



Girl's Travel Packet Guide

10's

2024



Welcome to HOV and the 2023-2024 club season!

Oh, what a sensational 2022-2023 club season we had! It's been a rollercoaster of success and growth across all ages and levels, leaving us exhilarated and eager for what's to come in the thrilling 2023-2024 club season! As the unrivaled premier junior volleyball club in the area, we spare no effort in securing the most phenomenal coaching staff.

Passion and dedication fuel our coaches, who boast a wealth of court and sideline experience. You won't find a more committed and talented group anywhere else, and our athletes are truly fortunate to have access to such a diverse range of coaches with multiple positional competencies. But, we're not just here to win; that's not enough for us! We are determined to see our athletes triumph and consistently improve throughout their HOV experience.

Our vision goes beyond the court; it's about nurturing well-rounded athletes who excel in all areas of life. We don't merely focus on volleyball-specific skills; we also prioritize the mental well-being of our athletes. We invest time in training them as complete individuals, instilling values of giving back to the community, providing leadership opportunities, and shining a light on our core principles: discipline, excellence, integrity, teamwork, and leadership.

What a remarkable feat! Our National level teams dominated the rankings, surpassing nearly all of the region's travel programs at the qualifying tournaments, except for a select few in Northern Virginia. Our training is nothing short of high quality, and we hold high expectations for each and every athlete—to keep growing and embracing discipline with unwavering determination!

Prepare to embark on an electrifying journey with us! The 2023-2024 season is going to be an unforgettable ride, filled with achievements, growth, and camaraderie that will inspire you beyond measure! We look forward to seeing you in our gym.

Best,
Lara Hite, HOV Programs/Travel Director

Our Foundation

In 1990, Beno Chappell founded the start to what is now Heart of Virginia Volleyball. Over the past 33 years endless numbers of fearless leaders have paved the way to offering top-tier volleyball programs to the greater Lynchburg area. Throughout many different changes of leadership, club facelifts, and an official non-profit status HOV is now home to over 16 travel volleyball teams, host many local volleyball tournaments (both indoor and outdoor), and volunteers hundreds of community service hours throughout the organization. Becoming part of the HOV family is not only about volleyball, it is about a commitment to the athlete's growth both on and off the court.

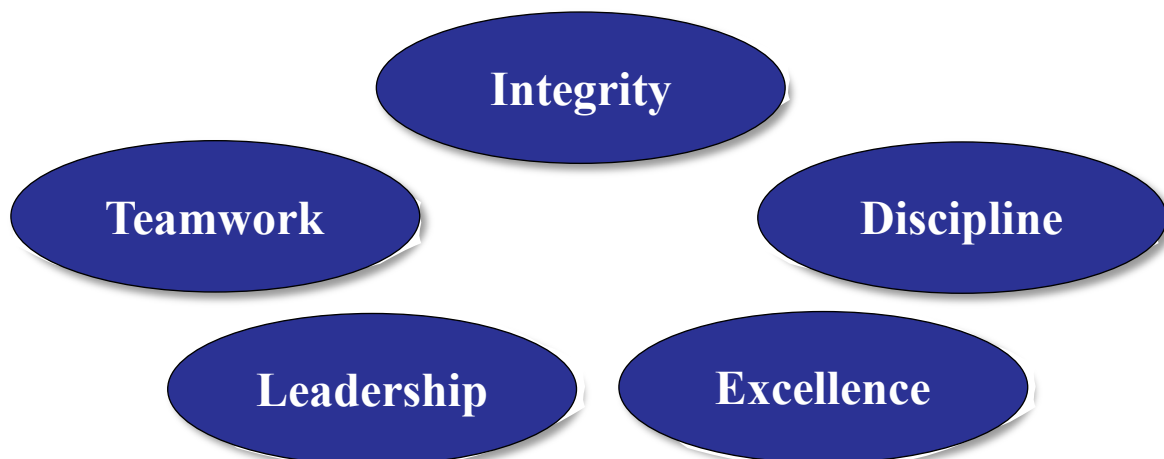
Our Mission

At HOV, our **MISSION** for our programs is that adolescent girls' and boys' players will be given the opportunity to develop and learn the game of volleyball while simultaneously learning the important life lessons of teamwork, commitment, time management, sportsmanship and dependability. Players have the ability to learn at the developmental level all the way to the highest level possible. Our players who come from diverse economic areas will come to know the importance of giving their best effort to the things that are important to them and carry forward the values we share for the betterment of the rest of their lives.

We are committed to fostering a welcoming environment through a diverse, equitable and inclusive game. We celebrate every race, age, disability, and background in our region, to unite as one community. We believe meaningful action can positively affect important changes in our sport and carry over into our everyday lives.

Our Vision

Every athlete that comes through HOV is continually taught the following core values. Our intention is that every HOV athlete grows to continually embody these values in every aspect of their life.



GENERAL TEAM INFORMATION

For the 2023-2024 travel season HOV is expecting to have **ONE 10's** travel team. The respective USAV Age Criteria is listed below:

USAV age eligibility criteria: 15 & Under = player who was born on or after July 1st of 2008

USAV age eligibility criteria: 14 & Under = player who was born on or after July 1st of 2009

USAV age eligibility criteria: 13 & Under = player who was born on or after July 1st of 2010

USAV age eligibility criteria: 12 & Under = player who was born on or after July 1st of 2011

USAV age eligibility criteria: 11 & Under = player who was born on or after July 1st of 2012

USAV age eligibility criteria: 10 & Under = player who was born on or after July 1st of 2013

- Notes about age criteria:

- USAV age is, by definition, the age of the athlete on JULY 1ST OF 2024.
- Grade is not the primary determinant of USAV age eligibility.

