



tsu•na•mi \ (t)su-’näm-ē\ *n.* [Jp] : 1. a series of huge sea waves caused by disturbance of the ocean floor or by seismic movement. 2. a wave of excitement among fans and players caused by a floor-shattering spike. 3. a series of attacks (shoots, slides, tandems, quicks, Xs, pipes) that cause severe damage to everything in its path.

2027 Player Handbook

The goal of Tsunami Volleyball Club is to develop respect, discipline, commitment, skill, and a lifelong love of the sport of volleyball.

Tsunami teams, coaches, players, and parents emphasize the spirit of volleyball — competition, camaraderie, cooperation, and teamwork. While we work to build technical and tactical skill, we strive just as much to instill values in our players that will carry beyond volleyball.

1. Practice

A. Arrival and Departure

Players should arrive 15 minutes before the scheduled start time, with nets up, shoes and kneepads on, and muscles warmed up. Players should help take down nets at the end of practice when needed. Parents, please be on time for pickup.

B. Attire

Players wear Tsunami practice tees and spandex to every practice. No player should wear another club or team's shirt at a Tsunami event. Coaches may permit other Tsunami attire at their discretion. **Players should not change shirts in public, whether at practice or at tournaments.**

C. Facilities

Please respect all facilities and equipment we use and leave everything as you found it. Cell phones should be off during practice.

D. Attendance

Volleyball doesn't have to be a player's top priority, but it must be a priority. Players who need to miss practice must inform their coach as soon as possible. All practices are mandatory and missed practice time must be made up. Consult your coach on options such as:

- Attending another team's practice
- Private lessons with an approved coach
- Attending a club-sponsored clinic

Tsunami does not prevent players from also participating in school sports, and we'll work with families to balance both. But missed practices mean missed opportunities to improve, which can affect playing time, and commitment expectations rise as athletes get older.

E. Safety

If you must miss practice or will be late, notify your coach as soon as you know. This requirement matters for your safety. Players who drive themselves should enter the facility immediately after parking and should leave in groups at departure time. There should be no loitering outside gym facilities. If a parent hasn't arrived by

departure time, players should wait inside. Use common sense and report any unusual activity to a coach or club leadership.

2. Teams

Tsunami offers four levels of play, each suited to a different level of competition and commitment.

Elite Teams

Elite teams offer the highest level of competition and training available, traveling farther and more often to tournaments with greater visibility. Elite athletes are expected to make Tsunami a top priority and compete through USAV or AAU Nationals. Families should bring any calendar conflicts to their coach at the start of the season.

National Teams

National teams offer the highest level of competition available in the Southeast, traveling to tournaments with greater visibility. National athletes are expected to make Tsunami a top priority.

Regional Teams

Regional teams build a strong volleyball foundation while exposing players to a higher level of competition and are designed to accommodate multi-sport athletes. Regional teams play primarily in Atlanta, with occasional travel tournaments in nearby states. We will work with athletes to accommodate outside activities. Practice attendance remains mandatory, and Regional athletes are expected to make Tsunami a priority.

ATL Teams

ATL teams build a strong volleyball foundation while competing in tournaments across the metro Atlanta area.

3. Tournaments

Regional, National, and Elite teams compete in 7–11 tournaments, depending on level and availability; ATL teams compete in 5–7. Tournament schedules will be shared as soon as they're available — please mark these dates as a priority and let your coach know right away of any pre-existing conflicts.

Each player must complete USA Volleyball's referee and scorekeeper training modules, typically available in early November. At tournaments, each player is expected to contribute equally to the team's work schedule, remaining with the team until all assignments are complete. Early departure from a tournament requires the Head Coach's permission, even if you aren't personally “working” that match.

A. Play Time

Playing time rules vary by level and are earned through practice:

- **Elite:** 100% play to win while in contention for gold or a USAV bid. All playing time is earned in practice.
- **National:** Play to win while in contention for gold or an AAU bid. All playing time is earned in practice.
- **Regional:** Fair play time during pool play; play to win during bracket play while in contention for gold. Fair play time is not necessarily equal playing time.
- **ATL:** Equal play time, though “equal” may look different depending on a player's position.

Playing time and position are determined by several factors, including:

- Performance
- Potential

- Skills
- Attendance
- Effort
- Attitude
- Teamwork

At the Elite and National levels, playing time is not discussed between parents and coaches for athletes 13U–18U. Athletes are encouraged to raise playing time concerns directly with their coach.

