



AFTERSHOCK
VOLLEYBALL

2025-2026 SEASON

HANDBOOK



Welcome to AVC

AfterShock Volleyball Club (AVC) is a story of passion and dedication. We are a group of committed individuals working together to inspire today's youth. Our platform is team sports, specifically volleyball, but our mission is so much more.

We welcome you to take a few minutes and read about our owners, our club philosophy, and our overall expectations of ourselves, and those who choose to call AVC **home**.

AVC at A Glance

We know not everyone has time to read every detail of this handbook so we've provided a few highlights on this page.

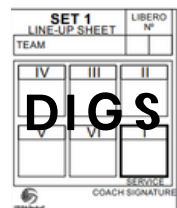
We encourage you to come back when you have more time and really get to know what our club is like.

We've done our best to address as many common questions as possible.

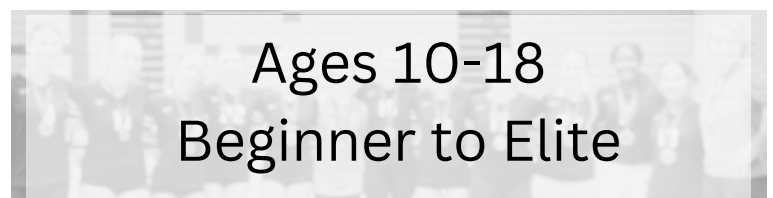
If you see something we've missed, let us know!

10 Seasons as a club

Our philosophy



Coaching experience



Who We Are

Meet our Owners, **David and Denise Schnieders**.

Their story began at the University of Kentucky in 1995, where Dave was a standout volleyball player. They met playing softball, Denise's sport. Since then, their journey has been nothing short of remarkable.

They got married in 2001 and are the proud parents of two wonderful daughters. Georgy is a UK Alum, carrying on the legacy of their beloved university, while Hadley is pursuing her education at LSU.

Sports have been an integral part of their lives from an early age, igniting a shared passion for coaching youth athletics. Dave and Denise firmly believe that volleyball is the ultimate team sport for female athletes, and they've witnessed the positive impact it has on young lives. They've been avid supporters of all Aftershock Volleyball teams, where they've seen firsthand the immense joy it brings to aspiring athletes. Dave works as a Global Acct. Mgr. for FedEx, serves on the Board of SRVA, and is the head coach of GWA volleyball. Denise is a 3rd grade teacher at GWA and is an asst. volleyball coach. Together they bring a wealth of experience, a love for sports, and a commitment to nurturing the next generation of athletes.



As a Club...

We are a family of individuals who love the sport of volleyball, are dedicated students of the game, and passionate teachers to the next generation of athletes. We believe the skills necessary to succeed on the court mirror those required in everyday life.

Our Coaches have over 50 years combined experience and a personal and professional knowledge of the game. Each has either played, mentored, raised (or all of the above) thriving student athletes. Many work in the education field which gives a different perspective on the minds of today's youth.

Our Mission

Creating value in team competition by focusing on our ATHLETES, our CULTURE, and our FAMILIES.

Our Core Values

Team first approach

Show and keep a positive attitude

Build mental strength

Find the FUNdamentals

Give maximum effort

Respect and take pride in our FAMILY. “It takes a community to raise a child.”

Our Philosophy

Volleyball offers so many life lessons. We believe that the experiences in practice competition translate into areas of problem solving, ability to work in a team environment, how, and when, to advocate for oneself and others, communication, resilience, just to name a few. Our **D.I.G.S.** approach informs almost every decision we make from playing time to leadership roles.



D

Determined



I

Intentional



G

Grateful



S

Selfless



Good Sportsmanship

The Role of Family

Just as every player is different, so are their clubs and families. This is especially true at tournaments. We cannot control someone else's actions, only our own. We will, from time to time, encounter the best in sportsmanship and the worst.

Every tournament will have a policy of what is and isn't acceptable. Please be sure you are familiar with those rules prior to arriving. Here are some of our expectations of player families and spectators.

As parents, we need your support in setting a proper sportsmanship example for your player to follow. Below are some of our parent expectations.

DO

- Cheer in support of the team
- Support the coach
- Have fun and interact with others
- High-five coach or express positive/supportive feedback
- Encourage your player to talk with the coach about concerns
- Post, comment, or otherwise communicate positively on social media and via email

DON'T

- Yell at any player on the court - including your own
- Coach from the sidelines
- Argue with opposing fans or referee
- Approach the Coach with objections until 24 hours AFTER a match
- Take concerns to the coach without scheduling an appointment
- Attack, gossip, or otherwise speak negatively/derogatively on social media and via email

Recruiting

Our recruiting support is designed to help guide our athletes through the process of playing at the next level. This is a partnership and requires direct effort by the player. *Note, this is usually a quick and easy process. It takes hard work, attention to detail, and consistency.

