

XCELERATION VOLLEYBALL CLUB



HANDBOOK

INTRODUCTION

Welcome to the Xceleration Volleyball Club. Jon Segall founded this club in 2005 to give volleyball players in the area a competitive club in which to participate and to provide training to serious minded players. The ownership group of Jim Ross, Andy Schroeder and Jeremy Swann took over in 2016, and then most recently to Jeremy Swann as sole owner of Xceleration Volleyball Club who will continue that tradition. Each year our club has enjoyed great success, growing in number of participants and competitiveness of our teams. Ten years ago, we had 5 teams in our club and last season we fielded 12 teams. We provide a well-rounded program that teaches skills, leadership and a strong work ethic. We set a high standard for our administration, coaching staff and players. Our programs are designed to develop the ultimate potential in the player.

Post-season play is always one of the goals of our club and last season 2 teams qualified for Junior Nationals and 5 played in postseason tournaments. However, qualifying for post-season play does not override our commitment to our players and their families. We pick our tournament schedule carefully to maximize opportunity and exposure for our teams and players. Namely, placing them in tournaments that will challenge them to play up to their abilities and compete. For our older teams a secondary agenda item is picking tournaments that will maximize their exposure to colleges that suit their ability and potential. We will not choose tournaments to solely maximize our potential ability to obtain a post-season Junior National bid. We take pride in the fact that 12-18 of our athletes commit to play college volleyball every season. We also take an equal amount of pride in the fact that our 8th grade players from last year made their respective High School teams this season.

Is Xceleration VBC a place where only college bound athletes or Nationally recognized teams compete? Absolutely not! Learning a lifelong sport, making friends from a host of different schools, and having fun are often the reasons a young girl will get into volleyball. We strive to develop the athlete not only as a player but also as a person, learning life long skills such as teamwork and interpersonal skills, the ability to handle pressure situations and to effectively use goal setting to accomplish anything.

We've put this Handbook together to try and tell you a bit about junior volleyball in general, about our club, its philosophies, and what it takes to become successful in our program. We hope this Handbook will assist you in making an informed decision about whether Xceleration is right for you and your daughter.

CLUB MISSION STATEMENT

Xceleration Volleyball club is committed to the improvement of its volleyball players. It is the goal for all participants to learn and/or grow a love for the sport of volleyball and to develop as players who are fundamentally and technically sound. To achieve this, we are committed to employing coaches who share our mission, vision and values, and are willing to work with us to better themselves and their players. As a club we will train our players to compete against the best competition locally, regionally and nationally.

HOW DO WE SUPPORT AND ACHIEVE OUR MISSION?

- We train all our coaches in the techniques and strategies to be used at each age level. All coaches are also trained to provide an environment rich with instruction, positive feedback, encouragement, competition and discipline.
- Offer year-round training
- Place the development of our athletes as our #1 priority over any other.
- Provide mentoring services to our athletes for marketing them to college volleyball programs.

WHY PLAY JUNIOR VOLLEYBALL?

Junior volleyball programs have exploded in California as well as in the rest of the country. There are many factors that have influenced this growth. The most important factor is the overall growth of women's sports programs. The success of our national teams and the increase in money available for college women's programs are also factors. As women's collegiate programs have prospered, the level of play has increased greatly. The average level of ability of junior players has increased as well. So successful are junior program athletes that most college coaches recruit exclusively from the junior program ranks. The reason for this is simple. Coaches can see many solid prospects in a single day at a junior tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the new NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player. Efficiency in recruiting is now an action word with college coaches.

Is junior volleyball only for the college bound athlete? Certainly not! For many of our players, junior volleyball is simply another challenging experience, which should lead to a lot more success on the court as playing skills increase. For our younger players, playing for college teams is far from their minds in most cases. Most players in our program fall into one of two categories: those who are trying to move up a level for the next season or those who are playing to maintain skill levels while participating in other school activities. We have teams designed to help them do just that. We can help, but much of an individual's advancement and improvement is still up to that individual. Athletic talent, size, quickness, and good work habits are all necessary for success as an elite player. If you have a sincere desire to improve and a good work ethic, then you can do well in a junior volleyball program.

