

# Welcome to the LHVA Information Meeting for the 2023-2024 Season

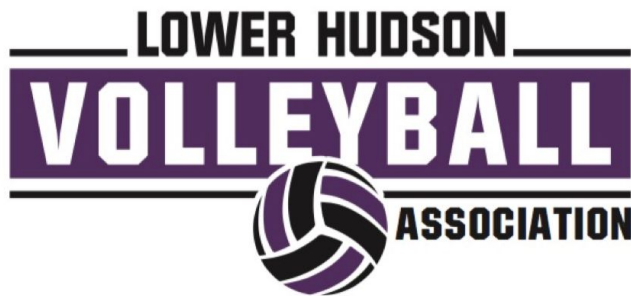
The Meeting will start in :



2:00

**Email:**

[info@lhvavolleyball.com](mailto:info@lhvavolleyball.com)



**Website:**

[www.lhvavolleyball.com](http://www.lhvavolleyball.com)



2023-2024 Coaches	
Coach Name	Email
Chris Cabrey	ccabrey13@gmail.com
Nora Fernandez	nori67fd@gmail.com
Jojo Fernandez	jjfernandez91@gmail.com
Blaine Fitzgerald	blainewfitz@aol.com
James Horan	horan.james2@gmail.com
Angie LeCours-Cifone	ang.cifone@gmail.com
Leslie Morales	lesliemorales9@gmail.com
Melissa Noriega	meli98noriega@gmail.com
Beth Pirrone	bethpirrone@gmail.com
Anthony Pirrone	anthonypirrone@aol.com
Denise Potenza Joseph Teves	depot184@gmail.com josephteves0825@gmail.com
Allie Welch	alexandrawelch02@gmail.com
Doug Zani	Douglas@totalformfitness.com



# GEVA Age Guidelines

Team	GEVA Age Guidelines Born Between:
18U	7/1/05 - 6/30/06
17U	7/1/06 - 6/30/07
16U	7/1/07 - 6/30/08
15U	7/1/08 - 6/30/09
14U	7/1/09 - 6/30/10
13U	7/1/10 - 6/30/12



# GEVA AGE GUIDELINES



## USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

### For use during the 2023-2024 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under <sup>1</sup>	18 & Under <sup>2</sup>	17 & Under	16 & Under	15 & Under <sup>3</sup>	14 & Under <sup>4</sup>	13 & Under <sup>5</sup>	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Aug	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Sept	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Oct	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Nov	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Dec	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Jan	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Feb	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Mar	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Apr	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
May	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
June	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016

<sup>1</sup> Players who were born on or after July 1, 2004 and a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year are eligible to compete in 18 & under.

<sup>2</sup> **Female Only** - Players who were born on or after July 1, 2005, (who are defined as 18 & under by the USAV Age Definition) and are in the 11<sup>th</sup> grade for the current academic year are waived to compete in 17 & under. (This age waiver is based on recruiting concerns for 11<sup>th</sup> grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

<sup>3</sup> **Male Only** - Players who were born on or after July 1, 2009 OR players who were born on or after July 1, 2008 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year are eligible to play in the 14 & Under division. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

<sup>4</sup> **Male Only** - Players who were born on or after July 1, 2009 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

<sup>5</sup> **Male Only** - Players who were born on or after July 1, 2010 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

## 2023-2024 Teams

Team	Tournaments	Total Cost for Season
<b>18/17 Regional</b>	No Travel <b>5 Regional Tournaments</b>	\$2,400
<b>17 Purple</b>	<b>5 Travel Tournaments</b> MLK Kickoff - 1/13-1/15 Capitol Hill Classic - 2/17-2/19 Boston NIKE Festival - 3/1-3/3 The Foxwoods Invitationals - 4/6-4/7 NEQ - 4/26-4/28 <b>4 Regional Tournaments</b>	\$4,850
<b>17 Black</b>	<b>1 Travel Tournament:</b> New England Winterfest - 1/13-1/15 <b>5 Regional Tournaments</b>	\$2,900

## 2023-2024 Teams

Team	Tournaments	Total Cost for Season
<b>16 Purple</b>	<b>3 Travel Tournaments:</b> New England Winterfest - 1/6-1/7 Boston NIKE Festival - 2/23-2/25 The Foxwoods Invationals - 4/6-4/7 <b>4 Regional Tournaments</b>	\$3,850
<b>16 Black</b>	<b>1 Travel Tournament:</b> New England Winterfest- 1/6-1/7 <b>5 Regional Tournaments</b>	\$2,900
<b>15 Purple</b>	<b>3 Travel Tournaments:</b> New England Winterfest - 1/6-1/7 Boston NIKE Festival - 2/23-2/25 The Foxwoods Invationals - 4/6-4/7 <b>4 Regional Tournaments</b>	\$3,850

