



Club Handbook

2025-2026

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Introduction

This handbook serves as a guide to educate you about Valley Velocity, our philosophy and mission statement. Enclosed you will find information, guidelines and expectations that will help you to have a successful season with Valley Velocity.



About Us

Valley Velocity was started in 2021 by Amy Ostrenga and Whitney Young. Amy has a passion for the game of volleyball, coaching and assisting athletes in reaching their full potential.

Meet Our Directors

Valley Velocity was started in Spring of 2021 by Amy Ostrenga and Whitney Young. Amy and Whitney had been coaching together for 7 years before stepping out on their own.

Amy has over 20 years experience training and coaching girls ages 5 through 18. She helped build a 17/18 club program at Blaze and coached the team for 3 years. She has run high school programs at Omro, Manawa and Little Chute. She also ran volleyball camps for girls as young as 5. Amy previously coached club teams for Blaze, Fox Valley Thunder, WVA and Oshkosh Wave. Her 16's team at Fox Valley Thunder won a total of 10 medals during their season. Amy was a freshman starting setter in high school and was offered a scholarship to play for Ripon College.

Coaching Philosophy

To build and sustain a competitive volleyball program that places an emphasis on athletes and their families.

We believe every athlete is a unique individual who affords every opportunity for growth in a safe, caring and stimulating environment. It is our desire as coaches to assist each athlete in achieving their fullest potential both on and off the court. There are a few key things we feel promote growth among athletes.

First, leading by example. As coaches we feel it is our obligation to lead by example. To act as guides, offering opportunities for student athletes to succeed.

Secondly, harboring an environment of mutual respect. Developing respect for self, teammates, coaches, and teachers can be achieved through open communication. An environment where every athlete has a voice, and their contributions are heard. Building an environment of respect also requires a clear understanding of expectations.

Finally, offering opportunities for growth and development of body, mind and spirit. We feel it is important to train the whole athlete. Valley Velocity will continually offer opportunities for growth in all areas such as strength and conditioning, yoga, mindfulness and positive self image.

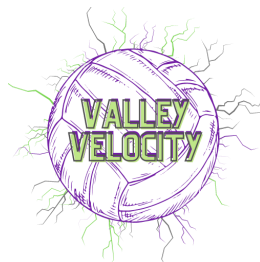


Mission Statement

Valley Velocity's mission is to teach, train, inspire, motivate, coach and cultivate athletes that make a difference on and off the volleyball court.

Through competitive club teams and year round training opportunities, Valley Velocity helps keep athletes performing at their best every day!

At Valley Velocity we *Train Hard and Dream Big!*



Club Team Selection

Tryouts will be held prior to the season. Dates, times, registration and general instructions will be posted on our website for all divisions. Our tryouts will comply with Badger Region policies including player age guidelines, registration, and tryout date guidelines. There will be a nominal fee for tryouts.

Teams will comprise of 10-12 players from tryouts who are willing and able to commit and adhere to the rules, philosophies and goals of each individual team as well as Valley Velocity as a whole. Players will be chosen at the discretion of the club based on skill level, athletic ability, attitude and coachability among other character traits and player attributes as deemed fitting by the club. Multiple coaches will be evaluating at each tryout session. Players from previous seasons will need to attend tryouts as they are not guaranteed placement on a team unless under a retention offer from the previous season.

If an athlete has received and accepted a retention offer, while it is not mandatory, we highly recommend attending tryouts.

Players will be notified by phone call from a coach or director from Valley Velocity if they are being offered a position on a team. A player has the following options at that time; "Accept", "Hold", or "Decline". Once a player "Accepts" they are committing and agreeing to play for Valley Velocity and should update their Badger Region/USAV account through SportsEngine to select Valley Velocity. If a player "Holds", the offered team position will be held on the roster for that player until the player either "Accepts", "Declines" or the decision period as set forth by Badger Region each year ends, whichever comes first. Once the decision date passes the club can freely offer the position to another player. The club can only make one more contact with the player after the initial offer. This includes phone call, email and text messages. Remember, other athletes may be waiting for an offer call so please be respectful of this while making your decision to be part of Valley Velocity.