For our more serious older players, we do have an outstanding, nationally recognized college development program. We have placed over 150 girls into college volleyball over the past 10 seasons and we currently have more than 40 of our former players ACTIVELY playing on a college volleyball roster right now!

In conclusion, junior volleyball is a great place to meet new friends, sweat a lot, get lost trying to find gyms, increase your skill level, perhaps even think about playing at the next level and just feel good about yourself. If you want to experience that, then join us.

XCELERATION VOLLEYBALL CLUB TRAINING PROGRAM

Practices are held two or three times a week depending on the team. Weekday practices will not begin earlier than 5:00 P.M. and will not run later than 10:00 PM. Weekend practices could start earlier in the day depending upon the coach and gym availability. Practices will emphasize team fundamentals along with defensive and offensive strategies. Girls are evaluated in the early part of the season and particular strengths and weaknesses are identified and communicated to the player, and will be worked on throughout the practices.

Xceleration practices run 1:45 minutes to 2 hours. Every practice will involve stretching and conditioning. The girls will be given a warm-up and cool down program by the club trainer at the beginning of the season and all coaches have been instructed to make certain the girls complete their warmup session prior to stepping on the court for practices and tournaments.

WE EXPECT OUR ATHLETES TO BE IN SHAPE WHEN PRACTICES BEGIN IN DECEMBER AND TO MAINTAIN THEIR STRENGTH AND CONDITIONING OVER THE COURSE OF THE LONG SEASON. To this end, we have built in conditioning as a part of our practices.

WHAT CAN YOU EXPECT FROM PLAYING AT XCELERATION VOLLEYBALL CLUB?

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who do not attend practices. These are what we feel are the major benefits of our program:

QUALITY INSTRUCTION:

Our coaching staff is made up of current collegiate coaches, current and former collegiate players, and local high school coaches. All of our coaches are IMPACT certified by USA volleyball and have years of experience coaching volleyball. Many of our coaches are CAP certified and Gold Medal Squared Certified as well. Coaches receive regular training before and during the club season on our methods and what we want them to develop in our players. A listing of our coaches can be found near the back of this handbook.

All coaches are supervised by our club Technical Coaching Director, Rob Browning. The director will personally oversee practices every month, be in contact with coaches and assist coaches with practice planning.

“TRANSFER” AND “COMPETITION”:

At Xceleration we believe in running drills that “Transfer” into real time court situations. Your girls will be running drills at a fast pace with multiple repetitions and touches. All the drills will be supervised with the intention of placing the girls into situations that they will see once they take the court in a game situation. The intent of all drills WILL be made clear to players and instruction will be given throughout. Every practice will have some kind of competition built into it. We want our girls to be VERY competitive in practices as it transfers over to their matches.

EXTENDED TRAINING SCHEDULE:

Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction can be hard to come by during school. Our December through May or June training and competitive phase allows ample time to work on techniques so players may improve their skills.

NOTE: The season does not have to end in May or June for Xceleration members. After a 2-week break at the end of June, we are BACK in the gym with open gyms and clinics all summer and fall. Our players have benefited GREATLY from these extra sessions and repetitions.

INCREASED DISCIPLINE:

The time commitment required to be in a junior volleyball program requires that study habits improve and players budget their time better. It is also vital that players have disciplined work habits on the court and these will be stressed during training.

EDUCATION:

In addition to creating better players, we are striving to create smarter players. Volleyball is a sport in which new situations happen frequently and players must learn to deal effectively with each new situation. We try, through repetitions, to place girls into situations in practice that will carry over to the court.

