NO PANIC VOLLEYBALL



TEAM PACKET: BOYS

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BEHIND THE SCENES

This is where you can direct your specific questions based on the roles described per staff member behind the scenes

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This is where you can direct your specific questions based on the roles described per staff member behind the scenes

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NO PANIC VOLLEYBALL BOYS TEAM

NO PANIC VOLLEYBALL CLUB HAS ASSEMBLED TEAMS OF PLAYERS FOR OUR NO PANIC BOY'S TEAMS. PLAYERS WILL BE EXPECTED TO PLAY MULTIPLE POSITIONAL ROLES: SETTER, HITTER, AND DEFENSIVE-SPECIALIST. DURING THE SEASON, WE WILL WORK ON IMPROVING TECHNICAL SKILL, STRATEGY, AND TEAM CHEMISTRY.

OUR PLAYERS WILL BE COMPETITIVE, COMMUNICATIVE, RESPECTFUL, COHESIVE, AND HARD-WORKING. WE BELIEVE OUR PLAYERS SHOULD CONSISTENTLY DISPLAY A POSITIVE ATTITUDE AND STRIVE TO DO WHAT IS BEST FOR THE TEAM AND THEMSELVES.

YOUR TEAM WILL RECEIVE WEEKLY TECHNICAL TRAINING IN TEAM PRACTICE AND IN SKILL SPECIFIC WORKOUTS. COACHES WILL PROVIDE REGULAR FEEDBACK ON THE TEAM'S PROGRESS AS MEASURED IN PRACTICE SCRIMMAGES AND TOURNAMENT PERFORMANCES. PLAYERS WILL ALSO RECEIVE INFORMATION ON HOW TO IMPROVE THEIR SKILL, NUTRITION, RECOVERY AND CONDITIONING.

THOUGH WE ENCOURAGE PLAYERS TO BE A PART OF OTHER ACTIVITIES OUTSIDE OF VOLLEYBALL, WE ASK THAT PLAYERS RESPECT THEIR TEAMMATES BY MAKING THEIR COMMITMENT TO NO PANIC A PRIORITY. UNAVOIDABLE CONFLICTS SHOULD BE SHARED WITH COACHES AS SOON AS THE PLAYER IS AWARE OF THEM.

ALL NO PANIC TEAMS WILL COMPETE WITH MANY OF THE COMPETITIVE CLUBS IN THE REGION WHICH INCLUDE BUT ARE NOT LIMITED TO VARIOUS BOY'S TEAMS LOCALLY AND NATIONALLY.



PLAYER EXPECTATIONS

YOU ARE CHOSEN FOR NO PANIC VOLLEYBALL TEAMS BECAUSE YOU HAVE A COMBINATION OF MENTAL AND PHYSICAL ATTRIBUTES THAT ARE CONSISTENTLY DISPLAYED BY SOME OF THE TOP VOLLEYBALL PLAYERS IN THE REGION. WE EXPECT YOU TO DEMONSTRATE THE FOLLOWING DURING THE COMING SEASON:

1. INTENSITY AND MOTIVATION.

- Players must be prepared to give 100% in practice every day. “Practice as you would play” is a phrase they will hear often during the season. All our players are strong athletes with the capacity to play at the highest level, but there is no substitute for hard work. Players will show respect for their coaches and teammates by coming prepared to do their absolute best every time.

2. MENTAL CAPACITY AND EMOTIONAL RESILIENCE.

- Players need to perform well under pressure and be able to shake off mistakes. The ability to put each game behind you and focus on the next challenge is a vital skill in both sports and life.

3. ‘COACHABILITY’ AND THE CAPACITY TO QUICKLY LEARN NEW TECHNIQUES.

- Players must be able to actively listen to instruction, adjust how they do things, and retain the skills taught to them. Work outside of practice will help players improve their skills even faster. If all players continue to study the game, practice little things at home, review videos, and take advantage of other opportunities to improve (i.e., open gyms, doubles, 4 vs 4 tournaments, private speed and jump training), we can build a very strong team.

4. DEDICATION TO THE TEAM.

- A team is only as good as its weakest player; therefore, it is in each player’s best interest to help their teammates play to the very best of their ability. In practice, this means that we constantly enforce a positive and supportive environment for learning. Players who are afraid of making mistakes will not improve their skills. In tournaments, this means players let the coaches give instruction while players give encouragement. A team’s emotional state on the court directly affects their performance. Players who are a negative presence on the court will find their playing time limited.