## 2023-2024 Teams

Team	Tournaments	Total Cost for Season
<b>15 Black</b>	<b>1 Travel Tournament:</b> New England Winterfest- 1/6-1/7  <b>5 Regional Tournaments</b>	\$2,900
<b>14 Purple</b>	<b>2 Travel Tournaments:</b> New England Winterfest-1/20-1/21 The Foxwoods Invitationals - 4/6-4/7  <b>4 Regional Tournaments</b>	\$3,550
<b>14 Black, 13 Purple &amp; 13 Black</b>	<b>No Travel</b>  <b>5 Regional Tournaments</b>	\$2,400
<b>Additional Regional Team (14s-17s)</b>	<b>No Travel</b>  <b>5 Regional Tournaments</b>	\$2,400

# REGIONAL TOURNAMENTS

- **More definite schedule by mid December**
- **Additional tournaments added for some teams**
- **The season will conclude with the Regional Championships**  
**(Unless a team qualifies for Nationals (separate cost))**

Possible Tournament Dates - GEVA Events	
13s	February 10, March 9, April 7, April 28
14s	January 27, March 10, April 27
15s	January 20, March 2, March 23, April 28
16s	January 21, February 11, March 24, April 20
17s	January 28, March 3, April 14, April 21
18s	January 21, February 10, February 25, March 23/24





# WHAT IS INCLUDED IN THE COST?

- Gym Rentals
- Uniform Package
- Qualified and Certified Coaches
- Training Equipment
- Two practices a week (1 ½ hrs each practice)
- Travel and Local Tournament Entry Fees
- Hotel Accomodations for Travel Tournaments



# PAYMENT SCHEDULE

- Split into 3 payments
  - 1st Payment-  $\frac{1}{2}$  of total cost: Due at Commitment Night
    - Cash ONLY accepted at 1st payment- Save 5%
  - 2nd Payment-  $\frac{1}{4}$  of total cost: Due @ End of January
  - 3rd Payment-  $\frac{1}{4}$  of total cost: Due @ End of February



# SCHOLARSHIPS

- This year, LHVA will be offering five \$500 scholarships for players on travel or regional teams.
- PLAYERS need to submit a one page typed essay explaining why they deserve this scholarship.
- PARENTS need to submit a brief narrative describing the financial need for the money.
- Must be emailed to [info@lhvavolleyball.com](mailto:info@lhvavolleyball.com) on or before 12/1 with the Subject Titled: 2023-2024 LHVA Scholarship.
- Players will be notified by email by 12/15.

# REQUIREMENT FOR PLAYERS ON 17, 16 & 15 PURPLE & PLAYERS RECEIVING SCHOLARSHIPS

- All players receiving a scholarship and all players on either the 17 Travel, 16 Travel or 15 Travel team are required to volunteer for least 2 Saturdays in our Developmental Program for a minimum of 2 hours each session.
- **Dates:** December 2, 9 & 16, January 6, 13, 20 & 27 and February 3
- **Time:** 9:00am - 1:00pm



# PRACTICES

Practices start the week of 11/13  
Season closes at end of April or beginning of May



**No Practice:**  
November 22 & 23  
December 25-28  
February 19-22  
March 25-28



\*Additional optional practices available for travel teams over February & April Break\*

# **NEW ROCHELLE YMCA**

**50 Weyman Ave**

**New Rochelle, NY 10805**



# LEVEL FITNESS PELHAM

872 Pelham Pkwy

Pelham, NY 10803



## 2023-2024 Practice Schedule

Team	Location	Days	Times
<b>18/17 Regional</b>	New Rochelle YMCA	Tuesday/Thursday	7:30-9:00 pm
<b>17 Purple</b>	Level Fitness Pelham	Tuesday/Thursday	7:15- 8:45 pm
<b>17 Black</b>	New Rochelle YMCA	Tuesday/Thursday	6:00-7:30 pm
<b>16 Purple</b>	Level Fitness Pelham	Monday/Wednesday	7:15- 8:45 pm
<b>16 Black</b>	Level Fitness Pelham	Tuesday/Thursday	5:45-7:15 pm
<b>15 Purple</b>	New Rochelle YMCA	Tuesday/Thursday	7:30-9:00 pm



