

Arsenal Volleyball Academy Handbook

Arsenal is committed to the training and advancement of today's players. Our directors have competed with the best for many years and felt a change was necessary for the modern athlete to continue to compete at a high level. Our extensive volleyball player experience along with our advanced coaching methods sets us apart from the traditional club volleyball program.

Projected Teams Offered

18 & Under (National/ Regional)
17 & Under (National/ American/ Regional)
16 & Under (National/ American/ Regional)
15 & Under (National/ American/ Regional)
14 & Under (National/ American/ Regional)
13 & Under (National/ American/ Regional)
12 & Under (National/ American/ Regional)
11 & Under (American/ Regional)

What's needed for Tryouts?

- \$20.00 Tryout Fee (Cash ONLY at tryouts or online payment via paypal)
- Copy of Birth Certificate
- Arsenal Profile
- Arsenal Team Rules
- Arsenal Release Waiver
- USAV Membership Card
- USAV Release Waiver
- JVA Release Waiver

Complete the Online Registration at www.arsenalvb.com

The required documents *must* be submitted on the day of tryouts. Allow ample time for processing prior to tryouts. Athletes trying out for Arsenal do so knowing that they might be asked to play on a National, American or Regional team. Athletes are placed on teams based on their skill level using data from tryouts. We try to establish the teams immediately after tryouts. We will announce the names of the athletes accepted to each team within 3 days of the conclusion of tryouts.



Tryouts

Any athlete from any school is welcome to try out for Arsenal Volleyball Academy. Athletes should wear blank or unrelated shirts to avoid any bias for or against an athlete for any prior associations. Tryouts are closed to parents. The purpose for closed tryouts is to create a productive environment free from as many distractions as possible.

Athletes aspiring to be a part of the Arsenal Volleyball Academy will be evaluated on skill execution, their ability to pass, set, serve, hit and game situations for their intrinsic traits. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be. We select athletes based on the following criteria: ability to be trained, willingness to be a team player, athletic ability, athletic potential, work ethic, drive and competitive attitude.

After Tryouts

After tryouts, the coaching staff will meet to determine which girls will be offered a contract to participate in our program. Athletes will be notified no later than 3 days following the conclusion of tryouts via our web site. ****PLEASE NOTE: AGE GROUPS HAVE MULTIPLE TRYOUT DAYS**** The parents/guardians of each accepted athlete will be asked to accept their offer in the form of an e-mail to the director of the program by midnight on the signing deadline for their age group or the offer *may* be withdrawn. Once you accept the offer, you may not play for any other USA Volleyball Juniors' program during this season.

There will be a mandatory Team Meeting for all athletes and their parents. Each athlete must be represented. The submission of the first installment of fees and all paperwork associated with accepting the Academy's offer will be conducted at this time. Applications for special payment schedules will only be considered at this meeting. There is a \$50 surcharge for all extended fee schedules. Sizing for uniforms and apparel will also be done at this time.



Arsenal Fees

Regional Team - \$1,350.00 American Team \$ 2,350.00 National Team - \$2,600.00
National and American Teams will have a first payment of \$1,200.00 due upon acceptance and shall be included within acceptance contract and associated documents, second payment will be due by January 31st. Regional Teams will have one payment of \$1,350.00 due upon acceptance and shall be included within acceptance contract and associated documents.

Fees will be paid (via check) at the Mandatory Team Meeting along with the completion of the acceptance packet and associated documents. Fees are non-refundable and you are responsible for paying the entire fee, regardless of any circumstance, once accepted to a team.

What if I Play Other Sports?

School sports and activities are an integral part of the scholastic experience and we still make every effort to schedule practices around some of these other activities. However, it is recommended that if an athlete is going to miss more than 15% of practices and tournaments, those families reconsider participation in our program. Missing such a significant amount of time does not make it cost effective for the families and makes it very difficult to build team chemistry and team cohesion at a competitive level.

If an athlete participates in another non-interscholastic sport, we expect them to make Arsenal Volleyball a priority when there is a conflict between the two sports. This means *we expect the athlete to attend all Arsenal practices*. All Arsenal teams require dedication on the part of the athlete for the team to be a success. This means that missed practices could result in forfeiture of playing time. Furthermore, an athletes' best performance will occur when they are on the top of their game physically and mentally.