NO PANIC VOLLEYBALL’S METHODS ARE DESIGNED TO DEVELOP WELL-ROUNDED PLAYERS WITH THE MOTIVATION AND ABILITY TO COMPETE AT THE HIGHEST LEVEL POSSIBLE. OUR TEAMS HAVE BEEN CAREFULLY SELECTED WITH EXCELLENCE AS THEIR GOAL. WORKING TOGETHER, THEY WILL GAIN SUCCESS THROUGH THEIR DEDICATION, HARD WORK, AND UNDERSTANDING OF THE GAME.



GENERAL VOLLEYBALL SEASON PLAN

NOVEMBER - DECEMBER

- All Skills Review
- Players will continue working on combination plays: 3-1, Quicks, Slides, Tandems.
  *Travel teams
- Team attitude expectations & team chemistry
- Offensive mindset – attack attack attack
- Defensive mindset – block block block and keep the ball off the ground.
- Tons of BALL CONTROL and SERVING!!!
- Preseason test through scrimmaging with other teams.
- Scorekeeping and Referee team education
- Refining skills in all positional roles (2 positions)

JANUARY – FEBRUARY

- Error minimization
- Continued intermediate setting techniques and plays
- Run and add Team plays every 2 weeks.
- All formations (4-2, 6-2, 5-1, 6-6)

MARCH – APRIL

- More team systems and plays
- More problem solving and communication
- AAU CHAMPIONSHIP preparation

MAY/ JUNE (optional)

- Sand Volleyball, Summer Leagues, etc.
- Post Season preparation (AAU Nationals)

PRACTICE EXPECTATIONS

PRACTICE SCHEDULE:
- TEAMS PRACTICE 2–3 TIMES PER WEEK AT NO PANIC GYM.

PUNCTUALITY:
- PLAYERS SHOULD PLAN AHEAD AND ARRIVE ON TIME, CONSIDERING TRAVEL DISTANCE AND SCHOOL SCHEDULES.

BEFORE PRACTICE ROUTINE:
- ARRIVE EARLY TO PREPARE GEAR AND WARM UP.
- GREET COACHES AND TEAMMATES UPON ARRIVAL.
- COMPLETE DYNAMIC WARM-UPS INDEPENDENTLY (UNDER COACH SUPERVISION).

PLAYER MINDSET:
- SHOW INTENSITY, COMMITMENT, AND A POSITIVE ATTITUDE.
- ALWAYS DEMONSTRATE THE DESIRE TO IMPROVE.
  - MANAGE TIME WELL AND PRIORITIZE PRACTICE ATTENDANCE.

PERSONAL RESPONSIBILITY:
- MAINTAIN CONDITIONING AND PROPER NUTRITION OUTSIDE OF PRACTICE.
- BUILD HEALTHY HABITS THAT SUPPORT BOTH MENTAL AND PHYSICAL GROWTH.

COMMUNICATION & SELF-ADVOCACY:
- PLAYERS ARE ENCOURAGED TO ASK QUESTIONS AND SEEK FEEDBACK DIRECTLY FROM COACHES.
- PARENTS SHOULD ALLOW ATHLETES TO COMMUNICATE FIRST BEFORE STEPPING IN.
- FOLLOW THE 24-HOUR RULE BEFORE REQUESTING MEETINGS FOR CONCERNS.

PARENT PARTICIPATION DURING PRACTICE:
- NO PARENTS OR FAMILY MEMBERS ALLOWED ON THE GYM FLOOR OR COURTSIDE.
- VIEWING AREAS OR BLEACHERS MAY BE AVAILABLE DEPENDING ON THE VENUE.
- THIS ENSURES SAFETY, RESPECT, AND FOCUS FOR BOTH PLAYERS AND COACHES.

PARENT EXPECTATIONS

NO PANIC VOLLEYBALL CLUB PRIDES ITSELF ON BEING A SMALL CLUB WITH ACCESSIBLE COACHES. IF YOU HAVE A SPECIFIC QUESTION FOR A COACH ABOUT YOUR CHILD, WE KINDLY ASK THAT YOU SET UP A MEETING VIA EMAIL BEFORE OR AFTER PRACTICE. PLEASE NOTE THAT WE WILL ONLY DISCUSS YOUR CHILD WITH YOU, AND WILL NOT ENTER INTO ANY DISCUSSIONS ABOUT ANY OTHER PLAYERS WITH YOU AT ANY TIME. PLEASE BE AWARE THAT WATCHING PRACTICES COURTSIDE HAS ZERO ADDED BENEFIT AND INTERACTION DURING PRACTICES IS NOT PERMITTED.

