



2025-2026

Parent/Player Club Handbook

Legacy is not leaving something for people. It's leaving something in people.

~Peter Strople

1. WELCOME

Carolina Legacy Volleyball Club (CLVC) welcomes and thanks you for your interest in our organization. We are passionate about the game of volleyball and committed to our athletes. We look forward to the opportunity to guide your daughter/son in her/his volleyball journey.

This handbook outlines the guidelines by which CLVC club players, coaches, and parents will operate. It is provided as a resource and reference throughout the club volleyball season. Please take the time to carefully read the handbook. Players and parent(s) will be required to sign documents acknowledging that they have read this handbook and agree to abide by the guidelines described herein.

2. MISSION STATEMENT

CLVC is a player-driven club that is committed to building a culture of quality, strength, and family through the game of volleyball. It is with this simple vision that our athletes are empowered with a selfless drive to be their best self on and, more importantly, off the court.

The mission behind our organization is to provide superior fundamental training, individual and team skill development, and growing self-confidence through positive coaching methods. Our goal is to go above and beyond to help your child reach their full athletic and social potential. We strive to have our athletes develop physically and mentally to achieve the highest performance as a volleyball player.

3. COACHING

Coaches have a huge impact on an athletes' life, and how the athletes perceive themselves not just on the court but in their community. Athletes look to coaches for leadership, encouragement and modeling. At CLVC we take this very seriously when hiring coaches into our program and assigning coaches to teams.

Through solid coaching, players have the opportunity to develop physically, socially, and emotionally. In addition, players can discover their hidden talents, gain a better understanding of oneself, and develop a higher level of self-worth and competency. CLVC coaches recognize and accept their roles in the growth and development of the player on and off the court.

3.1 Success vs Winning

In the profound words of UCLA Gymnastics Coach, Valorie Kondos Field, “Real Success is developing champions in life for the world, win or lose. Coaches, parents and leaders can no longer lead from a place where winning is our only metric of success, where our ego sets center stage, because it’s been proven that this process produces broken human beings.

CLVC coaches focus on developing champions in life through the sport of volleyball. The coaches at CLVC focus on training successful players; stressing commitment, determination, and hard work. Studies have shown that focusing on the success of the players rather than solely on the outcome of the competition promotes the player’s growth and ultimately leads to winning.

There is nothing wrong with the desire to win or winning itself, and CLVC will prepare and train our players to win. However, it will not be our sole focus. In fact, legendary UCLA coach and author John Wooden never discussed winning with his team. He had them focus on individual excellence in their skill and playing together as a team which resulted in a plethora of accomplishments that remain unmatched. One of his famous quotes to his players was, “Success comes from knowing that you did your best to become the best that you are capable of becoming.” This will be our main focus for every player here at CLVC.

We equate success as:

$$\text{Potentiality} + \text{Preparation} + \text{Confidence} + \text{Application} = \text{Success}$$

Potentiality - is defined as latent qualities or abilities that may be developed and lead to future success or usefulness. At CLVC, we strive to develop and grow the potential in our players and coaches.

“Only he who can see the invisible can do the impossible.”
~ Frank L. Gines

Preparation- is defined as the action or process of making ready or being made ready for use or consideration. Studies have shown that investing in disciplined preparation plays an important role in developing a player’s potential to thrive. In volleyball, this preparation is called training. Training can properly allow a player to become more skilled, more knowledgeable, more confident, and mentally and physically stronger. While winning is not our primary focus, it is a natural byproduct of disciplined training

and preparation. Proper preparation requires disciplined training which can then result in success which can lead to winning. "The key is not the will to win. Everybody has that. It is the will to prepare to win that is important." ~Bobby Knight

Confidence-is defined as the feeling or belief that one can rely on someone or something; firm trust. CLVC promotes a strong commitment to building a trust among coaches, players, and parents. When the players enter a match, we promote commitment to trusting the skill that the player has as well as trusting the skills their teammates bring to that match. This concept is crucial to the success of the team as well as the volleyball club. "One man can be a crucial ingredient on a team, but one man cannot make a team." ~ Kareem Abdul Jabaar

Application- is defined as the action of putting something into operation; giving effort. Application is something that is trained and can be noticed when the challenges of competition arise. CLVC coaches promote each player to give their best effort in practice and training, to bring positive results at tournaments. "The best competition I have is against myself to become better." ~John Wooden

CLVC coaches are committed to every aspect of this success equation. Our coaches are committed to our players being supported not belittled, coached up and not torn down, and motivated not pressured or bullied. As a club, we will pursue, discover, and enroll talented athletes. We are committed to developing these players through vigorous and demanding training and practices. We foster an environment of greatest successful application, all while establishing confidence that will guide the teams not only through the most rigorous matches, but also retain the athletes for several club seasons at CLVC.