COLLEGE DEVELOPMENT:

As stated earlier, not all girls are playing junior volleyball with the intention of playing at the intercollegiate level. However, at Xceleration we consider our 15 – 18's teams college development programs. These programs will give you "options" to explore. Not all players must go on to play in college, but all players will go through the Xceleration process. Xceleration VBC has programs in place to assist parents and players with this process. There IS a definite process that can help your athlete in this area and we have our own Recruiting Co-ordinators at the club who will personally assist you and guide you through the process. Details of this program will be provided to you at the Recruiting night meetings sponsored by the club at various times during the season. **We currently have more than former players on an active college roster and over 150 former players who have played in college programs since 2008.**

Our recruiting directors are also available for one on one sessions. You must contact them to set up these private meetings.

This recruiting is offered to Xceleration players ONLY and is a FREE service.

WEEKEND LESSONS:

Xceleration VBC will be offering optional Saturday lessons during the season for athletes who are interested in additional skill development and instruction from coaches. We have specific lesson coaches who will be offering lessons as well as selected team coaches who will be available. You MAY NOT take a private lesson from one of your CURRENT coaches. Prices and times will be posted on our website.

FUN:

We think volleyball should ALWAYS be fun. As players progress, the speed of the game increases and it becomes more fun all the time.

OUR EXPECTATIONS FOR XCELERATION PLAYERS

Just showing up for practices is not enough. We expect our players to be punctual, to show up in the proper frame of mind to work hard, and to pay attention and cooperate with coaches and teammates. This is a volleyball club. We are here to develop our skills and to compete! And this means competing at practice EVERY night.

COMMITMENT:

It is vital to be committed to the program. The club season is a great opportunity to improve individual volleyball skill if you are committed. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into a social event.

REGULAR ATTENDANCE:

The first rule is: EARLY is on time ... ON TIME is late ... LATE is unacceptable!

Players MUST communicate with their coaches if they expect to be late or have to miss a practice.

Players are expected to attend every practice. You will be given a practice schedule prior to your committing to the club and once you have committed to the club we are assuming that you are committing to attending practices. Missed practices WILL cost you playing time and should be avoided at all costs.

Of course, situations beyond a players control do arise and each will be handled between the player, the players family and the coach.

RESPECT FOR THE RULES OF THE CLUB:

This includes the club's and USA Volleyball's Player's Code of Conduct. Rules will be clearly stated and will be enforced. Each team will also have its own rules established by its coach.

COOPERATION:

You may, for example, take an overnight trip with our Power League Teams. These trips require that you will have some rules you will have to live by. We expect you to respect the rules we make.

IMAGE PRESENTATION:

We are proud of our club and we want you to be proud of it as well. Keep in mind that every time you attend a tournament or step on a court, you are representing Xceleration VBC. We expect our players and parents to handle themselves accordingly. In addition, to those players being recruited, players are not aware when college coaches are present. You can make or break your recruiting chances by the way you act.

MAINTAINING GOOD GRADES:

Even though not all players are trying to earn scholarships, we still consider our players to be student-athletes. We think that you should consider yourselves scholar-athletes and strive for the best possible performance in school.

XCELERATION VOLLEYBALL CLUB CODE OF CONDUCT

SUBSTANCE POLICY

Use of alcohol, drugs and tobacco products is prohibited. Alcohol consumption by minors (under age 21) is prohibited by law in California. Possession or use of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Therefore, any use of illegal drugs or alcohol by athletes will result in immediate suspension from the club.

The sale of tobacco products is illegal to persons under 18 years old. Additionally, there is overwhelming evidence that tobacco degrades health and athletic performance. Therefore, the use of tobacco products is subject to the same penalties as alcohol and drug use.

If a player is suspended for violation of the substance policy, the terms of the suspension will be specified in writing to the athlete by the club's area director. Each case will be reviewed individually, and the area director has the authority to suspend an athlete for the remainder of the club season if necessary. Subsequent violations may result in permanent expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by both athlete and a parent, and must be submitted within 14 days of the director's decision. The case will be reviewed by the other club directors.

CONDUCT DURING COMPETITION

This section pertains to any competitive event. Athletes are subject to these rules from the time of their departure from home for an event until they return home.