Communication:

1. PLAYERS ARE ENCOURAGED TO DISCUSS ISSUES WITH THE COACHES DIRECTLY.
2. IF A PARENT HAS AN ISSUE WITH SOMETHING THAT HAPPENED AT A TOURNAMENT, WE ASK THAT YOU WAIT 24 HOURS AFTER THE END OF THAT TOURNAMENT TO CALL OR EMAIL TO SET UP A MEETING FOR THE NEXT PRACTICE.
3. COACHES WILL NOT RESPOND TO EMAILS OR CALLS MADE WITHIN THE 24-HOUR POST-TOURNAMENT TIME SPAN. THIS GIVES COACHES, PARENTS AND PLAYERS ENOUGH TIME TO REFLECT ON ANY ISSUES TO BE DISCUSSED.
4. CLUB QUESTIONS SUCH AS FINANCIAL, GEAR, EXTRA CURRICULAR EVENTS MUST BE ADDRESSED WITH THE CLUB ADMINISTRATOR THROUGH OUR CLUB ADMINISTRATION.

CLUB ADMINISTRATOR - SERVE@NOPANICVOLLEYBALL.COM

At Home:

1. SUPPORT IN CONTINUED SLEEP SCHEDULES.
2. NUTRITIONAL PLANNING FOR THE STUDENT - ATHLETE.
3. PROPER RECOVERY.

DURING TOURNAMENTS/GAMES WE EXPECT THE FOLLOWING FROM THE PARENTS OF OUR PLAYERS:

1. NO COACHING PLAYERS OR COACHES
2. NO YELLING AT REFEREES, LINE JUDGES, SCOREKEEPERS, OR OTHER TOURNAMENT OFFICIALS
3. YES TO POSITIVE SUPPORT OF THE TEAM
4. YES TO HIGH ENERGY IN STANDS
5. YES TO PRAISING ALL PLAYERS DURING AND AFTER A MATCH

POST-TOURNAMENT, PLEASE GIVE YOUR PLAYER TIME TO RELAX AND REGROUP MENTALLY AND PHYSICALLY ON THE WAY HOME. THERE WILL BE PLENTY OF TIME TO DISCUSS THEIR TRIUMPHS AND MISTAKES TOMORROW.

KEY PERSONNEL

ALAN ARAÑAS

Club Director

RAHUL MOHAN

Club Co-Director & Boy's Associate Coordinator

PIA CAJUGUIRAN

Girl's Associate Coordinator

GLENN PADEWAY

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DAVID SCHRYBER

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GOLI BHANDARI

No Panic Gym Manager

JOYCE ARAÑAS

Associate Director

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Assistant Director of Administration

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Assistant Director of Marketing & Media

KEY PERSONNEL

14S COACHES

MATT VILBAS

SUCHIT KOPARDE

15S COACHES

DAVID SCHRYBER

DONOVAN SAMOY

16S COACHES

DERMAN RENDEROS

KENNY PESSOA

18S COACHES

KELLEY MORIARTY

TONY BAEK

DEVELOPMENT PROGRAM COACHES

CAMILLE DIAZ

ANDREW MERSKI

AYDEN WU

JACOB CADY

TEAM FIRST

Team Dynamics

- VOLLEYBALL IS BOTH A MENTAL AND PHYSICAL GAME.
- STRONG TEAM CHEMISTRY IS KEY — A COHESIVE TEAM CAN ELEVATE PERFORMANCE.
- TEAM-BUILDING ACTIVITIES WILL BE HELD THROUGHOUT THE SEASON TO STRENGTHEN BONDS.

Social Media Guidelines

- ALWAYS DISPLAY **GOOD SPORTSMANSHIP** ON ALL PLATFORMS (INSTAGRAM, SNAPCHAT, X/TWITTER, FACEBOOK, ETC.).
- **NO NEGATIVE POSTS** ABOUT TEAMMATES, COACHES, OR OPPONENTS — VIOLATIONS MAY RESULT IN CONSEQUENCES.
- KEEP **TEAM-RELATED GROUP CHATS INCLUSIVE** — AVOID FORMING EXCLUSIVE SUBGROUPS.
- THINK BEFORE POSTING — ONCE SHARED, YOU LOSE CONTROL OF WHO SEES IT.
- ONLINE BEHAVIOR CAN AFFECT **RELATIONSHIPS, TEAM TRUST**, AND EVEN **FUTURE OPPORTUNITIES** (COLLEGE, JOBS, ETC.).