Coaching Staff

<i>TEAM NAME/LEVEL</i>	<i>10'S</i>
Head Coach	Virginia Morse
Assistant Coach	-

Practice Schedules

Every team's practice schedule will be announced once teams are assigned. Practice schedules will be announced by October 14th, 2023.

Girls' Volleyball Schedule

Our organization strives to choose the best tournaments and dates for our athletes. Please keep in mind that we have the athlete's interest at the forefront of every decision that we make.

Important things to remember:

- ◇ We will host 1-2 home tournaments that cut down on travel expenses.
- ◇ Our schedules ALWAYS seek to accommodate for families' financial situations.
- ◇ Our athletes will compete at the highest level recommended for their team.

DATE	EVENT	LOCATION	10's	Practice Player
September 8 th September 23 rd	Tryouts	HOV	✓	✓
First Week of December	<u>Practice Begins</u>	HOV	✓	✓
December 1	Team Competition & Community Service Night	HOV	✓	✓
December 8	Season Kick Off/Alumni Night	HOV	✓	✓
December 9	Certapalooza	HOV	✓	✓
December 19- January 2	<u>WINTER BREAK</u>	HOV	✓	✓
February	Single Day	TBD (Roanoke/Richmond)	✓	
March	Single Day	TBD (Roanoke/Richmond)	✓	

Travel Cost

As we understand travel fees can be overwhelming and at some points challenging, we are providing this section of our information packet to guide families into the ease of travel volleyball. Whether this is your first, fifth, or final season with our HOV family, we hope that you are able to gauge the importance of the allocation of these fees.

<i>Girl's CLUB DUES</i>	10's \$800	10's Practice Player \$575
<i>INCLUDES THE FOLLOWING:</i>		
Coaching Compensation	✓	✓
Gym Time for practices	✓	✓
Tournament Entry Fees	✓	-
All Coaching-related travel expenses	✓	-
Practice Tee Shirts	✓	✓
Uniforms	✓	✓
Coaches Training	✓	✓

- Club dues can either be paid in full or paid in installments after an initial Acceptance Deposit is made.
- This fee DOES NOT include the memberships necessary to play. These will be discussed during the parent meeting.
- Practice Player: Practice players are encouraged to attend all practices and team related events. Practice players will be asked to attend any tournaments when there is a specific need for position or numbers of players to successfully participate in the tournament.

Acceptance Deposit:

This deposit is \$150. The fee goes towards the club fees. This must be paid to the club at the time of accepting the position offered to the athlete. This should be within seven days of the offer that is extended.

FAMILY-DIRECTED TRAVEL PLAN – All teams of all ages. FAMILY-DIRECTED Travel is when an athlete's transportation, meals, lodging, and supervision is arranged and paid for by their parent or designated guardian for the entirety of the trip. The HOV Family has adopted FAMILY-Directed travel club-wide, and dues include the cost of coach travel to the teams' events. Some events have Stay-to-Play requirements, meaning the athletes will lodge with their parent, guardian, or teammate(s) at the expense of parents in hotel room blocks secured by HOV through the tournament's mandatory booking service.

OTHER INFORMATION

- **FOOD:** Each athlete's family will be responsible for the food needs of their athlete including snacks and a healthy meal while playing. If team dinners are arranged, each individual is responsible for their own expense.
- **TEAM ACTIVITIES:** Each team commits to one activity per tournament such as dinner, or an outing (mini golf, theme park, etc). These activities are the combined responsibility of the athlete, family and coaches. These events seek to create team chemistry and create team memories.
- **TRANSPORTATION AND LODGING:** Transportation and lodging expenses are the responsibility of the athlete and their family. These are not included in the club dues.

Uniforms

HOV has a variety of partnerships that allow our athlete's top of the line gear for their volleyball experience.

Please note the following about uniforms:

- Uniforms are included in club fees.
- If the athlete is a returning player and still plan to utilize their uniform from the previous season, they will receive a \$150 credit towards their club fees.
- Girls should only wear WHITE socks as part of their uniform gear.
- Kneepads, court shoes, and other volleyball associated clothing are recommend but not required.
- Our partnership with Dick's Sporting Good allows all of our families to benefit from their year-round coupons for sporting goods. Here is the [LINK](#) for these coupons.

Spirit Wear

All HOV families have continued access to the following avenues of purchasing HOV spirit wear:

- ◇ [SquadLocker Team Store](#)
- ◇ Merchandise Sales at Tryouts, Home Tournaments, and other local events
 - *We advise individuals to utilize these opportunities as spirit wear typically sells fast!*

Financial Support

As mentioned above, we understand the financial burdens that many families may have to walk through. While club fees can often be frightening or dissuasive for travel volleyball, we ALWAYS want athletes to have opportunities to participate. The list below offers many ways to cut down on the club fees.

- [Grants and scholarship funds](#) from several organizations that partner with HOV
- Volunteer Opportunities at events held by HOV offered through Sign Up Genius.
 - o *Each volunteer earns \$10 for players and \$20 for adults per hour for volunteering. This money is put towards club fees. Follow [Instagram](#) or [Facebook](#) for events!*
- *SNAPRAISE is our club wide fundraising event where each family can decide to opt in.. This will take place during the months of December/January.*
- [Fundraising](#) through team-sponsored events
 - o *This is decided by the team. Coaches and HOV staff must approve of the fundraising endeavor prior to event.*
- Financial Assistance Program (FAP)
 - o *Application and Needs-Based review process determines ways that HOV can assist families. This process looks over family income information, considerable factors, and requires approval by the Board of Directors. Check out the application process and to apply for FAP through our website: <https://www.cvvb.org/financialassistance>*