All athletes are subject to the rules of competition and conduct specified by USA Volleyball. These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect. These rules require the team to officiate. Each player is expected to contribute to the team's officiating responsibilities.

All players are expected to share team duties of line judging, score keeping and second referee responsibilities with teammates. Players are expected to behave in a professional manner.

Coaches will announce the expected arrival time for an event to their teams prior to the event. All athletes are expected to arrive on time. If this is not possible, coaches should be notified in advance.

Players are not excused to leave following competition until released by their coaches. Players and parents should not expect special treatment, such as permission to leave earlier than teammates if the athlete's team must officiate following its final match.

SOCIAL MEDIA POLICY

Club policy prohibits players from ANY social media contact with any member of the Xceleration coaching staff or executive staff. This includes but is not limited to Facebook, Twitter, Snapchat, Vine, Instagram. Players and/or coaches will be disciplined harshly for any violation.

RULES AND REGULATIONS

1. All athletes are expected to behave in a responsible manner.
2. An athlete with a delinquent account during the current season may be denied the ability to participate in practices or tournaments until the account is paid in full.
3. In case of a facility change, the coach or someone from a phone chain will call your home to notify you of the changes. Also, the web site will be a primary source of information.
4. We strongly encourage athletes who participate on an Xceleration Volleyball Club team to take their participation seriously. When they miss a practice or a tournament they affect the entire team. Once they are a member of a team their participation is expected.
5. Coaches determine if their practices are open or closed.
6. All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time.
7. Attendance at practice will affect playing time at the coach's discretion.
8. Proper conduct is expected by all members of the club, this includes athletes, parents and supporters.
9. It is also expected for all members of the club to be courteous and respectful of other clubs' parents and supporters.
10. Athletes/Parents are expected to provide transportation to all tournament sites. Xceleration Volleyball Club does not allow our athletes to drive to out of town tournament sites.
11. Athletes will not be allowed to leave the tournament sites until excused by the coach.
12. Athletes may not leave a tournament site until all officiating assignments are complete. Every player is required to stay until the entire team can leave. Do not ask the coach if you can leave early.
13. Athletes are expected to be supportive of their fellow team members in practice and in tournaments, and to display the qualities of a dedicated athlete such as: a positive attitude, good team spirit, and the desire to learn and improve.

CLUB INJURY POLICY

All injuries are taken seriously. A player sustaining an injury during any Xceleration event (practice, tournament, scrimmage, lesson, clinic) will immediately be removed from that event and the injury evaluated. Return to action is dependent on the severity of the injury. We will always err on the side of safety. Parents will be contacted immediately.

In the case of any head or neck trauma, the player will be removed from the activity and not be permitted to return to the court until she received medical clearance from a trainer or physician.

GRIEVANCE PROCEDURES

Competitive athletics by its very nature will not allow all people involved to be happy at all times during a season. In the case there is a grievance please know when and how to resolve the discrepancy. It is NOT appropriate to approach coaches on tournament days to discuss playing time or coaching decisions. Our coaches have been instructed to walk away from these types of situations.

In the event you or your child has a grievance:

1. "Cooling Off" period – please try to wait 24 hours to speak to a coach about a grievance. When emotions run hot, it's often better and more productive to wait until speaking.
2. The athlete should speak with the coach about the problem. If this does not resolve the situation then,
3. The parent should call or make an appointment with the Club Director for a meeting with the athlete present. If this does not resolve the problem then,
4. A meeting with the coach, player, parent and Club Director may be needed.

In regards to complaints: Parents are asked to refrain from negative comments around your daughter and the other athletes. Young players are vulnerable if they hear complaining about the coach, the coach's style, or club policies as this can have an adverse effect of their performance and/or attitude. If you, as parent, are unhappy with something, you should follow the grievance procedure to resolve the matter. Repetitive violations of the club's grievance procedures or complaining to athletes or third parties that interfere with the club's efforts of providing a wholesome, competitive environment for girls to play volleyball, may be cause for the club to ask the member to resign.

