



Arsenal Volleyball Academy Handbook

Arsenal Volleyball Academy started with a purpose to better the club volleyball experience for players, families, and coaches. As volleyball coaches, we experienced flaws in the club volleyball environment that we vowed to change. That's when Arsenal was born. Our mission is to create a better club volleyball experience for our coaches, players, and families. We add value to the communities we live and travel through the Arsenal difference:

- Experienced Coaches •
- Dedicated Directors •
 - Top Training •
 - Proud Parents •
- Stronger Players •

Projected Teams Offered

18 & Under (National)
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 Lite/U)
11 & Under (May play in National/American/Regional level events)
10 & Under (May play in National/American/Regional level events)



Documentation

The required documents *must* be submitted on the day of tryouts. You can register and complete all tryout documentation at www.arsenalvb.com. Further documents and memberships may be required following tryouts and before the mandatory Meet & Greet. 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.

Tryouts

Any athlete from any school is welcome to try out for Arsenal Volleyball Academy. 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. Sizing for uniforms and apparel may also be done at this time.

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 following the conclusion of tryouts via our website. ****PLEASE NOTE: AGE GROUPS HAVE MULTIPLE TRYOUT DAYS.**** The parents/guardians of each offered athlete will be asked to accept their offer on the website in accordance with Ohio Valley Region guidelines and discussed at tryouts, or the offer may be withdrawn. Once you accept the offer, you may not play for any other club program during this season, and your club dues are



non-refundable.

There will be mandatory registrations, paperwork, informational video that must be viewed, and Team Meeting for all athletes and their parents. Each athlete must be represented at the Team Meeting. The informational video will be sent to all players that are accepted. This video will detail due dates for fees and paperwork, which is 5 days after the acceptance deadline of American/Regional teams as detailed on Ohio Valley Region guidelines for Fall tryouts. Summer tryout due dates for registrations and paperwork may be sooner. Summer tryout payment due dates include a deposit as detailed below. Applications for special payment schedules will only be considered prior to first payment due dates. There is a \$50 surcharge for all extended fee schedules.

Arsenal Fees

2023-2024 Season Fees are as follows:

10U, 11U: \$1,550

12U/Regional: \$1,700

12 National Lite, 18 National: TBD

American Team: \$ 2,550

National Team: \$2,950

Returning early contracted players are granted last season's rates. Last season's rates for 10U and 11U were \$1,500, 12U/Regional were \$1,600, American was \$2,500, and National was \$2,900.

Summer Tryout Arsenal Fees Due Dates

U, Regional: \$400 due by September 1, 2023 and the remainder due by November 1.

American: \$400 due by September 1, 2023, \$1,200 due by November 1, and the remainder due by January 31, 2024.

National: \$600 due by September 1, 2023, \$1,200 due by November 1, and the remainder due by January 31, 2024.



Fall Tryout Arsenal Fees Due Dates

U and Regional Team payment will be due in full by the initial payment due date. American and National Teams will have a first payment of \$1,500.00 due on the initial payment due date. Initial payment due dates are as follows:

Ages 10-12: November 7

Ages 13-14: November 14

Ages 15-17: November 28

Second and final payment for the remaining balance for American and National teams is due by January 31, 2024. All required paperwork must also be submitted by these deadlines.

Fees may be paid online using your SportsEngine invoice (processing fees apply), or by check or cashier's check and mailed to the following address:

Arsenal Volleyball Academy
6242 Green Knoll Circle
Hamilton, OH 45011

Please do not mail cash or money orders. Arsenal is not responsible for lost or stolen checks. It is your responsibility to ensure payment sent has been cashed.

Payment arrangements may be subject to specific rules as determined appropriate by Arsenal, and are not guaranteed. This may include payment made by check only, or payment that must be made online with automatic withdrawal. This will be determined when a payment plan is made.

The responsibility to ensure successful completed payment, including, but not limited to, returned checks or failed credit card payments, is on the parent/guardian. Failure to ensure your payment was successfully cashed to Arsenal will result in missed practice(s) and games. All fees must be paid as outlined in the instructional video and Meet & Greet, and never to a coach. Fees are non-refundable and you are responsible for paying the entire fee, regardless of any circumstance, once accepted



to a team. Do not discuss payment with a coach. Coaches are instructed not to be involved with player payments.

What if I Play Other Sports?

Missing a significant amount of time related to Arsenal Volleyball Academy 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 and games.*

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 or from the club. Furthermore, an athlete's 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 during games 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 during appropriate times (see Grievance Procedure) . We reserve the right to move a player up to a higher level team at any time during the season.

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 Academy.

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 practices and/or 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(es) or club(s) by any athlete or parent while involved with Arsenal. Behavior that may cause irreparable damage to our brand will likely be deemed intolerable and could be grounds for immediate dismissal.

In case of inclement weather, check TeamApp for any announcement of practice cancellations.

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, or an initial offense is deemed intolerable, the athlete may be dismissed from Arsenal. We strongly encourage athletes who make an Arsenal Volleyball team to take this participation seriously.

This handbook is designed to cover major topics and rules that will be true for all teams. Each team is subject to its own rules that may be set by its coach. Failure to adhere to a coach's rule that is not in this handbook may still be subject to consequence at the discretion of the coach and/or Directors.

Practice Rules

Practices will be closed. 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 The club reserves the right to adjust practice times and location as necessary. 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 contact 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. *Earlier is always better.* Proper conduct is expected for all members of Arsenal Volleyball 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. The emergency must be communicated and approved by the coach. It is not permissible to approach a coach during a tournament for any reason other than the health of their athlete. Approaching a coach about playing time or any other grievances could be grounds for dismissal from the coach.



Officiating

Officiating is the shared responsibility of the entire team. All Arsenal athletes are required to attend a Scorekeeper 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 reach out to the Club Directors.* The Director will then determine if a meeting is necessary. 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 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 Director(s) and to walk away from the situation. The recommended time for a parent meeting about a problem is either before or immediately after a scheduled practice. If the matter remains unresolved, or if the parent has reasonable concern that speaking to the Director will not resolve the matter;
- 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 an Arsenal Volleyball Academy 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 Arsenal Volleyball Academy. For the psychological health of the teams and our club 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 Arsenal Volleyball Academy, it is strongly encouraged to refer the complaining party to take the matter up with 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 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. 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 may be different per venue, so you should check the tournament site for that information. Tournament days can last all day into the evening, so be prepared to make sure there's adequate nutrition for your athlete. 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, tournaments don't always follow a set time schedule and matches could begin sooner than scheduled.

Questions

We understand it's possible there could be scenarios which are not addressed in this handbook. If you're ever unsure of how to handle a situation, or have an immediate concern, we invite you to reach out to us by emailing cincyarsenal@gmail.com.

Enjoy

We set forth rules and guidelines in case they are needed. We are fortunate that most of our families won't need to refer to most of the content in this handbook after their initial read. We hope that like them, you have a wonderful season filled with hard work, improvement, success, and fun. Our goal is to see you get better, enjoy your journey, and return to continue your love for the game with us.

We are one. Arsenal Strong. Arsenal Proud.