We want our athletes to have a competitive spirit when facing any team on the opposite side of the net.

We hold the conviction that success is attainable at all ages and skill levels, though it manifests uniquely for each player and team. CLVC provides opportunities for all skill levels - beginner, intermediate, and advanced - throughout the year, ensuring continuous avenues for each athlete to enhance their personal metrics of success.

4. CLUB TEAM DIVISIONS

Teams at CLVC are established through a comprehensive evaluation of each athlete during tryouts. CLVC provides four distinct levels of teams to accommodate athletes with diverse skill levels and varying availability for time and travel commitments.

- **National**

CLVC National teams are provided with an average of two practice sessions per week, supplemented by an additional weekly clinic concentrating on position-specific drills as well as strength and conditioning. The National teams are subject to an extensive itinerary, both within and outside the state. They typically compete in 11 multi-day tournaments per season, with four being USAV National Qualifiers. The season commences in November and concludes in late June. This is a college preparatory program, and these athletes typically exhibit a strong aspiration to pursue collegiate athletics. Athletes are expected to fully commit to their team, training, and travel schedules.

- **Semi-National**

CLVC Semi-National teams engage in training sessions twice per week, complemented by a weekly clinic focused on position specific drills as well as strength and conditioning. These teams undertake an extensive travel schedule, both in and out of state. They typically compete in 8 multi-day tournaments per season from November to April. This program is specifically designed for players aspiring to possibly compete at the collegiate level within a condensed season. Athletes at this level are required to commit fully to all team activities, training sessions, and travel obligations.

- **Regional Plus**

CLVC Regional Plus teams are scheduled for an average of two practice sessions per week, accompanied by an additional weekly clinic dedicated to position specific drills and strength and conditioning. These teams typically compete in four multi day tournaments and two Carolina Regional Tournaments. This program is designed for players seeking significant enhancement in their skills while being a part of a competitive team environment, or is perhaps limited on the time they can commit. The season commences in November and concludes in early April.

- **Regional**

CLVC Regional teams are scheduled for an average of two practice sessions per week, supplemented by an additional weekly clinic concentrating on position-specific drills as well as strength and conditioning. Regional teams usually compete in one multi-day tournament and five one-day tournaments within the Carolina region per season. The season commences in November and concludes in April. This program is intended for players who are new to the sport of volleyball and wish to develop their skills within a competitive setting. Athletes at this level are expected to fully commit to their team, training, and travel commitments. .

5. CLUB TRYOUTS

The Carolina Region Volleyball Association and USAV determine the tryout period for players based upon their age. CLVC will post tryout dates and information on our website as well as our social media pages. We offer at least two (2) tryout sessions per age division to allow the coaches as much assessment time as possible. Athletes are encouraged to attend both tryout dates; however, CLVC understands that dates and times can conflict with other club tryouts. We ask that you attend as many CLVC tryout sessions as possible to be accurately assessed and evaluated. All of our sessions will be intense and fast paced as to simulate practices for the upcoming club season.

5.1 Registration

CLVC cordially invites you to attend our open play sessions in the weeks prior to tryouts. These open play sessions offer a valuable opportunity for both parents and athletes to acquaint themselves with our club and coaching staff. While participation in open play is not mandatory, we highly encourage athletes to engage as frequently as possible.

Registration and payment options for tryouts will be accessible through the CLVC website. Players are required to register in accordance with the USAV age definition and restrict their tryout to the corresponding age division, unless otherwise directed by the club director before the tryout session.