Practice Guidelines

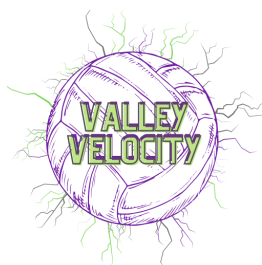
Valley Velocity believes practices are the primary opportunity to improve skills, fundamentals, build team chemistry and work on new concepts. We expect our athletes to be on time, available, coachable, and ready to work hard with maximal effort each practice.

We encourage multi-sport athletes. While it does pose a challenge for scheduling for all parties. We simply ask that if you are a multi-sport athlete, you share your practice/match schedule with us as soon as possible. If you will be missing any tournaments, please communicate with your coach directly so that they can plan accordingly.

Valley Velocity will practice 2 times per week for 1.5 hours per practice for regional teams and 2 hours per practice for national teams. All practices are held at Trinity Lutheran School in Kaukauna located at 800 Augustine Street. In the event of inclement weather, Valley Velocity will follow the Appleton School District. Therefore, if AASD cancels school, ends early or cancels after school activities due to weather, Valley Velocity will also cancel practices.

Valley Velocity will make every effort to reschedule practice time lost due to weather cancellations however, this may not be possible or feasible.

Please respect the facility we have for practices. Keep it clean, follow rules and stay in areas of the facility being used for volleyball only.

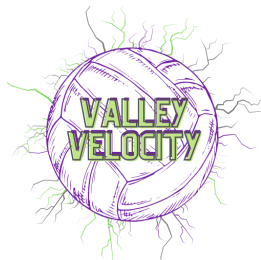


Playing Time Philosophy

Valley Velocity athletes are paying to train, learn and play volleyball however, playing time is not automatic nor is it equal. Playing time is earned through hard work, positive attitude, coachability, effort in practice and display of skills on the practice court.

A source of frustration for athletes and parents is the issue of playing time. The reality is that equal playing time is not a guarantee. While Valley Velocity does believe in only recruiting the number of athletes needed to compete, some instances may require a team to carry 11 or 12 athletes. These may include having multi-sport athletes on the team, athletes with trips/vacations planned during the season, athlete injuries/illnesses, etc.

During tournament or competition play, the coach has the right to determine the line-up that he or she determines best suited to meet the goal of the particular level of participation. An "equal play philosophy" does not apply in many situations.

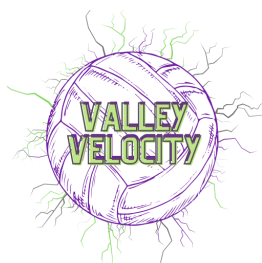


Club Fee Structure

Club dues for the current season will be posted on our website prior to tryouts. When an athlete is offered a position and accepts to represent Valley Velocity, a minimum payment of 50% is due and payable upon receipt of the invoice. The remaining balance is due and payable by February 1st for regional teams. National teams will have a 25% payment due by February 1st and a final 25% payment due April 1st. When paying online a service fee applies and is paid by the athlete's family. Valley Velocity will also accept payment by check, but online payment is the preferred method. If paying by check, please make checks payable to: Valley Velocity and mail to: 1238 Campbell Street, Neenah, WI 54956.

Valley Velocity is structured as a Limited Liability Company and structures club dues based upon the costs of running a successful volleyball program for the given year. Some of the items covered by club dues are as follows; USA Volleyball/Badger Region Dues, Team Registration Fees, Tournament Entry Fees, Facility Rental Costs, Legal/Administrative Fees, Coach/Director Compensation, Training/education for Coaching staff, Athlete's Uniform Packages,, Administrative costs and supplies, Website maintenance fees/costs, and other Miscellaneous expenses .

