



# The Academy for Volleyball Cleveland Parent Handbook 2010

## **The Academy of Volleyball Cleveland**

Founded in 2006, The Academy (formerly known as Aurora Volleyball Club) is a junior volleyball club whose players and coaches are members of the Ohio Valley Region of USA Volleyball. The Ohio Valley Region, with more than 16,000 members, is one of 38 regions in USA Volleyball.

## **Mission Statement**

The Academy is dedicated to developing athletes into accomplished volleyball players through the use of advanced skill instruction and team development techniques. Athletes will benefit from challenging practices, a positive and competitive atmosphere and highly qualified and dedicated coaching. The Academy strives to help athletes build confidence and self-esteem while learning life skills and responsibility. The club challenges athletes to achieve success and lead by example in attitude and sportsmanship.

## **Staff/Coaches**

The Academy staff and coaches demonstrate advanced volleyball knowledge and experience. The club spends many hours training its coaches before the season begins and has ongoing training sessions during the season. Each coach must pass the IMPACT (Increased Mastery and Professional Application of Coaching Theory) course, sign the USA Volleyball Coaches Code of Ethics and have a criminal background check as mandated by USA Volleyball. Several of our coaches have CAP certification as well.

## **Facility**

AVC utilizes the top-notch space of several facilities: 1) Pinnacle Twinsburg (formerly The EDGE) located at 9550 Ravenna Road in Twinsburg has 5 courts, 2) Hiram College Coleman Sports Complex located at the corner of 700 and 305 in Hiram has 7 courts, and 3) Aurora High School located at 109 W. Pioneer Trail in Aurora has 4 courts.

## **Club Web Site**

The center of club communications is the web site [www.avcvolleyball.com](http://www.avcvolleyball.com). Practices, tournaments, travel details, forms and other important information are posted on this site.

## **Tryouts**

The Directors and Steering Committee of The Academy administer all tryouts. Teams and positions are chosen each year by qualified, experienced coaches. Teams and positions are not pre-determined or promised to any athlete before tryouts begin.

All players, and their parents, that commit to the club will be required to sign a player contract stating that they choose to play and understand the fee structure and rules of the club.

## **Teams**

Teams within the club are categorized into National, Elite, American and Regional teams. National teams play an aggressive, heavy travel schedule, attending several top Regional and National tournaments, and will practice 3+

times per week, including Speed and Strength training. Elite teams play a moderate travel schedule, also attending several top Regional and one National tournament, will practice 2-3 times per week, including Speed and Strength training. American teams play in several American, OVR designated tournaments and several top Regional tournaments and will practice 2+ times per week. Regional teams attend several top regional tournaments and will practice 2 times per week.

Additionally, athletes will be given the opportunity to attend special position and individual training.

Athletes will be notified in the beginning of the season as to which team they belong. The Academy reserves the right to move athletes from one team to another during the season if necessary.

### **Practices**

Practices are considered instructional time for athletes to develop skills in volleyball. Practices will be held weeknights and at various times on the weekends. Some practices will be team practices and others may involve specific position skills.

Athletes should plan to arrive at least 15 minutes prior to the scheduled time and be ready to participate at the scheduled time. Athletes are expected to attend all practices, unless there is an excused absence. Examples of excusable conflicts include family vacations, weddings, senior proms and school sports under certain conditions.

During the season, if an athlete will miss any The Academy activity, the athlete must notify the head coach one week prior to the absence. Unexcused absences may lead to disciplinary action.

### **Conditioning**

Athletes on National and Elite teams will participate in a structured Speed and Strength Training program that is designed in cooperation with professionals. Workouts consist of core strength training combined with plyometric and weight training. Athletes on these teams are expected to participate in conditioning along with regular practices. Conditioning sessions typically occur 2-3 times a week, before or after practice. Players on American and Regional players will be given the opportunity to participate in the Speed and Strength Training program at a substantially discounted rate.

### **Tournaments**

National teams will typically play in showcase-level, multi-day tournaments which may include the OVR Power Challenge, OVR Bid Tournament, Best of America Tournament, National Qualifier Tournament, Central Zone Tournament, OVR Regional Championships, East Coast Championships and the USA National Championships. These tournaments provide an excellent opportunity for college recruiting. Along with this, they may also play in OVR single-day events.

If a team qualifies for USA National Championships, it is required that they attend. There will be an additional cost for entry. For teams that do not qualify for the USA National Championships, AAU Nationals and the National Invitational Tournament are also options for national teams.

Elite teams will play in several top Regional and one National tournament.

American teams will play in several top Regional and American tournaments.

Regional teams will play in Regional tournaments (usually within a two-hour drive), as well as the OVR Championships and possibly one larger tournament, such as the East Coast Championships or AAU Nationals.

Commitment to The Academy is a commitment to travel to all scheduled tournaments.

### **Financial Commitment**

Commitment to a team is a commitment to the financial obligation for the entire season. Budgets are based on 9-10 players per team. Players are committing to their part of the season's costs. Fees cover gym expenses, practice time, uniforms, equipment, registration costs, tournament entry fees, administration and coach's stipends. Fees do not cover travel expenses, lodging or meals.

Players will not be allowed to participate in any of The Academy activities if their fees are not current.

## **Multi-Sport Athletes**

The Academy expects athletes to be fully committed to the club and their team. Multi-sport participation depends on the level of team and age group. Players age 14 and older on National and Elite teams are expected to choose volleyball events over other winter and spring sports.