5.2 Tryout Process

Each of the tryout sessions adhere to the following procedure:

- Tryouts shall commence promptly at the scheduled start time.
- Tryouts will begin with a brief introduction followed by warm-up exercises.
- All courts will be supervised by trained coaches conducting various drills.
- Athletes will be assessed on a range of skills throughout the tryout period, irrespective of their desired position.

5.3 Athletes

Athletes are required to adhere to the following responsibilities during tryouts:

- Arrive a minimum of fifteen minutes before the scheduled tryout commencement.
- Wear appropriate attire for tryouts such as court shoes, knee pads, t-shirts, and spandex/shorts.
- Be prepared to compete for a position on the team.
- Be receptive to being coached and demonstrate an eagerness to learn.

5.4 Parents

Parents are expected to fulfill the following responsibilities concerning tryouts:

- Attend a parental information session, typically scheduled either before or after the open play session of your athlete's age division. These sessions are designed to address inquiries and provide details about the club's teams, coaching staff, fees, and additional information pertinent to the season.
- Please ensure that registration has been completed on the CLVC website.
- Kindly prepare your athlete with appropriate attire for tryouts.
- Ensure all tryout fees are paid via a credit card through the CLVC website. If a credit card payment is not feasible, alternative arrangements must be approved by the club director before an athlete can participate in tryouts.

5.5 Coaches

- Arrive no less than sixty (60) minutes before the scheduled tryouts to confer with the director of coaching regarding the tryout procedures and assignments.
- Assist with checking in the athletes and throughout the tryout process.
- The Director of Player Development will execute a strategy to ensure each athletic candidate receives due consideration.
- Ensure the drills remain engaging, competitive, and interactive.
- Please remain on site following tryouts for a review and discussion with all coaches and the director to evaluate the athletic candidates.

5.6 Team Selection

Players are selected by the head coaches and a panel of coaches who observe the players' performance during tryouts. Various factors are considered in the selection process, including but not limited to:

- Skill level-knowledge in volleyball techniques and strategies
- Specific athletic ability-tailored skills that meet the unique requirements of that specific team
- Overall athleticism-general physical fitness and versatility
- Eagerness to perform-strong desire and enthusiasm to participate and excel
- Competitive attitude-determination and drive to succeed in a competitive environment
- Social interactions with fellow candidates
- Openness to receive guidance from a coach
- Work ethic- dedication to work
- Distinct requirements / needs for a specific team

Athletic candidate(s) should NEVER assume that they will be offered a spot on a given team due to the fact that they played with the club or a particular team the previous club season.

5.7 Notification of Offer (Team Assignment)

The director is allowed to extend offers to athletic candidates as soon as the first tryout session has ended. However, the process can take up to seven (7) days. The team selection can be very tedious and is often difficult for the coaches as well as the athletic candidates. Each candidate who is selected for a team will receive a phone call extending an offer for a specific team (National/Semi-National, Regional Plus, Regional). **Parents and players will have 24 hours to accept or decline the CLVC offer.** In addition, the selected candidate will be informed of the potential role that they may fill on the team. However, roles may change as the team/season develops and necessary adjustments will be made accordingly by the coaches. The full roster will not be disclosed to candidates during this notification.

5.8 Acceptance of Offer

Once the parent and the athlete have reached a decision verbally to accept the offer a deposit (See financial commitment form) will be required in two (2) days. The deposit will be paid either through the CLVC website (Crossbar) or an agreed alternative plan .If you decline an offer , we ask that the athlete notify the club as soon as possible of that decision. CLVC foresees having all their team rosters verbally committed as expeditiously as possible.

According to the USAV National Policy, once the candidate signs the Player's Commitment form, they are no longer eligible to play for another club. In addition, once a non-refundable deposit has been received, that player is committed for the club season,

6. *Legacy Launch Day*

Let the club season begin!

The Legacy Launch Day marks the official commencement of the season. Players, parents, and coaches will convene to formally meet their respective teams. This event presents an excellent opportunity to acquaint yourself with your new teammates and team coach, as well as to capture a team photograph.

Each team shall be notified of their designated date and time for official uniform sizing and team photographs. Attendance by all players and coaches is mandatory, unless prior arrangements have been made with the club director. Furthermore, each team will conduct an individual parent meeting to review the parent/player handbook, discuss additional club season information, and engage in a Q&A session.