What we offer



We will work with each individual athlete to set up a college recruiting account through appropriate software



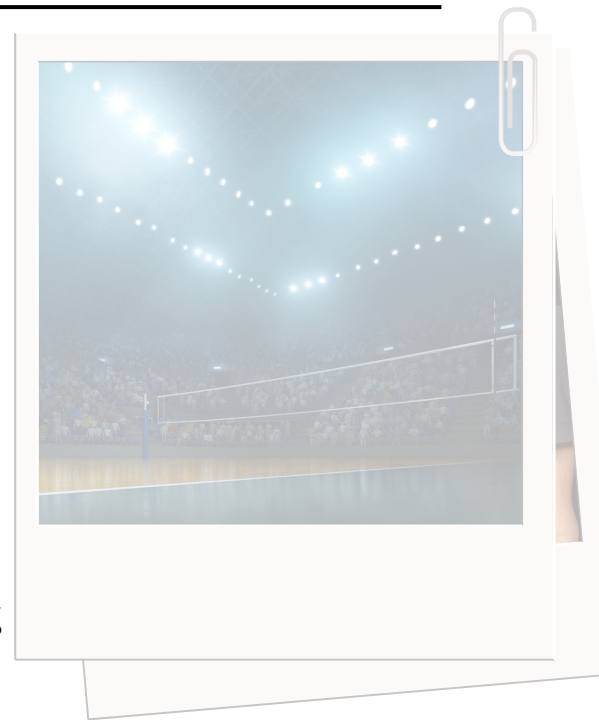
Create college lists with each athlete based on their individual goals and abilities



Review and assist athlete with composing email templates



Reach out on athlete's behalf to college coaches after athlete's initial contact



Let us know you are interested so that we can help through this process

Teams

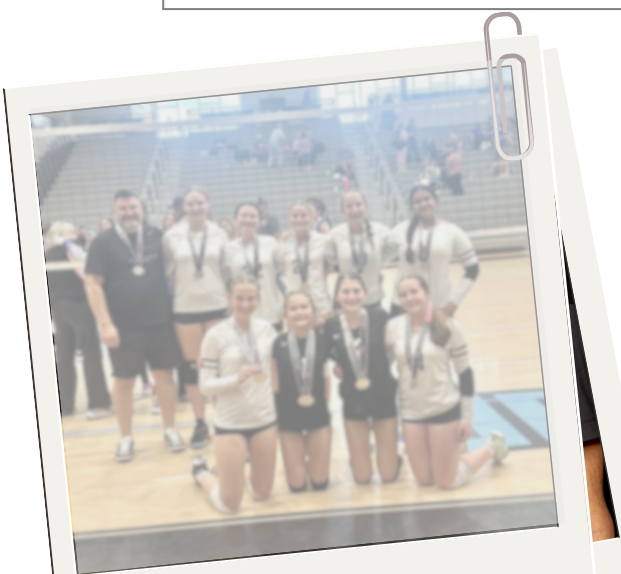
The number of teams within each age group will depend on the number of players trying out and receiving/accepting offers.

Players ages 9-12 often combine to form one team. However, if demand warrants, separate teams can be created. By rule, this team may be considered developmental and could be co-ed.

Our Competition Levels

Here is what we call each of the standard divisions recognized by USA Volleyball, from most to least competitive

USAV Official Division	Level	AVC Team Names	Team Ages
Open	Elite/High	Richter	14+
National	Elite/High	Quake	14+
USA	Mid-Level	Surge	13+
Liberty	Mid-Level	Seismic	12+
American	Beginner	Tremor	11+
Freedom	Developmental	Shakers (AVCY)	9 to 13



The division level will be determined based on the skill level of the complete teams.

Note: the ages beside each division name are merely a guide. Each level, other than SHAKERS, is based on the skill set each season.

Teams, cont.

Our Team Commitment Levels

Here's what you should expect for our different team and competition level.

Aspect	Developmental	Beginner Level
Practice Schedule	1 time per week	2 times weekly
Season	Jan-April	Nov-early May
Travel Requirements	n/a	Local/Metro area
Tournament Format	n/a	Mostly 1-day (occasional 2-day)
Travel Days	n/a	Sat (occasional Sun)
Competition Level	n/a	Local/regional tournaments
Investment Level	fees are per month and under \$200	\$1300-\$1800

Aspect	Mid-Level Teams	High/Elite Level
Practice Schedule	2-3 times weekly	3+ times weekly
Season	Nov-mid-May/early June	Nov-late June/early July
Travel Requirements	Metro area + within 2-4 hours	Frequently out-of-state
Tournament Format	2-3 days	2-3 days
Travel Days	Sat/Sun with occasional Fri travel	May require Th/Fri travel
Competition Level	Regional qualifiers possible	National qualifiers possible
Investment Level	\$2400-\$2900	\$3300-\$3800

Teams, cont.