## 2023-2024 Practice Schedule

Team	Location	Days	Times
<b>15 Black</b>	New Rochelle YMCA	Monday/Wednesday	7:30-9:00 pm
<b>14 Purple</b>	Level Fitness Pelham	Monday/Wednesday	5:45-7:15 pm
<b>14 Black</b>	New Rochelle YMCA	Tuesday/Thursday	6:00-7:30 pm
<b>13 Purple</b>	Level Fitness Pelham	Tuesday/Thursday	4:15-5:45 pm
<b>13 Black</b>	Level Fitness Pelham	Monday/Wednesday	4:15-5:45 pm
<b>Additional Regional Team</b>	New Rochelle YMCA	Monday/Wednesday	7:30-9:00 pm



# TRYOUTS



**Fee:** \$80 non-refundable  
(does not include GEVA Player Registration Fee)

**\*All players must attend the tryout for their age group unless they have previously played up a level on a LHVA Team\***

**\*The placement of players on teams is based on their ability. Players and parents may not request specific practice times\***

**\*Players must arrive 15 minutes prior to the start of their tryout time on the 1st day.\***

# TRYOUTS FOR 13-15 AGE GROUP

**Registration Opens on October 15th**

**Location:** New Rochelle YMCA

<b>Sunday, October 29th and November 5th</b> <i>*Must Attend Both Dates*</i>	
13s	10:00-11:00
14s	11:15- 12:15
15s	12:30-1:30

# TRYOUTS FOR 16-18 AGE GROUP

**Registration Opens on September 17th**

**Location:** Level Fitness Pelham

**Max of 30 players per time slot**

**Sunday, October 1st and October 8th**

**\*Must Attend Both Dates\***

Sunday, October 1st and October 8th	
*Must Attend Both Dates*	
16s- Option 1	9:00-10:00
16s- Option 2	10:15- 11:15
17s	11:30-12:30
18s	12:45-1:45

# TRYOUT REGISTRATION

MUST be registered with GEVA and LHVA online prior to tryouts.

Each player MUST bring the GEVA Medical Form and Proof of GEVA membership to registration 15 minutes before the first day of tryouts.

**LHVA Online Tryout Registration:**

[www.lhvavolleyball.com](http://www.lhvavolleyball.com)

**13s-15s:** Registration Opens on October 15th

**16s-18s:** Registration Opens on September 17th

# GEVA MEDICAL RELEASE FORM



## YOUTH & JUNIOR VOLLEYBALL PLAYER MEDICAL RELEASE FORM

This must be completed - legibly - and signed in all areas by both the player and his/her parent or guardian. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential.

**By signing this form the participant affirms having read and agreed to the terms and conditions listed below.**

Club: \_\_\_\_\_ Team Name: \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_ ☐ Male ☐ Female

### Primary Contact: Parent or Guardian

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City, State & Zip: \_\_\_\_\_  
Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

### Secondary Contact: ☐ Parent/Guardian ☐ Other

Name: \_\_\_\_\_  
Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Primary Insurance Co \_\_\_\_\_ Primary Group/Policy # \_\_\_\_\_ / \_\_\_\_\_  
Family Physician Name \_\_\_\_\_ Physician Phone \_\_\_\_\_

Please elaborate on any medical conditions of which we should be aware:

Please list any medications currently being taken:

In the past 24 months, have you been tested, diagnosed and/or treated for a concussion: ☐ Yes ☐ No  
If yes, provide the date (months and year), who performed the testing/diagnosing/treatment and what was the outcome:

Please list any allergies:

If None, please write None.

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_  
(regardless of age)

Participant, \_\_\_\_\_, has my permission to participate in training, competition, events, activities and travel sponsored by USA Volleyball or any of its Regional Volleyball Associations (RVAs). I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. I agree to allow the authorized adult team personnel to release this information in the event of a medical emergency to a third party medical provider. I also certify to the best of my knowledge that the participant named herein is physically fit to engage in the activities described above.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Relationship to Participant: \_\_\_\_\_

If, during the course of my daughter's/son's activities in volleyball, she/he should become ill or sustain an injury, I hereby **authorize** you to obtain emergency medical/dental care. I will assume financial responsibility for the bills incurred through my insurance company.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian

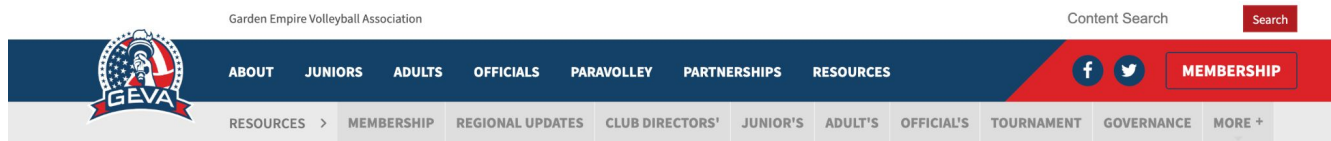
or

I do not **authorize** emergency medical/dental care for my daughter/son.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian

# GEVA REGISTRATION

- MUST be registered in order to tryout.
- Bring GEVA Medical Release Form and Proof of Registration to the 1st day of tryouts.