7. CLUB DUES AND FEES

Club dues include the costs for facility rental, utilities, tournament entry fees, coaching stipends, coaches' travel expenses, various administrative charges, equipment expenses, marketing materials, first aid kits, and other essential items necessary for the club's operation.

The non refundable deposit for the club season is required within 48 hours of acceptance. Payment can be made through your Crossbar account. Detailed information about club monthly dues, payment schedules, and the financial agreement specific to your team division can be found on the club's website via Crossbar.

Note: Club dues do **NOT** include travel expenses of players/parents, parents entry into tournaments or the uniform packages. The approved uniform package information and cost will be provided via email and/ or our website prior to the commencement of the upcoming club season.

7.1 Payment Method and Policy

Payments should be made online through the CLVC website using the player's Crossbar account. It is highly recommended that payments be set to automatically draft from the credit card on file according to the team payment schedule. Should an alternative payment schedule or plan be required, it must be signed and agreed upon individually with the volleyball director.

AT NO TIME WILL COACHES ACCEPT CLUB FEE PAYMENTS

7.2 Late Payment Policy

It is essential for all players to ensure a valid credit card is maintained on their Crossbar account through the CLVC website. Fees are considered overdue 15 days after the monthly due date, resulting in a \$25 late fee for each month of delay. This may affect the player's eligibility to participate in team activities, including practices and tournaments. Participation is dependent on the resolution of any outstanding financial obligations.

7.3 Refund Policy

Carolina Legacy Volleyball Club (CLVC) maintains a firm policy against issuing refunds to players unable or unwilling to complete the club season after accepting and signing their financial commitment. However, we assess each case on an individual basis.

8. PRACTICES

Participation in practice is mandatory for all team levels. Whether it involves position training, conditioning, scrimmages, or team-specific practices, it is essential that each player arrives ready to perform at their highest capacity. Tim Notke, a basketball coach, once said, “hard work beats talent when talent doesn’t work hard.” Mere attendance is insufficient. All players are expected to arrive punctually, maintain a diligent work ethic, collaborate effectively as team members, and be receptive to coaching.

8.1 Missed practices

Should a player be unable to attend practice or training days, it is imperative to inform their coach **no later than 36 hours** prior to the scheduled practice/ training. We acknowledge that unforeseen circumstances such as illnesses or injury may impact participation. Nevertheless, it is crucial for both players and parents to recognize the significance of attending practices.

It is essential for every player to comprehend that volleyball is a team sport, where the dynamics of the team hold significant importance. The team necessitates a well established rotation of position players, each contributing to the team’s overall structure. Absence from practices, training, or tournaments can disrupt the meticulously planned design of the team.

Missing practice due to an excused absence may result in a change of playing time in a future tournament. Missing practice due to an unexcused absence **WILL** result in a change of playing time in a future tournament.

Excused absence includes:(not limited to)

Illness, injuries, required attendance to official school events, certain family commitments (approved by the director)

Unexcused absence includes: (not limited to)

Forgetting about practice, homework/school projects, preparation for test(s) final, conflict with another sport (unless approved by the director).

It is imperative for all student-athletes to acknowledge the commitment they have made to the club and their teammates. CLVC holds education in high regard and believes that all of our athletes are foremost students. Nevertheless, it is crucial to implement effective time management skills to balance academics and athletics.

NO PRACTICES ARE CANCELED unless authorized by the director.

8.2 Practice Attire

Players are expected to wear proper equipment at every practice; including volleyball shoes, knee pads, and CLVC t-shirts. Coaches will assign practice t-shirt colors to be worn by their team for each practice. Failure to wear the proper shirt may result in disciplinary action by the coach.

9. TOURNAMENTS

The tournament season generally extends from January to April and /or June contingent upon the team's level. Practices typically commence in November, with the first tournament held at the beginning of January. Schedules are accessible via the Crossbar calendar and can be downloaded through the Crossbar App. Players are required to attend **ALL** scheduled tournaments. Failure to attend a tournament can result in players' removal from the team. Any requests for excusal or absences will be evaluated individually by the director.

