

Renegades Volleyball Club Lone Star Region USA Volleyball

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For I know the plans I have for you," declares the Lord, "plans to prosper you and not

to harm you, plans to give you hope and a future."

Jeremiah 29:11

Welcome to Renegades Volleyball Club!

We hope that this handbook will help answer any questions you may have about Renegades Volleyball Club throughout the season. Please keep the handbook for reference and feel free to share it with anyone you know who has an interest in playing club volleyball.

Mission Statement:

The mission of Renegades Volleyball is to encourage our athletes and coaches in their pursuit of excellence in volleyball. Providing a high-level of technical training, we strive to instill the values of teamwork, commitment, mental toughness, self-discipline, responsibility, and leadership. At Renegades, we train intentionally and mindfully, focusing on the development of the athlete while aiming to give every player the opportunity to be the best they can be both on and off the court.

Dates to Remember

Thanksgiving	November 20-24
Christmas	December 22-26; December 31-January 1
Spring Break**	March 11-15

There may be tournaments schedules before or after Spring Break

USAV Age Breakdowns for the 2022-2023 Season are as follows:

11 and Under born on or after 7/1/12
12 and Under born on or after 7/1/11
13 and Under born on or after 7/1/10
14 and Under born on or after 7/1/09
15 and Under born on or after 7/1/08
16 and Under born on or after 7/1/07
17 and Under born on or after 7/1/06
18 and Under born on or after 7/1/05

Note: **18 and Under:** Players who were born on or after July 1st, 2005 or are high school students in the twelfth (12th) grade or below during the current academic year and are 19 years of age or younger (born on or after July 1, 2004).

Playing other sports while playing at Renegades Volleyball Club:

While we do not want to pressure our athletes into choosing one sport early in their athletic career, please understand it is VERY challenging to play to club sports at the same time. Practices may not conflict, but there will more than likely be tournament conflicts. We expect priority to be given to your commitment to your team and Renegades.

Please consider this carefully, and let your coach know IMMEDIATELY if you will miss any tournaments. Because you are making both financial and time commitments to us, we want your daughter and her teammates to get the best possible experience.

Player Commitment

Once a player commits to play for Renegades Volleyball Club, she will be responsible for all fees for the entire season. She will also be committed to working with Renegades coaches and should not be taking lessons or working with coaches from other clubs.

Parents and athletes in the RVC program will be expected to make both athletics and academics a priority in the athlete's lives. Players are expected to attend all practices and tournaments. <u>HOMEWORK,</u> <u>STUDYING FOR TESTS OR FINALS, COMPLETING SCHOOL PROJECTS, AND</u> <u>ATTENDING SCHOOL SPORTING EVENTS ARE NOT EXCUSES FOR MISSING PRACTICES</u> <u>OR TOURNAMENTS.</u> Practice and tournament schedules are made well in advance. Each player needs to learn to manage her time wisely and work to uphold the commitment that she has made to her team and to the club.

We explained in detail the commitment required upon accepting a position on a team. Please understand and consider this when making decisions that affect the time commitment required at RVC. All club teams practice 2 times a week and compete in 1-2 tournaments a month. Our travel teams have a higher commitment, and we expect regular attendance to practices from all players.

<u>Adidas/National level expectations</u>: At the highest level, the expectation is that athletes understand the commitment it takes to be a part of this team. Club volleyball must be a top priority. Athletes need to be in the gym outside of scheduled practices working to accelerate their level of play. We want a player who self-driven and willing to work to compete. Athletes and parents understand that play time is never guaranteed when competing. Athletes and parents understand it is the job of the coach(es) to put together lineups they believe can/will win, and that athletes do not receive "fair chances" in live game play – they are expected to earn their opportunities in practice.

<u>Black level expectations</u>: At the regional level, the expectation is that athletes understand commitment and being a team player. Club volleyball should be a top priority. Athletes and parents understand play time is never guaranteed but must be earned during practices. Attitude, effort, and skill all affect playing time. There should be no expectation of "even" play time. Travel is involved and athletes are expected to travel to all out-of-town tournaments with the team.

<u>Teal/White level expectations</u>: At the local level, the expectation is that athletes understand commitment and being a team player. Club volleyball should be a priority. Athletes and parents understand play time is never guaranteed but must be earned during practices. Attitude, effort, and skill all affect playing time. There should be no expectation of "even" play time, but all athletes will get the opportunity to compete.