MULTI-SPORT ATHLETES

If athletes participate in more than one sport during the club season, we request they provide their Xceleration VBC coach with a schedule of their other sports contests and practices. If a game for another sport conflicts with an Xceleration practice the athlete will be excused from the Xceleration practice. Conflicts between another sport scheduled event and an Xceleration tournament on the same day will be handled on a case-by-case situation between the athlete and the Xceleration coach and/or directors if needed. Multi-sport athletes will not be allowed

to miss more than 25% of their practices and tournaments. Athletes who expect to miss more than 25% of practices and tournaments should not try out for a team.

PLAYING TIME

Areas that will affect an athlete's playing time are as follows: attitude, skill, attendance at practice, position, and status of payment. We keep teams at a maximum number of 12 players and sometimes only 11, therefore making it fairly easy for coaches to utilize all players during tournaments. We give equal practice time, not equal match playing time.

If an athlete has a problem with playing time, playing position, etc., she shall talk to her coach about it first. Most of the time, this approach alleviates the situation without the parents or club director getting involved. It is highly recommended that the communication lines remain open between the athlete and coach. If there is still a problem then the aforementioned grievance procedures should be followed to remedy the situation.

PRACTICE ATTENDANCE

Attendance at practice is very important for athletes to get maximum benefit of the program. Missing practice not only hurts the individual, but also the team. Practices are where skills are learned and polished; therefore, those not in attendance will miss out on the repetitions necessary to improve their skills. It is unfair for athletes attending all practice sessions to sit out while those who do not attend practice get to play. Missing practice hinders skill development and will result in loss of playing time. In certain situations, if a player missed a practice she will be allowed to make it up by practicing with another team in the club. These arrangements require the approval of BOTH coaches involved and should be limited to the occasional situation.

Advance notice of unavailability is very important. If a player will miss practice or tournaments for any reason, she must call the coach in advance. Players desiring to participate in the Xceleration Volleyball Club program should consider their capacity to compete in multiple activities simultaneously before making this commitment.

Power League team players are expected to make practice attendance a priority. Participating on a Power League team requires dedication on the part of the individual athlete to ensure the success of the team.

WHAT WE EXPECT FROM PARENTS

Yes, Parents, we do expect some things from you. We are a club dedicated to improving volleyball in our surrounding area schools. We are a not for profit organization. Just writing out a check does not necessarily keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Deliver and pick up players on time. Please remember that coaches have families or other commitments after practice.
2. Please assist with transportation of players to out-of-town events.

3. Please watch your daughter when they compete. Even though they may not let you know, they will appreciate it if you are there to offer encouragement. Please do not coach your daughter or any other player during a practice or tournament. Do NOT interact with officials or coaches and players from competing teams.
4. Attend team organizational meetings. At the beginning of each new season and occasionally during the season, parent meetings will be held to update and answer any questions or concerns. Each team and individual coach have a few differences, and it is important for coaches and players to know each other.
5. Pay fees on time. If fees are not paid, bills cannot be paid and players may not be permitted to practice and/or compete.
6. Please assist us in planning and administering any tournament travel we have. We need volunteers to setup and take down team areas at each tournament site. With good cooperation from parents and players, we feel that the club will continue to enjoy a satisfying season.

TEAM PARENT LIAISONS

Each team will have a volunteer representative who serves as the liaison between the parents and the coach/club parent liaison/club director. Listed below are the responsibilities for the Parent Liaison.

JOB RESPONSIBILITIES:

1. Acts as a liaison between the coach and parents. Communicates regularly with the coach and informs the team of practice, tournament schedule changes and any other information that need to be disseminated to the team.
2. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and/or Club Team Liaison.
3. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, car phone numbers are great to have.
4. Assists in working with the club Travel Co-ordinator in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments.
5. If volunteers are needed for local tournaments, the parent rep will help recruit parents from their team to assist with food, carpooling, etc.
6. Works with the club Tournament Co-ordinator on any and all paperwork issues for qualifier tournaments and special tournaments.
7. The parent rep is not an assistant coach and is not involved in any coaching decisions regarding line-ups, playing time, etc.