Multi-day tournaments may necessitate overnight accommodations. Parents are responsible for arranging all travel and lodging for their player(s) attending these tournaments. If a tournament requires a player to be absent from school, the coach will give ample notice to allow the player to make necessary arrangements. If necessary, an official club absence letter can be provided for the player's school.

9.1 Stay-to-Play

Many host tournaments require teams to reserve a block of hotel rooms prior to the tournament registration. This ensures that hosts of the tournaments can reserve the largest venues for the scheduled tournament dates. **IT IS MANDATORY FOR ALL TEAMS TO STAY IN THE CLUB ELECTED HOTEL BLOCK, NO EXCEPTIONS!!!** (parents' hotel points, rewards, membership, etc. can **NOT** be utilized for stay-to-play tournaments).

The host tournament will provide a link to the club director for the booking of said stay-to-play hotel, which is the **ONLY** link to be used for reservations. Failure to book through the provided link can jeopardize the team's participation in said tournament. If the room block is not filled by the deadline, each player on the delinquent team will be financially responsible for 50% of one total room. The balance will be assigned to the player's account and expected to be paid with the player's next monthly fees. Players with an outstanding balance will jeopardize their position on the roster.

9.2 Players Officiating

All tournaments require participating teams to officiate games. CLVC will arrange dates and times and/or provide the link for the referee/scorer training clinic for the appropriate teams. All players should take their duties and responsibilities seriously and be mindful that they are representing CLVC. All players are expected to carry out officiating duties when assigned and ALL players (entire team) are required to remain at tournaments until all officiating/work duties are complete. All athletes may not leave the tournament area at any time without permission from their coach. There will be very few allowable exceptions to this rule at the discretion of the club director, not the coaches.

9.3 Uniforms

All tournaments require teams to be in compliance with the USAV and uniform regulations. Only CLVC apparel may be worn at our tournaments, along with your spandex and jersey. In addition, at the discretion of your coach, gear may include sweatpants, practice shirts, and other spirit wear. **NO SCHOOL APPAREL OR APPAREL FROM ANOTHER CLUB ARE PERMITTED TO BE WORN WHILE AT CLVC TOURNAMENTS OR PRACTICES.**

USAV has relaxed its jewelry policy from no jewelry to some jewelry. CLVC will permit any jewelry that will not cause a health/injury risk to themselves or others. (Examples of non-permitted jewelry -hoop earrings, heavy/bulky necklace)

10. *INJURIES*

If a player becomes injured during practice and/or outside of practice that requires a doctor's visit, that player must turn in a doctor's note to her coach prior to returning to practice or a tournament. The note must include the player's official diagnosis and the doctor's recommendation of the player's ability to perform on the court. In addition, players must see CLVC's athletic trainer for full clearance and eligibility to return to practice and tournaments.

In the event that a player's injury hinders her ability to participate in practice or tournaments, she is still expected to attend the practice or tournament unless the injury prevents her from doing so.

11. *EXPECTATIONS OF PLAYERS*

All players are expected to be disciplined, competitive, energetic, responsible, and hard-working; all while enjoying the sport of volleyball.

All players are to be accountable and reliable to all team requirements; including, but not limited to, completing tasks on time, being punctual, giving your all during practices, conditioning, scrimmages, and games.

All players are to operate with a high level of appreciation and esteem for what has been provided (keeping our facility clean, picking up our personal items at tournaments, etc.) and will do it with a sense of pride.

It is MANDATORY for ALL players to attend team bonding events/activities (breakfast, lunch, dinners, etc) planned by the director, coaches, or designated parent.

All players are to refrain from unnecessary behavior that disrupts the team's chemistry. Players must stay positive toward their fellow teammates and coaches. **NO DRAMA!!!**

All players are to support their teammates on and off the court. Furthermore, players are to remain engaged in all matches, continually cheering, and supporting the team.

All players are to maintain a solid academic foundation throughout the club season. This requires proper time management for studying and other academic responsibilities as a student athlete.

CLVC has a **ZERO TOLERANCE POLICY** with players:

- Consuming alcohol, smoking of all kinds, and anything that will harm the body.
- Any form of verbal or physical abuse and/or bullying will not be tolerated from any player, parent member, coach, or any other associate of CLVC.
- Any form of defamation of the club coaches, director, or club staff of CLVC.