REFUND POLICY: Upon acceptance of an offer to play for Valley Velocity you agree to the terms of the financial obligation for the entire balance of the club dues for that season. Once teams are selected and all athletes have accepted, funds are immediately released and allocated for uniforms, tournament entry fees and other club related fees. Therefore, it is Valley Velocity's policy that we do not offer refunds. Refunds will not be given for any reason including; an athlete's choice not to play due to conflicts, team assignment, coaching staff, or an athlete's playing time. In the event of a season ending injury sustained at practices or tournaments while performing as an athlete for Valley Velocity, a prorated refund may be given at the full discretion of Valley Velocity.

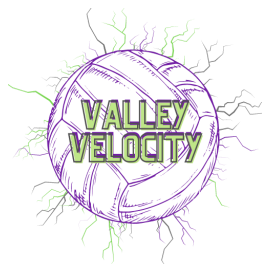


Code of Conduct

Valley Velocity Volleyball Club strives to be well known for having integrity and good sportsmanship among its athletes, coaches, staff and parents alike.

When you join the Valley Velocity family, you are representing not only yourself and your family but also the club. The following are Valley Velocity's guidelines on conduct. These guidelines are set forth to protect the safety and integrity of the athletes, parents, coaches, staff and Valley Velocity Volleyball Club.

Please note; all circumstances are not accounted for and in the event of any unforeseen circumstances, the directors will take appropriate action. Possible actions can be found in the Discipline Policy.



Athlete Code of Conduct

Valley Velocity seeks to be a leader in the local volleyball community. We ask that our athletes lead by example with safety and integrity. Violation of the code of conduct can and will result in disciplinary action according to the Discipline Policy.

Conduct unbecoming an athlete will not be tolerated at any Valley Velocity event. This includes but is not limited to the following instances; not being a team player, fighting either verbally or physically with teammates, coaches, staff, opponents or officials, using foul language or rude gestures towards teammates, coaches, staff, opponents or officials, unsportsmanlike conduct either on the court or during a work team assignment.

Athletes are expected to follow all rules in regards to facility usage for practice, tournaments and events. Valley Velocity takes great pride in the relationships we are building in our community. Athletes will not intentionally damage, destroy, or trespass in areas not used for volleyball. Athletes are expected to clean up after themselves and others to help keep our practice and tournament spaces clean and well kept. Please respect the facilities that have granted us access for practices, tournaments, and events.

Proper nutrition as well as good physical/mental fitness is highly recommended. Practices and tournaments can and will be very demanding on your physical and mental health. It is extremely important to stay hydrated, nourished and energized for maximal performance and safety.

Cell phone use: There is to be NO cell phone usage during practices, tournament play and team work assignments. Limited cell phone use will be allowed between matches and during lunch breaks. In the event of an emergency, cell phones may be used at the discretion of the coach.

During tournaments, teams will be responsible for officiating and scorekeeping during work team assignments. Valley Velocity athletes and coaches want to be leaders in this area. This means full attention will be placed on the duty you are assigned. No cell phone use will be allowed during work assignments. Some tournaments do not allow eating at the scoring table as well. It is the responsibility of each athlete to know the rules and duties to be competent at each of the following possible work assignments; down reffing, scorebook, libero tracking, scoreboard, line judging.

Valley Velocity will be hosting a mandatory in-house training for scorekeeping, line judging and libero tracking. This will be held at Trinity

Lutheran School, Kaukauna. Date and time of this training will be released once scheduled.

No team member is permitted to leave a tournament site until all officiating responsibilities are completed unless approved by the Head Coach.

Athletes are expected to be supportive of teammates at all times, whether on the court or on the bench. Bullying of teammates will not be tolerated and may result in disciplinary action and/or expulsion from Valley Velocity.

Automatic expulsion from Valley Velocity can result from using drugs or alcohol by an athlete at any time during a Valley Velocity function or event.

Only the team captain (under direction of the Head Coach) or the Head Coach may ask questions of an official.

Valley Velocity places value on academic achievement and asks athletes to maintain good academic standing at school. Time management is a critical skill that student athletes need to be successful.

