, referees, score keepers, linesmen, and members of the opposing team.
 - **Encourage** players to give 100% at both practices and games.
 - **Offer** positive reinforcement to all players.
 - **Support** the team and coaches, and address concerns privately.

Grievance Procedure:

- It is the policy of TVA that coaches' decisions regarding playing time and position will be final, and in virtually every instance will not be second guessed or overruled by TVA. If a grievance does exist, following is the procedure which must be employed:
 - 1) The involved player/athlete must first discuss the issue with the coach.
 - 2) If unsuccessful, the player/athlete then talks to TVA Director Isaac Raphael.
 - 3) The Director will then talk to the coach.
 - a. The problems should be resolved by this point. However, if the problem is not resolved, the player/athlete and/or family may submit, in writing, the grievance to the Director. At this point the director and the player/athlete will conference with the coach.

Recruiting Videos:

Are you doing enough for your Volleyball Future?

With collegiate athletic scholarships at a premium, it is important that you take every opportunity to get college coaches to notice you. One of the best ways to do that is by making a Recruiting Video for coaches to view. Having a well made, professional video is an invaluable tool for coaches to observe your skills.

We understand what college coaches are looking for, and we will strive to meet your needs. We will assist you in creating a DVD that demonstrates your skills in an appealing, eye catching manner. College coaches receive hundreds of videos each year. You have to get their attention early in the video, so they need to view everything you have to offer in a short period of time.

When to shoot your video?

Starting the recruiting process as early as possible is very important. You should shoot your video during your sophomore or junior year, or very early in your senior year, and begin sending out your DVD's. It is a lot easier for college coaches to schedule time to come see you play if they receive your video early.

Recruiting Guidelines and Assistance:

You and daughter need to be familiar with the rules and procedures that pertain to college-bound athletes, in addition to the financial aid that is available. Please call or write the following three agencies, which govern the three major divisions. The information is free of charge. You should order the information each year to keep current.

- NCAA Guide for the College-Bound Student-Athlete
<http://www2.ncaa.org/>

- NAIA Guide for the College-Bound Student-Athlete
<http://naia.collegesports.com/>
- NJCAA Guide for the College-Bound Student-Athlete
<http://www.njcaa.org>

Private Lessons

If you need extra practice, or one on one time with a coach, to work on a particular skill, please consider taking private lessons. For more information or to schedule a private lesson please contact us at (407)327-1099.

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| 1 Hour | ½ Hour |
| TVA member \$50 | TVA Member \$ 30 |
| Non TVA member \$60 | Non TVA member \$40 |
| 1 Hour Semi-Private: (TVA member) \$30 per player (Non TVA Member) \$40 per player 4 player Maximum | |

**Non TVA member must be registered with [AAU](#) (\$12 one time fee).

**AAU membership card must be presented at first workout.

Coaches Code of Conduct

All TVA Coaches adhere to the USAV Coaches Code of Conduct and TVA Coaches Handbook.

Players Code of Conduct

TVA players are required to adhere to the guidelines outlined in this manual.

Practice Rules

Each team has precious little time to practice the skills necessary to develop each player to the best of their ability and to develop the team skills necessary to be successful. It is imperative you make every effort to:

- 1) Make every practice
- 2) **BE ON TIME!** On time is 15 minutes early.
- 3) Give your best effort in each drill,
- 4) Listen intently to direction given to you **by any TVA coach** and do your best to implement what is being taught
- 5) Players are only permitted to talk with parents, prior to or after practice, not during practice
- 6) Demonstrate respect for your coach(s), director, teammates, the facilities, staff and parents.
- 7) Players will assist in putting up and taking down of the nets and equipment.
- 8) Players demonstrating negative behavior may be removed from the drill and or practice.
- 9) No jewelry is to be worn in practice or competitions.
- 10) Players will be released by coaches once all equipment is put away and announcements are completed. Only the coaches may dismiss the players.

Competition Rules

When TVA teams are scheduled to travel to tournaments, players and parents will be notified of specific meeting or departure times. It is the responsibility of each player to be on time. Failure to do so may cause a player to be left behind or suspended from play. Players will be expected to:

- 1) Give their best effort throughout competitions,
- 2) Focus on the team's goals and needs,
- 3) Assist with team officiating responsibilities,
- 4) Assist in keeping our area clean
- 5) Treat all tournament officials, referees, opponents and parents with respect.

Playing Time

The philosophy of TVA is players will get earned playing time. There is no such thing as “equal” playing time in volleyball. Volleyball is different from other sports in that it is not a timed game; there are no innings, no quarters or halves to base playing time. Due to the nature and speed of the game, you cannot judge “time” by rotations or points in volleyball either. We understand that all players practice so they can play in games. Our coaches will strive to give all players “earned” playing time based on practice, ability, attendance, skills, positions, situations, etc. so they may have the opportunity to display what they are learning. During a tournament, coaches are constantly adjusting and evaluating lineups, considering individual match-ups with opponents, and addressing opportunities for individual growth and improvement. This means that there are a number of considerations why some players may receive more court time than others. Players (and parents) are expected to understand and accept their role as defined by the coach and concede that the collective performance of the team unit has priority. A coach will have the discretion to use all players in a way that will benefit the team. Ultimately, coaches will have final decision on playing time.

Team Parent

Each team will have a designated team parent who may serve as the team chaperone on trips, or who will select an appropriate person to perform this important duty.