## **Playing Time**

All athletes will receive ample skill instruction time during practices in order to develop skills and techniques.

Equal playing time at tournaments is not guaranteed and is at the discretion of the coach. The club encourages coaches to find playing time for all players, but coaches have the right to play specific players they feel are most qualified based on skill, strategy and position during tournaments.

## **Player Behavior**

The Academy is a professional volleyball club and all athletes are expected to represent the club in a professional manner with the highest standards of behavior during practices and tournaments. This includes interaction between other teams, parents, coaches, referees and tournament directors.

For multi-day tournaments that require overnight hotel trips, The Academy coaches are responsible for the schedule of the team and players from the time they arrive at the tournament to the time they leave, including time in the hotel. Coaches will determine policies and procedures for the team, including times to meet, times to be in bed, meals, dress code, etc.

## **Insurance**

As with any sport, there is a risk of injury in volleyball. All athletes sign a waiver to release liability from the club in case of injury or accident. In addition, the Ohio Valley Region supplies supplemental insurance to your major medical insurance in case of injury or accident.

## **Parent Involvement**

Parents are very instrumental in the success of each athlete and provide a great support system for the athlete and club. There are opportunities for parents to get involved in team activities by volunteering as the parent representative of their team.

This position is open to one parent per team. The parent rep duties may include overseeing team operations, tracking team tournament results, securing chaperones for trips, distributing paperwork, helping coaches with special requests, keeping medical kits stocked, taking pictures for web site, posting team announcements, video taping etc. Parent reps may also delegate these to other team parents as agreed upon by the team.

## **Grievance Process**

In the event of a dispute or complaint (where a product or service was not delivered as promised) with The Academy, players and parents should use the following process to resolve the issue.

1. Wait 24 hours, and then encourage your child to address the issue with the team coach.  
If issue is left unresolved...
2. A meeting will be set up attended by the head coach, parent and athlete to discuss and resolve the issue.  
If issue is still left unresolved...
3. Submit the grievance in writing (letter or email), addressed to the Club Director (Fig. A) in-charge of the designated age group, including:
  - Submitter's name, address and telephone number
  - Junior athlete's name (if submitted by a parent)
  - Reason for complaint
  - Desired course of action to resolve issue

4. The Club Director will review the grievance, decide on a course of action and inform the submitter of the decision within one week.
5. If the submitter is not satisfied with the course of action chosen and wishes to appeal the decision, an appeal can be submitted with a copy of the original written grievance to the Steering Committee (Fig. B).
6. The Steering Committee will review the grievance and the Director's decision and determine:
  - A. If the circumstances of the submitter is a just cause for complaint
  - B. If the promised product or service was not delivered
  - C. If the Director's decision on a course of action is unreasonable

The Steering Committee will seek out logic and reasoning that was used by the Club Director to form his/her decision. If the committee answers "Yes" to all determinations A, B and C above, the Steering Committee will form a recommended course of action and inform the submitter and Club Director of the decision and any recommendations.

A 24-hour no-contact period leads to better communication and resolution of issues. This rule is strictly enforced and all The Academy coaches are informed of this rule. It is not appropriate to voice concerns with a coach during a tournament or practice.

### **Spectator Behavior**

Spectators are invited to watch teams and support the athletes during tournaments. It is inappropriate for spectators to coach players during practice or play or harass officials, coaches, scorekeepers or line judges during tournaments. Tournament directors have the authority to remove spectators who are not exhibiting appropriate behavior.

### **Disciplinary Action**

Reasons for disciplinary action include tardiness, unexcused absence, not following club policies, poor attitude, insubordination and any violation on the USA Volleyball Player Code of Conduct. Disciplinary action can range from loss of playing time to expulsion from the club and will be decided upon by the Steering Committee.

#### Fig. A Team Club Directors

Sheree Harvey - National and Elite (All age groups)	- <a href="mailto:Sheree@avcvolleyball.com">Sheree@avcvolleyball.com</a>
Deb Wordell - Regional and American (10s-14s)	- <a href="mailto:Deb@avcvolleyball.com">Deb@avcvolleyball.com</a>
Brian Scipione - Regional and American (15s-18s)	- <a href="mailto:Skip@avcvolleyball.com">Skip@avcvolleyball.com</a>

#### Fig. B Steering Committee

Rob Cline	- <a href="mailto:Rob@avcvolleyball.com">Rob@avcvolleyball.com</a>
Adam Evans	- <a href="mailto:Adam@avcvolleyball.com">Adam@avcvolleyball.com</a>
Sheree Harvey	- <a href="mailto:Sheree@avcvolleyball.com">Sheree@avcvolleyball.com</a>
Brian Highfield	- <a href="mailto:ClubDirector@avcvolleyball.com">ClubDirector@avcvolleyball.com</a>
Pat Royer	- <a href="mailto:Pat@avcvolleyball.com">Pat@avcvolleyball.com</a>
Paul Schiffer	- <a href="mailto:Paul@avcvolleyball.com">Paul@avcvolleyball.com</a>
Brian Scipione	- <a href="mailto:Skip@avcvolleyball.com">Skip@avcvolleyball.com</a>
Deb Wordell	- <a href="mailto:Deb@avcvolleyball.com">Deb@avcvolleyball.com</a>