Playing Time

Arsenal Volleyball has the philosophy that what you pay for is instruction time during practices. Playing time for athletes is determined by attendance, attitude, effort, performance, the athlete's potential, the team's needs at the moment and is left solely to *the discretion of the Arsenal coach*. The "coaching decision" is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time (see Grievance Procedure). *Equal playing time on any team or at any event.*



Rules and Regulations

While representing Arsenal Volleyball, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with Arsenal Volleyball.

Any athlete damaging equipment owned by Arsenal Volleyball or any facility used by the Academy during practices, tournaments or other functions, or at lodging facilities will be required to reimburse the Academy and/or facility for the damages before continuing in the Academy. In some cases, the athlete may be dismissed from the Academy. An athlete with a delinquent account during the current season may be denied participation in tournaments or practices until the account is paid or arrangements are made with the Director. The athlete's account must be paid up to date before the athlete will be allowed to participate in any tournaments.

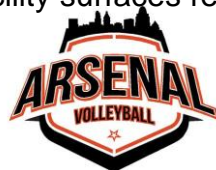
Arsenal Volleyball strictly prohibits the use of social media (Facebook, Twitter, Instagram, etc) in any way deemed to be negative. There will be no bashing of any player(s), parent(s), coach(s) or club(s) by any athlete or parent while involved with Arsenal Volleyball.

In case of inclement weather, check the website for any announcement of practice cancellations. A coach or director will call your home to notify you of practice cancellations once teams have been established. Check the website frequently for updates.

Athletes who do not adhere to the rules and regulations stated above may be denied participation in tournament's and practices. If instances re-occur, athlete may be dismissed from the academy. We strongly encourage athletes who make an Arsenal Volleyball team to take this participation seriously.

Practice Rules

Coaches determine whether or not their practices are open or closed. Coaches must get approval from the Director to have closed practices. Scheduled practice time is *start* time and *not* arrival time. Please plan on arriving at least 15 minutes prior to the start of each practice. There may be a consequence for arriving late to practice and competitions. Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. They are never to be worn outside! This is to ensure that the shoes last longer and our facility surfaces remain clean and safe. Horseplay by



athletes or coaches at practice or tournaments is strictly prohibited. All athletes are expected to make every effort to attend every practice. Only an illness serious enough to keep the athlete home from school or a genuine family emergency are legitimate excuses for missing practice. Regardless of the reason, if an athlete is not in attendance for practice, their playing time may be affected. If an athlete cannot be at practice, the *athlete* is expected to call the coach. It is the athlete's responsibility (not the parent's) to reach out to the coach *before* the practice starts. Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.

Tournament Rules

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time set by the coach. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. *Earlier is always better.* Proper conduct is expected for all members of the Academy at all times. This includes athletes, coaches, parents, and fans. This also means treating fans from other teams, other parents, and officials with respect. Facility rules and regulations are to be obeyed at all times by athletes, spectators, and coaches. Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices. If an athlete cannot be at a tournament, the *athlete* is expected to call the coach as soon as the athlete knows they will be absent. It is the athlete's responsibility (not the parent's) to reach the coach *before* the tournament starts. Athletes are not to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

Officiating

Officiating is the shared responsibility of the entire team. All Arsenal athletes are required to attend a Score keeper clinic and help with the line judging, scorekeeping, scoreboard, and officiating. Each coach will determine a procedure their team will follow for officiating assignments. *Every athlete is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay!* The use of electronic devices by the support officiating crew is prohibited at tournaments hosted by the Ohio Valley Region.