How long is the club volleyball season?

Regular season practices will begin in November and conclude in late April or the first weekend in May. Our teams will participate in approximately 2 tournaments per month starting in January.

Adidas level teams 13-17 and National level teams 15-17 *WILL* compete in post season and should expect their season to conclude at the end of June/ early July. <u>This is included in the club dues</u>. If a player chooses to withdraw from a team, prior to completing the season, there will be no refund of any dues paid, and the remaining dues for the season will be collected at the time of withdrawal.

National Teams (11-14) may compete in post season at an additional cost. If a team qualifies for the USA Junior National Championships (late June/early July), additional expenses related to the extended season will be the responsibility of that individual team and not the other club members. It is required that athletes on any team receiving a bid to USAV Nationals or AAU Nationals will participate in the extended season.

If Renegades decides to send a team to AAU Nationals in Orlando or Volleyfest in Phoenix, athletes will be selected by RVC coaches and additional expenses will be incurred for those who choose to participate.

Renegades Volleyball Club Fees

Fees are different for each level of team and differ primarily based on the amount of practice time and scheduled tournaments throughout the 2023-2024 season. Uniform packages are very similar for all teams. Expenses for traveling are **in addition** to membership dues. Fees can either be paid up front or a payment plan can be followed. Tuition paid in full by September 1st will receive a 5% discount off the dues. For a player to be eligible to participate in the first practice, all required player forms and payment information must be complete!

Once a player commits to play for Renegades Volleyball club, she will be responsible for all fees for the entire season.

How and when do we pay the fees?

All players should be registered online with our system and enrolled in a payment plan if you have not already paid your tuition in full. Fees are due on the 1st of each month. Dues not paid by the 10th will incur a \$35 late fee.

What happens if we don't pay the fees?

Fees not paid will result in suspension of the player's participation in practices and tournaments until the fees are up to date. Clubs, like any other business, rely on having sufficient cash flow to operate. Therefore, failure to meet financial obligations will result in the affected player losing practice and playing privileges until fees are current. For players whose fees are not paid by the due date according to your plan, a charge of \$35.00 will be added to your account. Insufficient funds (NSF) payments will incur a \$40.00 fee. If there is a problem getting your payment in by the 1st, please notify Taylor Dickerson at <u>admin@renegadesvolleyballclub.com</u>.

What other expenses do we need to consider?

Travel to and from practices and tournaments, and meals **are not** covered in your fees. Depending on the level of the team, tournament locations will vary. Locations range from in or around Houston to multiple out-of-town/ out-of-state competitions. Some tournaments will require overnight stay. Hotel blocks will be made for each team (see Stay and Play policy below), but you are responsible for booking a room within the block and hotel payment. Also, most tournaments charge admission for the spectators and sometimes parking.

What is STAY AND PLAY?

Almost every out-of-town tournament has a "Stay and Play" policy. As a team and a club, we must participate in this hotel policy to participate in the tournament. That means that every girl on the team must book the same hotel. The hotel rates and locations provided by the tournaments are very fair and adequate.

Rooms will be blocked by RVC admins for the overnight tournaments. Parents will be able to go in and reserve a room from the block **BY A SPECIFIED DATE/TIME.** RVC will not beheld liable if it is not taken care of properly or on time. Admin will be in touch with instructions for reserving rooms off the blocks.

Ref and Score Clinics/Responsibilities

Each of our girls is expected to attend a score clinic at the beginning of the season (or once her current active scorer status is expired – must be renewed every two years) and become a certified USAV scorekeeper. Renegades does not cover the cost of the clinic, but we will provide a link with a list of available clinic options prior to the season. The Lone Star Region requires for this to be completed before competing in our first sanctioned tournament. Referee clinics are NOT required for players ages 15 and under.

The players will equally share officiating duties. Players act as linesmen and scorekeepers for most, if not all, tournaments; all players must follow the proper behavior for their officiating duties – no cell phones, eating, talking, listening to headphones, daydreaming, etc. while officiating and/or scorekeeping. Treat the other team's scores/officiating as you would want them to treat your team...PAY ATTENTION!!