B. Uniforms

Please bring all uniform pieces to every tournament (see Attire, above). Any apparel or jersey that needs replacing during the season must be ordered directly through Ren Athletics, at the family's expense — Tsunami does not keep uniform inventory in-house.

For questions or issues with the Ren uniform package or replacements, contact Heather Stanton (heather@tsunamivolleyball.com) and Amanda Gomez (agomez@tsunamivolleyball.com).

C. Nutrition

Diet affects performance on tournament weekends. During the season, limit simple carbohydrates (candy, sugar, soda, white bread), and prioritize protein (milk, fish, beef, chicken, soy) and complex carbohydrates (whole wheat, grains, fruit, legumes, vegetables). The day before a tournament, drink plenty of water and avoid sugary drinks. Sports drinks like Gatorade or Powerade can supplement water but shouldn't replace it as a primary source of hydration.

D. Rest

Adequate sleep is essential to performing at your best, physically and mentally. During overnight travel, curfew is 10:00 pm on nights before a match. Violations may result in a loss of playing time in the first match.

4. Conflict Resolution

Conflicts between players, parents, and coaches can be minimized but not always avoided, and most arise from lapses in communication. When a conflict does come up, it should be resolved within the team, starting with the player approaching the coaching staff directly — an important step in a player's maturation.

24-Hour Rule

Conflicts should not be discussed with coaches during a tournament. All related communication must wait until 24 hours after the tournament concludes. This rule applies to both parents and players. Athletes should attend any resulting meetings to keep communication channels clear, and everyone should avoid impromptu conversations when emotions are high.

Conflict Resolution Steps

Step 1: Player and coach meet to discuss the concern. We encourage players to build their ability to communicate and to advocate for themselves before involving parents.

Step 2: If unresolved, player, coach, and parent(s) meet to discuss further.

Step 3: If unresolved, player, coach, parent(s), and Location Coach Director meet.

Step 4: If unresolved, player, coach, parent(s), Location Coach Director, and a Tsunami Board member meet.

If further mediation is needed, all parties submit a written statement by email to Club Director Jeff McClellan (jeff@tsunamivolleyball.com), who will schedule a meeting with all parties and issue a binding decision.

5. Finances

For financial questions, contact:

Cobb location: Amanda Gomez (agomez@tsunamivolleyball.com)

All other locations: Katie Stanton (kstanton@tsunamivolleyball.com)

There are no refunds.

Families are encouraged to purchase supplemental insurance during registration, which protects the family in the event of a season-ending injury. For more, visit: www.tsunamivolleyball.com/payments.

Payments

All payments must be completed on schedule. Late or missing payments will result in late fees and the loss of playing and practice time.

Tsunami uses an auto-debit payment plan; all accounts must be set up for auto-debit as part of registration. See the “Teams and Fees” tab on the website for the payment schedule and amounts. Direct additional questions to payments@tsunamivolleyball.com.

Terms That Apply to All Accounts

- Accounts not paid by the 5th of each month will be charged a \$25 late fee each month until paid in full.
- Players will not be permitted to participate in practice or tournaments until fees are paid per the schedule.

6. Travel

Tsunami Travel Coordinator: Heather Stanton (heather@tsunamivolleyball.com)

The Travel Coordinator reserves room blocks for all club travel and communicates with each team by email; team members are responsible for booking their room within the block. Families are financially responsible for their own hotel, transportation, airfare, and food costs at tournaments.

Some national-level events require teams to stay in designated housing (“Stay to Play” tournaments). Families must stay at the assigned hotel, or the team may lose its ability to compete in the event.

7. Parents

Tsunami has always been a leader in positive sportsmanship, and this year is no different.

- Cheer for your athlete and team.
- Don't cheer against another club, team, or athlete.
- Don't yell at referees — parental interference can undermine the team's success.
- Don't coach your child from the sideline. Let the coaching staff do their job and stay positive to help your player flourish.
- Behave in a way you'd want your child to imitate.
- Don't approach a coach during a tournament with concerns about your child's or another player's performance — see Conflict Resolution, above.

8. Finally

In professional sports, which are entertainment, there is one goal: score more points than the opponent. In youth sports, which are education, there is a second goal: to develop young people who become winners in life.

Winners:

- Make maximum effort.
- Continue to learn and improve.
- Refuse to let mistakes, or the fear of making them, stop them.

Go Big Wave!