Some of the most frequently asked questions are about team placement and playing time. Here are a few of those questions and answers.

Q. How many players are on a team?

A. We typically roster 10-12 players per team, though teams may be smaller or larger when positional needs require it.

Q. Who decides the team placement and how?

A. Team placement is at the sole discretion of the Directors/Coaches based on skill level, experience, age eligibility, and positional balance.

Q. How is playing time decided?

A. Equal playing time is not guaranteed on any team - we emphasize earned playing time based on performance, effort, and team needs (see D.I.G.S. page).

Q. What if there is a problem?

A. We expect players to approach coaches first, before parents get involved.

NOTE: Do not approach coaches about playing time during tournaments - we have a 24-hour policy requiring waiting after tournaments before these conversations.



Payments

As outlined within the team commitment levels, costs vary by division level, not age.

We have several ways to accept payments. Every option has pros and cons. We like to keep the fees as low as possible for you and us. Here is what we offer:

Method	Fees	Minimum Charge
Cash	\$0	n/a
Check	\$0	n/a
Bank Draft (ACH)	1%	\$1
Card	3.3% +.30	n/a

You are asked to decide a payment method at the beginning of the season. We do require a credit or debit card to be on file in case of non-payment. Any exception requires written consent from club directors.

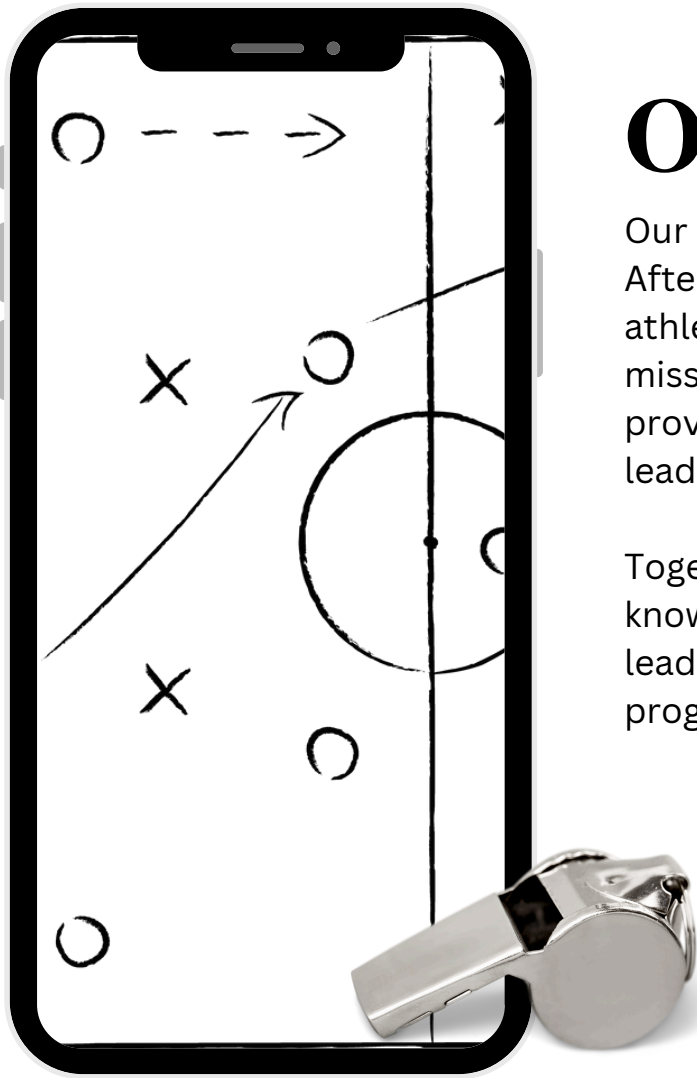
Every effort will be made to contact you prior to our use of your card. As a general rule, we send reminders approximately 2 weeks before the due date, on the due date, and within 2 weeks after the due date.

Payments are divided into equal monthly installments and processed the 1st of each month.

The initial deposit of \$400 is due with the acceptance of a team invitation. The first regular installment is due by Oct. 1st with the last payment by March 30th.

We offer a discount of 10% for season fees paid in full upfront. In addition we have discount options for referrals and multiple player households (siblings).

Should your team travel for a tournament, hotel fees and associated costs are the sole responsibility of the player/family. Every effort will be made to secure room blocks within a reasonable proximity to the tournament and at the best rate possible. Some are Stay to Play and all players must stay at assigned hotels.



Our Coaches

Our coaching staff represents the complete AfterShock experience - from elite college athletes who chose developing others as their mission, to award-winning educators with proven long-term success, to home-grown leaders giving back.

Together, they bring championship-level knowledge, proven teaching expertise, and the leadership development that defines our program.





AFTERSHOCK
VOLLEYBALL

10 YEARS

BUILDING CHAMPIONS
DEVELOPING LEADERS
CREATING FAMILY