<u>Players may not leave the tournament until ALL officiating duties are done even if they are not actively officiating. There are no exceptions!</u>

Scholarships and Fundraising

We understand that club volleyball is great expense. While we are working on implementing a scholarship program, RVC does not have the funding to alleviate the expenses related to the club season. For those athletes who need assistance, we do have scholarship forms available, and we encourage you to take them to local businesses to secure funding. In the past we have had players receive funding from law offices, doctors, churches, small businesses, etc. Please contact Taylor Dickerson at <u>admin@renegadesvolleyballclub.com</u> if you need sponsorship forms.

We will be having several fundraisers throughout the year to assist with club dues and our new building. We are asking that every player participates so that we can have the adequate funding to make our new location as amazing as we have envisioned!

Practices

<u>We expect all players to be at every practice</u>. If the player cannot attend practice, she must contact her coach at least 4 hours before practice begins. Coaches are responsible for creating practice plans and need to be aware of absences in advance to plan accordingly. It is not the responsibility of the player's parent to contact the coach, but they can follow up if needed.

It is mandatory that every player arrive at least **10 minutes** early to practice. Players must arrive with enough time to put full volleyball attire on. Players need to know their pre-practice responsibilities/schedule (set up, clean-up of the court(s) & surrounding areas, warm up, etc.).

<u>Coaches are required to keep attendance for their teams.</u> Missed practices will be recorded by the club administrators.

Consequences for the following will be streamlined across the club:

- Tardy to a practice with or without advising the coach before practice Tardy Make-Up Workout
- Tardy to a tournament Ref responsibilities for ALL work team matches
- Missed practice Practice Make-up workout
- Missed Tournament TBD by coach and Director

Playing time WILL be affected by the following:

- Missed practice before a tournament
- Tardy to a tournament without advising the coach
- Missed tournament without advising the coach

We do understand that there may be some extenuating circumstances. Coaches are to discuss these situations with the Director if there is a need for exception.

<u>Players must wear their correct practice shirts to EVERY practice.</u> We feel this creates team unity, eliminates individualism, and starts to instill discipline. Consequence is up to the discretion of the coach, but there will be a consequence for not wearing the correct practice shirt. We periodically havecollege coaches/recruits entering our gym and we feel this sends a message of "Renegades pride" to the recruits, as well.

Playing Time

Equal playing time at tournaments is not guaranteed. Players earn playing time according to the discretion of their coaches. Factors that will be considered are the level of competition, the ability of the athlete, the attitude/sportsmanship/effort of the athlete, the need of the team, and the importance of the match or tournament. **Play time at tournaments is earned at practices.** Missed practices and any violation of the practice agreement can result in loss of playing time as well. We will be playing to win during tournaments and sometimes an individual's court time may be limited. Playing time at practices will always be equal. Remember also that your child's dues must be current for her to play.

Each player is **<u>guaranteed</u>** equal practice time and instruction but **NOT** guaranteed equal playing time. Each girl will receive the same training and skill enhancement at practices; however, some will undoubtedly play more than others come game time.

RVC requires our players to talk with their coach when there is a question or a concern about her playing time. Questions about playing time should be directed at the COACH of the team by the ATHLETE with the question. Our coaches are open to discuss the roles, expectations, and status of each of our athletes, but those discussions need to happen between coach and athlete first, <u>not the parent</u>. The ability to communicate in an adult manner will help them on and off the court. If your athlete meets with her coach and is still unsatisfied, please follow the steps outlined in the Club Grievance Procedure below.

Please do not allow problems and emotions to build up. We would rather handle the problem immediately to allow the best possible experience for your daughter.

The best time to talk to a coach

Coaches will gladly come early or stay after practices to meet with parents and players to address any questions or concerns you have, but please contact the coach beforehand. <u>Please do not engage a coach</u> <u>during his/her practice or while players are present.</u> We do not want to use any court time we have on anything other than developing our athletes.

You may call or email your coach at any time. <u>However, please do not speak to the coaches about any</u> <u>concerns at tournaments.</u> As stated in our parent expectations, please wait a minimum of 24 hours after a tournament before contacting the coach to express your concerns. Please DO NOT text or email a coach during practice hours.

Club Grievance Procedure

Having a clear and understood policy regarding parent/player/coach communication is the goal and objective of the Renegades Grievance Procedure. These guidelines are created to protect the player and coach from unnecessary embarrassment, and to establish and nurture a trusting and professional relationship between the parent, player, and coaching staff.