A player in breach of this policy will be DISMISSED from the club.

All players are to refrain from obscenities during practice and competitions.

Players are NOT allowed to have their boyfriends attend practices or tournaments. This is a distraction to not just the player but the entire team. Players breaking or manipulating this policy will NOT play in the remainder of the current tournament or play in the next tournament. Any questions about this policy can be answered by the club's director.

Players will positively accept the decisions of the club director and coaching staff regarding playing time. They will always do what is best for the team as whole, but with communication we can help each other be better players, teammates and individuals. Therefore, the following steps are the proper protocol procedures for resolving playing time, positions played and general frustrations during a tournament:

- **Train hard!!! In practice, in clinics, and during strength and conditioning. The opportunities and resources to improve are all around you, use them.**
- **TALK TO YOUR COACH! Our coaches are expected to be approachable and capable of explaining and resolving your concerns.**
- **If the player feels that they have met both of the above steps without resolve, schedule a meeting with the club director and your coach. No discussion will take place during practice times or during a tournament. It is believed that everyone wants the same results, which is for the player to grow as both a strong individual and a strong volleyball player.**

NOTE: Every effort will be made by Carolina Legacy Volleyball Club Director, coaches, and staff that each player and parent have a positive volleyball club experience. Player dismissal is a right reserved by the organization for use as a last resort when all other

resources of conflict resolution have been exhausted. Any player dismissed by the club director for stated rules in the handbook will be held liable for any and all outstanding registration fees and club dues outlined on the parents financial contract agreement. Parents will NOT be entitled to a refund of any such fees paid to the organization.

12. EXPECTATIONS OF COACHES

Coaches are to assist with building the skills and confidence in each player.

Constantly monitor the team chemistry, dynamics, and overall season progress.

Coaches are to attend all team practices and tournaments.

Coaches are to attend coach's meetings at tournaments.

Coaches are to notify players/parents of the tournament play schedule.

A coach must be present at the referee table when the team is working to ensure that assignments are being allocated/rotated fairly.

13. EXPECTATIONS OF PARENTS

Parents are to positively support their player, the team, the coaches and the club.
Parents are to be amicable to all fellow parents, coaches and refereeing personnel.

Parents are to comply and support decisions made by the team parent representative(s) and share responsibilities assigned. Positive communication (opinions, ideas, etc.) among parents is a contributing factor to a successful season.

Parents, if you talk about your player's teammates and coaches in a negative manner in front of her/them you are setting your player and her team up for failure.

Parents are to cheer and **NOT** coach players at practices and tournaments. Parents are to ensure that their players arrive on time to practices, tournaments, and any other team events.

Parents are to exhibit appropriate sportsmanship at all times.

Parents attending team bonding events shall come to bond with other team parents not under the influence of alcohol or controlled substance.

Accepting that coaches will make popular and unpopular decisions; however, trust that the end result is for the betterment of the team and each player. If a parent doesn't agree with a coach's decision(s), it is not to be discussed at practice or tournament sites. Parents are to allow at least 24 hours before contacting a coach via email or text. Moreover, allowing time to let initial feelings and opinions subside opens an opportunity for logical and controlled discussion. All conversations/meetings will remain confidential.

Parents are NOT allowed, under any circumstances, to approach the bench, sidelines, referee table during game play, timeouts, or otherwise.

Parents will assume financial responsibility for their player and make timely payments. (Parents are to sign a financial commitment letter on Signing Day)

14. CONTRACTS AND RELEASE FORMS

Once the official season commences, the following forms will be available for signature online through Crossbar and/or arranged dates and times:

- Carolina Legacy Parent/Player Contract
- Player letter of Commitment
- Parent Financial Contract

Receipt of Handbook Consent Form

I, _____ (player/parent) have
RECEIVED AND REVIEWED Carolina Legacy Volleyball Club
Parent/Player Club Handbook. I understand that I am responsible to follow
all procedures and guidelines stated, as well as all other materials,
practices, and procedures of Carolina Legacy Volleyball Club.

Parent

Printed
name: _____

Signature: _____ Date: _____

Parent

Printed
name: _____

Signature: _____ Date: _____

Player

Printed
name: _____

Signature: _____ Date: _____