Help with set up and take down of equipment at practice and tournaments as directed by your coach and/or club directors.

Dress/Apparel Code: Athlete uniform packages include tournament uniform(s), practice shirt, warm-up top and backpacks for all athletes. National team athletes also receive pants.. We ask that athletes wear Valley Velocity gear to practices when possible, tournaments, and/or events. Additional apparel and gear will be made available for purchase on our website. Remember, you are representing Valley Velocity and what you wear is important.

Please use the appropriate locker rooms or restrooms to change clothing, not on the bench area or in the middle of the gym.

Valley Velocity has a zero tolerance policy with any form of physical, sexual abuse, assault or harassment. We recognize that this behavior is unethical and illegal and will be grounds for immediate disciplinary action and/or expulsion from the club as well as potential criminal charges.

Social Media Policy: Any comments, images, or postings that portray Valley Velocity, its athletes, coaches, or staff in a negative, disrespectful or distasteful manner on any social media platform will be considered a breach of the player/parent code of conduct and subject to disciplinary action. In addition, the violating item(s) will be immediately removed from social media.

Follow all volleyball rules of play. Valley Velocity is aware that jewelry is allowed under new rules, however, we recommend that jewelry is removed for safety reasons.

Let's make this a great season!

Parent Code of Conduct

As a member of the Valley Velocity family we ask some things from our parents. Your involvement and support can be a huge part of the success of our club. We sincerely appreciate the support of all of our athletes and their families. The following items are ways parents can be involved.

Please drop off and pick up your athlete on time. Make sure they are on site early enough to help with equipment set up and to be properly dressed and equipped for practice. We recommend at least 15 minutes prior to the start of practice.

Our practice facility has an upper level viewing area. Parents are allowed and welcomed to stay and watch practices. We simply ask that you act as a supportive spectator only and not draw athletes or coaches focus away from the practice.

Assist with communication to/from the coach(es). In the event that your athlete will not be able to attend, or will be late to practice or a tournament, please let the coach(es) know as soon as possible. We would prefer 24 hour notice at minimum if possible. This is especially important for tournaments.

Parents are responsible for transportation, lodging, and food expenses for tournaments for themselves and their athlete.

During out of town overnight tournaments, athletes are not allowed to stay in hotel rooms without an adult. They must have an adult chaperone staying with them. If a parent is not able to attend, it is the parent's responsibility to find a chaperone for their child and notify the Coach of this in advance.

Supervise your child after the coaching staff has released them from tournament play, practice, or team functions.

ALWAYS BE POSITIVE! Practices and tournaments will be very demanding on the athletes. Positive feedback and support will go a long way in

helping maintain the athlete's physical and mental health to be able to perform their best.

Valley Velocity operates on a very tight budget to meet all club expenses, so please pay your fees/dues on time. If dues are not paid, your athlete may not be permitted to participate in practice and tournaments.

Please take and submit photos of the team to the coach or directors via email so we can post them on our website or the club's social media accounts.

Valley Velocity is always looking for corporate sponsorships. If you, or someone you know is part of an organization that would like to financially support our club, please contact us. Any help in this area is greatly appreciated.

Remember that playing time is earned, not equal, and not given. It is also not debatable. If there is a question, the player should talk to the coach first. If there is still concern, the parent and the player can discuss it with the coach together at an appropriate location and time.

You are also representing Valley Velocity, this includes on social media. Please be respectful of other teams, officials, and the facility we are using. Follow the Spectator Code of Conduct and the Player Social Media Policy.

Let the coaches, coach. Please do not instruct, or distract your child during practices or tournaments. Do not come onto the court during competition. They need to focus on the game and have their undivided attention on their coach.

Read and sign the declaration page at the conclusion of this handbook that you agree to abide by the guidelines listed.