Coaches will gladly come early or stay after practices to meet with parents and players to address any questions or concerns you have, but please contact the coach beforehand. **Please do not engage a coach during his/her practice or while players are present**. We do not want to use any court time we have on anything other than developing our athletes.

You may call or email your coach at any time. However, <u>please do not speak to the coaches about</u> <u>any concerns at tournaments</u>. As stated in our tournament guidelines, please wait a minimum of 24 hours after the conclusion of the tournament before contacting the coach to express your concerns.

A biproduct of this policy is education of the athlete in the facts of professional and appropriate communication. Teaching a young athlete to handle a variety of stresses is a duty of any coach. Establishing open lines of communication is only viable if the athlete herself participates in the process directly with players and staff.

SPECIFICALLY, the procedure is as follows when you have a concern or question regarding your child. We expect you to use the following procedure, in its order, to solve the problem:

- 1. The athlete should speak with or meet with the coach. If the matter is not resolved to the player's satisfaction, then...
- 2. The athlete and parent should both speak directly with the coach. Parents and/or players are expected to set up a meeting with the coach ahead of time. Meetings should NOT be at tournaments. If a parent approaches a coach before, during, or after an event, in a hostile manner, the coach has been instructed to not engage in that conversation. Rather, they should ask the parent to set up a meeting, refer to the Renegades Grievance procedure, and walk away. If the matter remains unresolved, then...
- 3. The parent will meet with the coach and RVC Director(s). Depending on the situation, we may ask that the athlete attend the meeting. Parents are expected to call the coach and set up a meeting time away from the tournament site. We do not feel it is proper for either the parent or the coach to discuss coaching decisions at tournaments. We also do not think it is productive for parents to call coaches with concerns after the tournament and after the coach has been coaching for 6 to 10 hours. If a coach is approached during a tournament, please understand the coach has been instructed to terminate the conversation and walk away.

Please Note: We will not tolerate hostile, aggressive confrontations to any of the coaching staff, or towards other athletes, and/or parents. If this type of behavior does happen, the person and/or persons involved and the athlete will be sanctioned by the Club (and possibly, the Region). Each situation will be handled on a case-by-case basis. All decisions will be made by the club only and will not be scrutinized or discussed by the other players and/or parents.

In the event that a grievance needs to be initiated, the club grievance form must be filled out and submitted via email to <u>admin@renegadesvolleyballclub.com</u>.

Tournament Information

Coaches will be responsible for supplying tournament information once the information for each tournament is provided to us. Typically, tournament schedules will not be released until the Wednesday prior to the tournament date, so please bear with us. Season schedules will be distributed as soon as tournaments are released, and we create a plan for each team. All schedules are tentative; Our teams are accepted on a first-come, first-served basis. The requirements to be accepted in tournaments vary andn can cause changes to be made to schedules.

Advanced Event Systems (AES) is a great place to view tournaments and schedules in advance as well. The website is <u>www.advancedeventsystems.com</u>.

Tournament Guidelines

- Players must arrive at tournaments at least 45 minutes early.
- Transportation of players to and from tournaments is the responsibility of parents.
- While at tournaments and events, athletes must stay together as a team. <u>Players are not allowed</u> to leave tournament sites until the tournament is over and the coach has dismissed all players.
- If any conflicts arise at a tournament, all parties must wait 24 hours after the conclusion of the tournament before discussing the issue.Please inform one of the Directors of any major problems/issues. (See section "Club Grievance Procedure")
- All teams will wear warm-ups in between matches. This will provide a consistent look across all teams in all age groups, and it will keep their muscles warm for the next set.
- Renegades gear and apparel ONLY is to be worn at tournaments (no pajamas, fluffy house shoes, etc. are allowed to beworn).
- All players must wait to be dismissed by their coach to go on break.

Important Note: Leaving a practice or tournament without the coach's permission is grounds for immediate release from the organization without a refund of any previously paid fees. Furthermore, please be advised that pulling your child from a practice or tournament for disciplinary punishment or because you disagree with coaching decisions is still not considered excusable. (Although we stand firmly behind a parent's right to discipline his or her child, we must take the wellbeing of the team into consideration. Please remain cognizant of the effect you would have on the team and find another way to discipline your child, if possible.)

Travel Guidelines

While in hotels, athletes are to respect the property and privacy of others in the hotel. Loud or rowdy behavior will not be tolerated.