Grievance Procedure

Knowing when to communicate and how to communicate with your athlete's coach may be a concern for parents at some time during the season. Most often the concern is how to inquire about issues surrounding playing time. At Arsenal Volleyball Academy, we encourage the *athlete* to take responsibility for their participation. For this reason we expect the athlete to talk to the coach first when they have a problem concerning their playing time, or if they are unclear about what the coach expects from them either in practice or competition. The appropriate way to do this is for the athlete to ask the coach what they need to do to get more *opportunities* to play in matches. Most of the time, the athlete knows why they may not be playing as much as a teammate when the parent may not. Parents can best help their athlete by helping them set some goals to achieve more opportunities. When a parent has a problem that is specific to their own athlete, we also expect the athlete to first talk to their coach. Coaches have been instructed not to discuss coaching decisions with a parent. These coaching decisions include, but are not limited to specific match decisions, substitution patterns, etc. The coach will not be required to defend his/her thought process or conclusions in the determination of playing time and it is improper for a parent to request that. Parents are *never* to confront a coach at a tournament. Specifically, the procedures to follow if you as a parent, or your athlete as a member of Arsenal Volleyball Academy, have concerns about Arsenal policies or a coach's actions are, in this order:

- *The athlete will speak or meet with the Head Coach to discuss the matter.* If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the Head Coach will not resolve the matter;
- *The parent should speak to or meet with the head coach.* Parents should call the head coach on the phone to set a meeting. At this time it is the responsibility of the Head Coach to contact the Academy Director(s) to notify them of the situation. Meetings are to be at times and locations other than tournaments. If a coach is approached by a parent during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the Academy Director(s) and to walk away from the situation. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice. If the matter remains unresolved, or if the parent has reasonable concern that speaking to the coach will not resolve the matter;



- *The parent may speak to the Head Coach and the Academy Director(s).* In certain situations the athlete may be asked to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament. The Head Coach or the Academy Director(s) will not engage in discussions about "coaching decisions;"
- If the problem remains unresolved, the final resolution will be determined by a majority vote comprised of ALL Academy Directors. If the "Head Coach" happens to also be a Director they will not be included within the final resolution voting.

Other Policies Regarding Grievances

Arsenal Volleyball Academy will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any 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 Arsenal or not. Violation of this policy may result in the athlete being dismissed from Arsenal Volleyball Academy *without refund*. It is inappropriate for an athlete or a parent to approach other Arsenal members about a problem the athlete or parent is having with Arsenal Volleyball coach, about objections to coaching decisions, or about disagreement with an administrative decision. Asking uninvolved people to take sides in an issue is unfair to the third party and to the Academy. For the psychological health of the teams and the Academy as a whole, grievances need to be handled between the parties involved and in the proper manner. If an athlete or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Academy, it is strongly encouraged to refer the complaining party to take the matter up with the coach in question, the Head Coach, and/or the Academy Director(s). Any member who, as a third party, hears remarks or stories about Arsenal Volleyball Academy, its employees or its policies, that cause the member to be concerned, is encouraged to contact the Head Coach and/or the Academy Director(s) immediately to determine the facts, or to alert the Academy Director(s) to a situation it may be unaware of. It is detrimental to everyone involved to repeat complaints you hear or overhear to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the truth or the facts of the situation. Please refrain from negative comments around your athlete or other athletes. Young athletes are vulnerable and if they hear complaining about the coach, the coach's style or Arsenal policies, this can have an adverse effect on their performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance procedure of this guide to resolve the



matter. Repetitive complaining to the athlete(s) or other third parties that interferes with the Academy's efforts to pursue its stated mission and purpose may be cause for dismissal from the Academy.

Tournaments

Tournaments can be 1-4 days in duration. Teams normally play in events where they will play each team in their pool with the winning teams advancing to a Gold bracket and other teams advancing to a Silver or Bronze bracket. Most tournaments use a best 2 out of 3 sets format. Seating is sparse in most of the gyms so we recommend that you bring your own chairs. We strongly advise that you pack a cooler for your athlete for the day of a tournament because they can run long. Some athletes bring pillows and sleeping bags so they can rest between rounds. Games, homework, books, etc. are all recommended for some of the longer tournaments. Arrive early so you can help set up your team area and get ready to warm-up. Except for starting times, most tournaments do not follow a set time schedule. Matches will begin 10 minutes after the end of the previous match. If the tournament is conducted efficiently, it should be over around 6:00 p.m., but to be on the safe side, *expect to be there all day.*