Bench Attitude

- EVERY PLAYER CONTRIBUTES — EVEN FROM THE BENCH.
- STAY POSITIVE, ENCOURAGING, AND ENGAGED DURING MATCHES.
- ATTITUDE MATTERS — COACHES CONSIDER BEHAVIOR WHEN DECIDING LINEUPS AND PLAYING TIME.

Travel Expectations

- PLAYERS GENERALLY STAY WITH THEIR PARENTS DURING TOURNAMENTS.
- FAMILIES MAY COORDINATE SHARED ROOMS FOR COST-SAVING IF DESIRED.
- COACHES WILL SET AND ENFORCE TEAM CURFEWS — PARENTS ARE ASKED TO HELP UPHOLD THEM.
- SOCIAL ACTIVITIES DURING TRAVEL SHOULD INCLUDE EVERYONE ON THE TEAM.
- FULL TRAVEL POLICY AVAILABLE ON THE FORMS & DOCUMENTS PAGE OF THE NO PANIC WEBSITE.

GAME DAY

- **ARRIVAL:** PLAYERS MUST ARRIVE **45 MINUTES BEFORE** THE FIRST SCHEDULED MATCH.
- **WARM-UP:** TEAM WARM-UPS START **30 MINUTES BEFORE** THE FIRST MATCH.
- **COURTSIDE:** BE READY AT COURTSIDE **15 MINUTES BEFORE** THE FIRST MATCH BEGINS.
- **STAYING ON TIME:** TEAMS MUST KEEP TRACK OF THEIR COURT'S PROGRESS TO ENSURE THEY ARE ALWAYS READY FOR THEIR NEXT MATCH.
- PER CHRVA/USAV/AAU RULES, LATE TEAMS MAY HAVE TO FORFEIT.

TEAM CAPTAINS & EQUIPMENT

- **CAPTAINS** ARE SELECTED DURING PRACTICE BEFORE EACH TOURNAMENT (2–3 CAPTAINS PER EVENT).
- **EQUIPMENT:** THE TEAM IS RESPONSIBLE FOR BRINGING THE BALL CART, BALLS, AND BALL BAGS FROM PRACTICE TO THE TOURNAMENT, AND RETURNING THEM AT THE NEXT PRACTICE.
- **FAMILY HELP:** PARENTS AND FAMILY MEMBERS—PLEASE HELP COLLECT BALLS THAT GO OFF THE COURT DURING WARM-UPS.

LOST BALLS: *IF A BALL GOES MISSING DURING A PRACTICE OR TOURNAMENT, THE PLAYER WHO LAST USED IT WILL OWE $50 TO THE CLUB.*

DURING MATCHES

- PLAYERS ON THE BENCH MUST STAND AT THE END OF THE BENCH AND ASSIST WITH EQUIPMENT AS NEEDED.
- NO PHONES, TABLETS, LAPTOPS, OR HOMEWORK AT THE SCORER'S TABLE OR WHILE SERVING AS LINE JUDGES.
- WORK TEAMS (SCORING, LINE JUDGING, ETC.) WILL ROTATE THROUGHOUT THE SEASON.
- ALL PLAYERS MUST BE PRESENT FOR ASSIGNED WORK TEAM DUTIES — NO EXCEPTIONS.

BETWEEN MATCHES

- PLAYERS ARE ENCOURAGED TO RECHARGE WITH HEALTHY SNACKS AND REST.
- THIS IS ALSO A GOOD TIME TO CATCH UP ON HOMEWORK IF NEEDED.



GAME DAY

SPORTSMANSHIP & CONDUCT

- ALWAYS **SUPPORT BOTH TEAMS** AND SHOW APPRECIATION FOR EVERYONE INVOLVED.
- SPECTATORS SHOULD **STAY ON THEIR ORIGINAL SIDE** EVEN WHEN TEAMS SWITCH SIDES.
- PLAYERS REPRESENT NO PANIC VOLLEYBALL CLUB — RESPECT YOUR TEAM AREA, REFEREES, COACHES, OPPONENTS, AND FAMILIES.
- PLAYERS MUST WEAR **WARM-UP PANTS OR SHORTS OVER SPANDEX** WHEN OFF THE COURT.