Athletes will be expected to coordinate with the team parent and/or coach as to their whereabouts during non-playing periods.

Athletes are expected to dress modestly and respectfully during non-playing periods. Remember that you are representatives of Renegades Volleyball Club, on and off the court.

Never will a player be allowed to stay alone in a hotel room at an out-of-town tournament nor will she be allowed to travel with (or room with) a person of the opposite sex (other than an older, legalaged sibling)without a parent present. If a parent cannot attend an out-of-town tournament, notify your coach immediately with details of who will be attending with her so that supervision of your child and appropriate hotel accommodations can be worked out with another parent or coach if she will be alone.

<u>All players are required to participate in all team events before, during and after tournaments, such as breakfasts, lunches, dinners, team parties, and any other team building events throughout the season.</u> Parents – please make whatever arrangements are necessary to ensure that your daughter participates fully, even if you do not wish to participate yourself. Strong team unity and chemistry are essential in a successful team and all parents and players are expected to hold that fact in high regard, as do the directors and coaches, at Renegades. Our club operates more like a family than just a place to play volleyball and we want to ensure its continued growth with that feeling and philosophy, so be prepared to do your part!

Social Media

Players should conduct themselves with respect on all social media platforms. They are a direct representation of the club as well as their families. No explicit language, hand gestures, slander, or disrespect will be tolerated. There should be no images or videos of athletes using profanity, smoking/vaping, drinking, etc. Failure to comply is grounds for immediate dismissal from Renegades Volleyball Club with the remaining season dues to be paid in full.

Please remember that this is not just a platform for you and your friends to look at, but college programs use social media as a vetting tool for their future athletes. You do not want to miss out on an opportunity because of something inappropriate you post on social media.

Incidents outside of Renegades Volleyball Club

Again, you are a direct representation of your family and Renegades Volleyball Club. There should be no drinking, smoking, etc. ANY athlete caught engaging in such activities will be IMMEDIATELY dismissed from Renegades Volleyball club with no refund of previously paid dues.

We are training STUDENT- Athletes, therefore being an excellent student comes first. Without good grades, there is NO collegiate program that will offer you a scholarship regardless of your athletic abilities. If a player is unable to maintain the grades necessary, there will be limited playing time until the athlete can return to good academic status. We ask that parents assist us with holding their athletes accountable.

Should an athlete conduct themselves in a manner that is not acceptable to RVC standards, there will be consequences that could include make-up workouts, loss of playing time, or dismissal from the organization with no refund of previously paid dues.

Additional Information

Our administrators and coaches are dedicated to providing an amazing experience for our athletes, and will utilize, books, studies, and/or community service opportunities for team-bonding activities, guidance and motivation for this season and for our athletes' futures.

Renegades Volleyball Club is a Christian-based organization and will strive to give back to the community and provide an extraordinary experience for our athletes. This season, we will work to take part in at least one community service project, and we reserve the right to pray with, for, and over or athletes at our discretion

PLEASE SEE PARENT AND PLAYER EXPECTATIONS ON THE FOLLOWING PAGES

Parent Expectations

There are very few youth programs that are successful without the support of parents. Renegades Volleyball Club wants each of our players to have a positive experience and get the most out of their season. Below you will find some guidelines that may help you be supportive of your daughter and her teammates.