2025-2026 Lodging Policy

For the 2025-26 season, Valley Velocity will be setting up room blocks for STAY TO PLAY EVENTS ONLY! It is mandatory that athletes' families stay at the hotel set up by Valley Velocity unless prior arrangements have been made in advance with Amy Ostrenga, Business Operations Director. We have had issues with not meeting room minimums in previous years due to families not booking or booking elsewhere. We feel strongly that having the entire team in the same hotel promotes team unity, team spirit and allows for additional team bonding when off the courts.

Spectator Code of Conduct

As a member of the Badger Region and USA Volleyball, Valley Velocity will follow the standards for conduct of spectators at any event(s) and/or practices that any team, coach, or member of the club participates in.

Please refer to the Badger Region Volleyball Spectator Code of Conduct here: <http://wcl-ftp.org/badger/wp-content/uploads/2016/02/USAV-Badger-Region-Volleyball-Spectator-Parent-Code-of-Conduct.pdf>



Grievance Policy

This procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved. At any time during this procedure, one of the directors can be available to further discuss concerns.

STEP 1: 24 hour Rule: If there is a concern that arises from a practice or tournament, wait at least 24 hours after the conclusion of the event to discuss the concern with the coach.

STEP 2: The athlete must first initiate a meeting between the coach and himself/herself to discuss the concern(s). A parent may initiate this meeting if the athlete is on the 13U or younger team.

STEP 3: If the concern is unresolved, the parent(s) may ask for a meeting that would include; the athlete, the coach and themselves. This meeting should take place privately, NOT at a practice or tournament.

STEP 4: If the concern continues to be unresolved, the parent may ask for a meeting that would include; a director, coach, the athlete and themselves. The meeting should take place privately, NOT at a practice or tournament.

STEP 5: If the concern continues to go unresolved, the parent can make a final appeal to meet with the directors privately. The decision made by the director's will be considered FINAL.



Disciplinary Action Policy

Valley Velocity Volleyball Club Directors reserve the right to discipline its coaches, athletes, or members based upon the severity of the violation. Some offenses may not be deemed as severe as others, Valley Velocity may immediately expel a coach, athlete or member if the violation is deemed worthy of expulsion. There will be no refunds of any club dues/fees as a result of disciplinary action.

Disciplinary action procedure is as follows:

STEP 1: Verbal warning; Coach/Athlete meeting; Parents and Club Directors notified

STEP 2: Verbal and Written warning; Coach/Athlete meeting; Parents and Club Directors notified

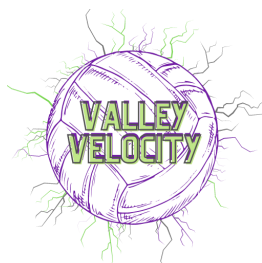
STEP 3: Written warning; Coach/Athlete/Parent meeting; Club Directors notified

STEP 4: One tournament suspension; Coach/Athlete/Parent/Director meeting

STEP 5: Two tournament suspension; Coach/Athlete/Parent/Director meeting

STEP 6: Suspension for the remainder of tournament season; Coach/Athlete/Parent/Director meeting. Athlete may still participate in practices, but may not participate in tournaments.

STEP 7: Expulsion from Valley Velocity. Coach/Athlete/Parent/Director meeting. No participation allowed.



Club Sponsorship

Valley Velocity Volleyball Club is always looking for great sponsors to partner with us. If you or someone you know is involved with an organization that may be interested in helping to support Valley Velocity financially, please have them get in touch with our Business Operations Director, Amy Ostrenga, amy@valleyvelocityvb.com.

Sponsors allow Valley Velocity to keep our club dues competitive, offer higher quality uniform packages and equipment for our players, attend additional tournaments and so much more!

A financial gift of any amount is extremely helpful and so appreciated.

Our sponsors receive recognition on our website and social media platforms. We also offer opportunities for a "Spotlight on our Sponsors" interview which highlights our sponsors businesses.



Conclusion & Thank You

Valley Velocity could not offer the volleyball club teams and programs without all of our athletes and their families. We appreciate that each of you have chosen to make Valley Velocity your club family. Thank you!

Best of luck to all our teams this season! *Train Hard, Dream Big!*