TEAM TRAVEL

Travel within the club volleyball community has taken a different turn in recent years with the advent of “Stay to Play” and “Loyalty Programs” being adopted by tournament organizers. Because of this, travel plans are now being made in mid-to-late summer for the forthcoming season. Airline and hotel deposits are paid well in advance of teams being selected. For some tournaments, clubs are being forced to book rooms for all players and parents in advance. These policies force clubs to have to make decisions for families prior to them ever joining an Xceleration team.

Xceleration is allowing players to stay with their parents at all travel tournaments. In the case of some tournaments, parents are REQUIRED to travel to the tournament. Exact details of the travel policy differ for each tournament and will be explained in the Travel Policy handout that you receive at tryouts.

By allowing players to stay with parents we are by no means supporting any dissolution of team bonding. It is expected that all teams will socialize as a group at all travel tournaments. All meals will be eaten as a team! Players and parents are encouraged to remain together at all events and enjoy the experience as a team. Parents removing a player from group social activities will be talked to and asked to rejoin the group.

CHAPERONES

At events where the club is not mandated by a minimum room booking stipulation, chaperones may be utilized by the team if the team agrees to that type of travel. Chaperones, if needed, will have their travel costs and hotel costs paid by the **team**. Xceleration VBC expects chaperones to take their responsibilities seriously and understand that it is a large undertaking. Chaperones are responsible for the safety of the players they are with. Xceleration Chaperones will abide by the USA Volleyball Code of Conduct for chaperones as listed here:

CHAPERONE RESPONSIBILITIES:

Thank you very much for volunteering to be a junior team chaperone. As a chaperone you are assuming certain responsibilities for the welfare of the players under your care, custody and control. To assist you in knowing what your responsibilities are we have created this information sheet for you. Please read and discuss these responsibilities with the team coach or manager. If you understand and accept these responsibilities please sign and date the bottom of the form and return the form to the coach or manager.

As a Chaperone, I understand and take responsibility for the following:

1. As an assigned driver transporting players to and from an event, I will obey all traffic laws and will not take any driving risks that will place the players or me in a harmful situation. All players as well as myself will wear seatbelts while in the automobile.
2. If using my personal automobile for transporting players, I understand that I am responsible for any accidents or injuries to my automobile, myself or to the players. I agree to have automobile liability insurance in the amount of \$300,000 or more

covering the automobile I will use to transport players. I agree not to transport more players than my automobile has seatbelts for.

3. I will have a meeting with the coaches that will include the players I am chaperoning to discuss the following:
 - a. Room accommodations - player responsibilities and conduct
 - b. Curfew
 - c. Check-in requirements with you if the players are going to leave the hotel.
 - d. Review of departure times and team activity agenda times.
 - e. Alcohol, tobacco and illegal drug restrictions.
 - f. Team meals.
4. I will refrain from using alcoholic beverages while conducting my chaperone responsibilities. I will absolutely not drink and drive myself or any players while acting as a chaperone. If for any reason I feel impaired to chaperone, drive, or carry out any of my responsibilities I will personally contact the team coach or manager and advise him/her of my impairment.
5. I will do everything that is reasonable and prudent to insure the safety of myself and the players while performing any chaperone duties.
6. I will not leave the players unattended at any point while performing my duties. Should an emergency arise, I will make alternate plans for the girls' supervision until I am able to resume my duties.
7. As a chaperone, I understand that I am working under the direction of the Club, Regional Volleyball Association, or USA Volleyball Association. Any *General Liability* insurance available to the Club, Regional Association or USA Volleyball Association (excluding auto insurance) is also made available to me while working on behalf of or at the direction of the Club, Regional Association or USA Volleyball. I understand that I may be personally responsible and liable for any of
8. My actions that fall outside the scope of authority granted to me by the Club, Regional Association, or USA Volleyball.