- Focus on supporting your child's mastery of volleyball skills, strategy, and self-development. Competitive ranking focuses on winning and losing, which is outside of an individual athlete's control. Volleyball is a TEAM sport and allows your athlete to develop life-long values and self-respect.
- Try to stay positive and keep negative emotions away. No one wants to perform poorly. If you react negatively, it can add to the pressure and make it harder for the athlete to shake off mistakes. Try to avoid negative talks after a bad practice or an off day at a tournament. Athletes are typically hard enough on themselves, without parents adding their thoughts. If you wish to discuss their performance, wait 24-48 hours, when the emotion is gone. Try not to confuse support with constantly reminding the athlete that they need to focus, practice more, and condition.
- Do not encourage or coerce your player to leave a practice or tournament without the coach's permission. As stated above, this is grounds for immediate release from the organization without a refund of any previously paid fees. Furthermore, please be advised that pulling your child from a practice or tournament for disciplinary punishment or because you disagree with coaching decisions is not considered excusable.
- Show respect for other players, parents, opponents, officials, and the program. Please keep in mind these young ladies have feelings and when hearing negativity from another adult, it can be devastating. The same goes for parents. Please consider how you would feel if parents were talking about your child. Good sportsmanship does not only apply to your child on the court, but parents should also be setting an example as well. Please refrain from arguing or questioning an official. It is their job to use their best judgment when making a call. As a coach, if we do not agree, we will handle the situation appropriately. You are representing your daughter and our club at these events, and we will not tolerate any kind of disrespect.
- Parents will refrain from any criticism of coaches, players, parents, officials, and opponents.
 - Parents are not to address any players with any negative remarks. Regardless of the situation, there should be no confronting of an adolescent player. Please take any concerns to the athletes' parents, the coach or club director.
- Understand and respect the differences in roles between parents and coaches. When you decide to join the Renegades family, you trust that we have provided you with a coach that has your daughter's best interest in mind. Please avoid coaching from the sidelines, or "over the shoulder" of the coach and publicly questioning coaching decisions. In most situations, the parent will perceive something completely different than what has happened on the court. We are asking that you also refrain from discussing other players with your daughter before or after a match/tournament.
- If a problem arises, please notify the Head Coach first, not the Club Director. Please wait a minimum of 24 hours after the conclusion of the tournament before contacting the coach to express your concerns. Under NO circumstances shall a parent approach a coach at a

tournament, during competition or when other players or parents are present. The parent, player, and coach will often resolve the conflict and learn from the experience. If the parent and coach cannot resolve the issue, please proceed to follow the RVC club grievance procedures.

- Parents are invited to participate in officiating/scorekeeping clinics and assist with team activities. This is especially important for our 11-13s age groups. Most teams will need assistance keeping up with the score sheet and will sometimes need a 2nd referee if their coach must be the 1st referee.
- Each team will need at least 1 team mom for the season. Team moms help with a variety of tasks including, but not limited to group travel arrangements (booking group flights, van rentals), team dinners, team shirts, any extra-curricular activity as a team, and may help coach with team correspondence.
- Last, but NOT least...please assure your player arrives/is picked up on time for practice and tournaments. If there is an emergency, please contact your coach and the Club Director.

Player Rules and Expectations

- I will ALWAYS give MAXIMUM EFFORT.
- I will always be **<u>INTENTIONAL</u>** in my training and play.
- I will do my best to have a positive attitude.
- I will be a team player and will show respect for my teammates and coaches.
- I will be coachable and accept feedback from the coaches because I know they are here to make me better and to push me to reach my full potential.
- I will be on my best behavior at all times. Inappropriate language and disrespect for others will not be tolerated.
- I understand playing time is guaranteed **ONLY** at practice and will **NOT** be equal at tournaments. Playing time is earned by hard work, performance, and attitude, but level of team and competition will also be determining factors in coaches' decision-making.
- I am expected to work hard at every practice. I understand that even if I am a stronger player, but not working hard, I will not play.
- I will be **ON TIME** to practices and tournaments and remain for the duration of all events. Tardiness to tournaments will result in working all sets assigned to my team.
- I will wear assigned practice shirts and spandex at all team practices.
- I will wear warm up shirts, shorts, and/or pants assigned by Renegades at all tournaments.
- I will wear cover shorts over my spandex before, after, and between matches.
- No cell phones will be permitted during practice.
- I understand engaging in any inappropriate or illegal activity will not be tolerated by Renegades Volleyball Cluband may be grounds for dismissal. I will represent this club and my family in a positive manner.
- I understand only positive and supportive comments should be made about the club, team, or other teams on social media sites.
 - I will be mindful of my posts/comments and understand that Renegades has a ZERO-TOLERANCE policy for online bullying or inappropriate posts. This includes private accounts.
- I will not use profanity or disrespectful language during practices or games.
- I will respect coaches and teammates at all times! Any show of disrespect towards a teammate or a coach, whether it is verbal or nonverbal, will not be tolerated in any way, shape, or form.
- I will not address other athletes' parents or ANY adult in a disrespectful manner. Regardless to the situation, the athlete should present any issues to their parents, coach, or the club director.
- I understand that club volleyball is a big commitment and will make practices, tournaments, and team events a priority.
- HAVE FUN!!

We're looking forward to an amazing season!! - Coach Jyra and the RVC Staff