Travel Procedure:

- When multiple teams are playing in the same tournament, all teams will stay at the same hotel, if possible. It is the responsibility of each team’s Team Parent(s) to coordinate travel arrangements for the players and their coaches.
- **For all Tournaments Team Parent:**
 - Be sure all player/coaches have directions to the tournament. It is helpful to print an internet map with directions from the gym the players typically play in. Include the name and address of the gym or conference center where the tournament will be taking place.
- **Hotel and airline arrangements:**
 - Hotel arrangements for athletes and coaches will be coordinated by TVA.
 - There is a maximum of four girls per room.
 - i. All athletes will room with their team mates.
 - ii. Parents will be notified of the location of the hotel if they would like to stay at the same hotel as the athletes.
 - Airfare arrangements for coaches and players will be coordinated by TVA.
 - i. All athletes will travel with coaches.
 - ii. Parents will be notified of the airline reservations if they would like to travel with the coaches and athletes.
- **Meals:**
 - Parents and players are responsible for paying for their own meals.
 - Hopefully, girls will get breakfast at the hotel.
 - Lunches must be provided by parents during the tournaments. Check with the coach to determine what time the girls will need to eat based on tournament game schedules.

Dinners will be arranged as a team. It is mandatory that players eat meals together. Parents are welcome to join the team for meals. Team moms may plan to collect money for meals to eat at the hotel, or make group reservations at a local restaurant. Again, parents and players are responsible for paying for their own meals.

Travel/Tournament Rules

Players will be expected to adhere to rules established by TVA for their SAFETY. Those rules include, but are not limited to:

- 1) Be on time for all meetings, gatherings and competition assignments. All players should arrive to tournaments by the designated time. Players arriving after this time may not be allowed to play in the first game.
- 2) Players are expected to be at the appropriate court no later than 30 minutes prior to the next scheduled match (or the time designated by coach).
- 3) **On the court** players are expected to be courteous and respectful to both the opponent and to the officiating crew. The only player that should address the referee during the match is the designated team captain. All players should be focused on performing to the best of their ability, knowing that, if this goal is achieved, the officials will rarely have a substantial impact on the outcome of a match. Any outwardly negative display during a match will not be tolerated, and will result in the player being removed from the game.
- 4) During the match, players who are not on the court should stay at the team bench area, and be supportive. Team stats may be kept by players on the bench or interested parents.
- 5) **Following a match:** Players and parents should respect the coaches' time with their players immediately before and after a match. This time is dedicated to discussing team matters, preparing for the upcoming match, or going over the just-completed match and the team's responsibilities immediately thereafter. **Parent's are asked to leave the area whenever the team is called together and wait until instructions have been given and the team has been released by the coach.**
- 6) **End of Tournament: Coaches will release their players once all tournament commitments have been fulfilled.** Generally speaking, unless a team plays in the championship, immediately following a team's last match they will officiate the next match on that court. **No player will be released until all team responsibilities have been fulfilled, except in extreme circumstances.**
- 7) Players and parents should be sure that the team area has been cleaned and that all personal belongings are collected and taken home. **TVA is not responsible for any player's lost or stolen personal belongings.**
- 8) **Overnight Stay:** Stay in the hotel room you have been assigned unless the chaperone or coach approves a change. Except for your parents, teammates, chaperone or other approved guest, no one is allowed in any player's room. Curfews will be adhered to and players will be expected to limit any activity (including cell phone use) that would interfere or take away from this purpose.
- 9) **NEVER go anyplace alone!** Whether that is at the hotel, playing site, etc., players are required to travel in groups of no less than two, regardless of how mundane or short any trip may be, i.e.; down to the concession area or restroom.
- 10) If you and others, including any teammate are going anywhere away from the group or away from your room, prior to doing so, **YOU**, the athlete/player must inform both your coach and your chaperone or your plans.
- 11) As long as it does not take away from the team's plans, players are allowed to go with parents or other family members during competitions, **with the approval of the coach.**
- 12) Players are expected to attend tournament for one purpose—to compete at their best!
- 13) The coach will assign a player to be responsible to bring back the bag of balls from each competition. Any TVA equipment not accounted for will be the responsibility of the team players to reimburse TVA for missing equipment.
- 14) Travel to and from practices and tournaments will be the responsibility of the individual players and their parents/guardians. We recommend players and parents arrange carpools with others from the same area.

- 15) Only adults (21 years or older) are allowed to transport players to and from tournaments. When not traveling with his/her parent(s), the player will travel only with the adult who arrangements were made with. When returning from a tournament, players must return with:
- a. The adult who transported them to the tournament,
 - b. His/her parent(s), with verbal notification to the coach,
 - c. Another adult, providing arrangements are made with the coach and the adult, who originally transported him/her to the event.
- 16) If you will not be attending an event that your daughter is participating in, it is your responsibility to make transportation arrangements for her with another team parent. The details of this arrangement should be put in writing, signed and given to your coach prior to the team's departure for the event.
- 17) Many tournaments require an early morning departure time and it is extremely important that parents make sure all players get to bed at a reasonable time the night before a tournament. The importance of this cannot be overstated! The early morning travel and the physical demand of playing 3-5 matches spread out through a long day take a heavy toll on those who don't get proper rest and nutrition.

Communication & Website

The Volleyball Academy has a new and improved website: www.tvaws.com

The website contains information about our club, practice and competition schedule, and links to different volleyball organizations, along with important news for club members. Communication will be through our website, emails and by phone. The website is updated weekly please check it frequently.

Refund Policy

TVA maintains a no refund policy. Players who are injured during season are still part of the team and are expected to attend practice and tournaments, learning and helping out in any capacity possible.

By signing below I agree that I have read The Volleyball Academy Handbook and agree to its terms and conditions.

Player Name

Player Signature

Date _____

Parent Name

Parent Signature

Date _____