CONSEQUENCES FOR RULE VIOLATIONS

- IF A PLAYER OR FAMILY MEMBER FAILS TO FOLLOW EXPECTATIONS AROUND PUNCTUALITY, WORK DUTIES, OR RESPECT, CONSEQUENCES MAY INCLUDE:
  - SITTING OUT A SET
  - SITTING OUT A MATCH
  - BEING ASKED TO LEAVE THE FACILITY



VOLUNTEERS (CLUB SEASON TEAMS ONLY)

01 **Team Parent Communicator (TPC)**

- The Team Parent Communicator is a parent volunteer who assists the team's coaches by gathering questions from parents, players, and others.
- TPCs also help relay important information from the coaches to the rest of the team.

02 **Team Social Coordinator (TSC)**

- The TSC coordinates fun social events for the team throughout the season.

03 **Community Service Coodinator (CSC)**

- The CSC gathers community service opportunities and helps lead these projects for the team throughout the season.









- **Hotel room blocks are reserved for families by the club.**
- **Families book directly with the travel agency assigned by the tournaments.**
- **A certain percentage of rooms must be booked through the agency to confirm entry into the tournament.**
- **Once the quota per team has been met, the team will be accepted into the tournament.**

HOTEL INFORMATION (STAY TO PLAY TOURNAMENTS)

COACH COMMUNICATION VIA CROSSBAR APP



Download the App:

- **Google Play:** Search for *Team Parent Communicator (TPC)*
- **Apple Store:** Search for *Team Parent Communicator (TPC)*

- Make your phone number invisible in the app.
- Only display your **email address.**
- Submit your email to: **judy@nopanicsports.com.** You will be added to your respective team and/or program.
- Coaches are responsible for entering **all tournaments** (both pending and accepted) into their team page so parents can plan ahead.

Team Parent Communicator (TPC)

- Each team has a parent volunteer who helps by:
- Gathering questions from parents and players
- Relaying important updates from coaches to the rest of the team

Stay Updated:

- Tournament schedules and team updates will be posted on your team page via the Crossbar app, so parents and players can plan ahead.

SKILLS DAY

Friday | 6:30 PM - 8:00 PM Middle School Boys
8:00 - 9:30 PM High School Boys
Coaches will assign players to specific skill courts.
Attendance is mandatory.
Focus areas: Hitting & Blocking, Libero, Setting.
The skills training is designed to provide high-rep touches and quick feedback to help players sharpen their game.

For more in-depth technical work, we encourage scheduling private lessons.

OPEN GYMS

RSVP

Everyone must RSVP before attending an open play session.

EVENTS

All club players, parents, and adults must **RSVP** for an open play: CLICK HERE

Open Play Schedule:

- **Saturday Mini-Tournament:** Fridays, 8:00 PM – 11:30 PM
  - Higher level; not for beginners. Team requests are not granted.
- **Friday Open Play (All Levels):** Saturdays, 9:30 PM – 12:00 AM
  - All levels, all ages welcome.
- **Sunday Open Play:** Time varies

GEAR INFORMATION

ORDERING PROCESS:

- All gear is now ordered directly through our new partner, 1on1
- 1on1 helps with fittings and provides basic gear information.
- Once families place their orders, any questions or issues—including exchanges or sizing—must be handled directly with 1on1.
- No Panic Volleyball will not process any refunds or financial transactions related to gear orders.

CONTACTS:

Gear Contact for the No Panic Volleyball club:

Joyce Arañas: **joyce@nopanicvolleyball.com**

1 on 1 Gear Provider Contact:

Phone: (301) 979-8962
Email: orders@1-on-none.com

CONDITIONING

TRUEAP

TRUEAP is a third-party affiliate that provides professional training for our players at the No Panic Gym in Manassas.

WEBSITE https://trueap.com/

CLICK HERE

Learn More About TrueAP's President and Story

Explore the inspiring story of Rob Rose, President of TrueAP, and the journey behind the organization.

Learn more:

CLICK HERE

IMPORTANT RESOURCES

- **Referee Hand Signals**



- **USAV 2026 Indoor Volleyball Rule Book**



- **Parent / Player Contract**



- **Important Documents**



UPLOAD YOUR MOMENTS

THE GOAL:

Showcase the club behind the scenes to highlight the effort, growth, and teamwork that happen during training. Share the human side of our journey by focusing on the players, coaches, and the unique experiences that define who we are.



SUGGESTIONS & INSTRUCTIONS:

Refer to the attached file for detailed guidelines and ideas to help bring the goal to life effectively.

Kindly use this folder to upload photos and clips that highlight training, teamwork, and meaningful moments. Please ensure all uploads are clear and aligned with our goal.

VIEW THE FILE

UPLOAD CONTENT

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NO PANIC VOLLEYBALL

THANK YOU FOR YOUR DEDICATION

serve@nopanicvolleyball.com