Click Here to Register



## Membership Registration

### REGISTRATION

USAV continues its partnership with the SportsEngine Member Management System. The GEVA Region is using this system along with other Regional Volleyball Associations.

To prepare for the season each family should create a free "household" SportsEngine account. This account will be required prior to registering for a GEVA Region/USA Volleyball membership. The SportsEngine account is not a GEVA Region/USA Volleyball membership. Do so by clicking the sign in link at the top right corner of this page. You will use your "household" account to purchase all other accounts for your family members. (For help with this see the parent resources below or watch the Membership 101 video)

After you create your "household" SportsEngine account go ahead and register your GEVA/USAV Membership. The blue link at the top right of this page.

GEVA / USAV MEMBERSHIP REGISTRATION

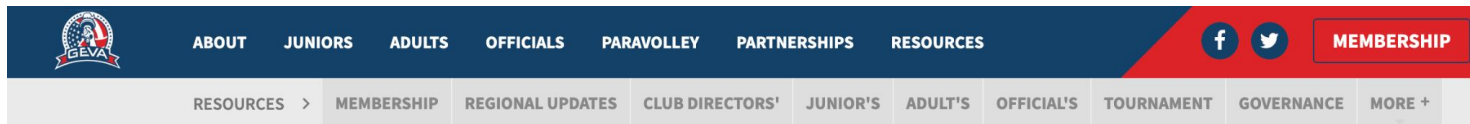
Memberships for season found here starting 8/2/2022.

### REFUND POLICY:

IMPORTANT: According to GEVA Policy memberships of any type or duration are NOT REFUNDABLE under any circumstance or condition.

HOW TO UPGRADE (OR CHANGE) YOUR MEMBERSHIP IN SPORTSENGINE

# GEVA REGISTRATION HELP



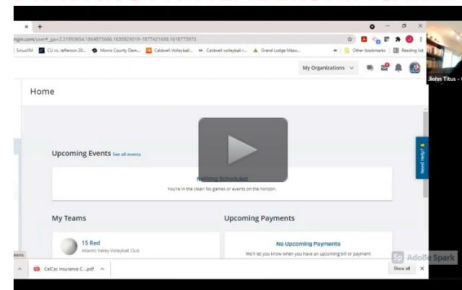
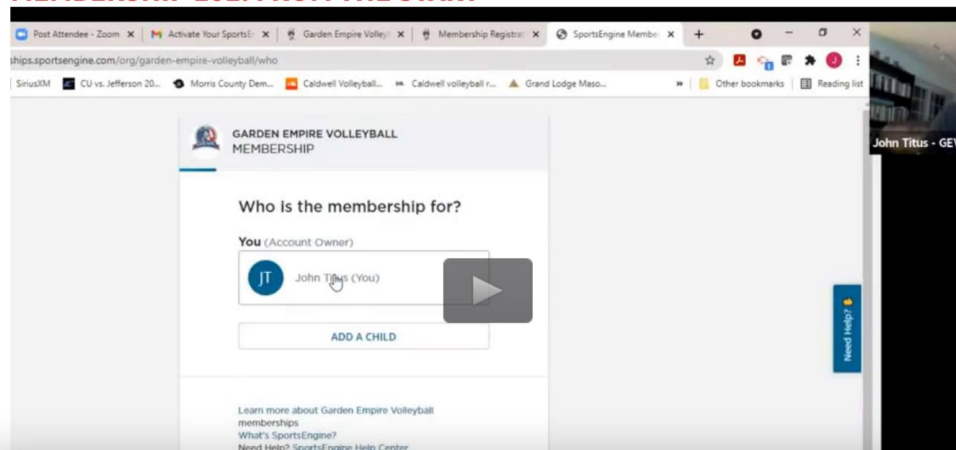
After you create your "household" SportsEngine account go ahead and register your GEVA/USAV Membership. The blue link at the top right of this page.

PARENT RESOURCES FOR CREATING HOUSEHOLD MEMBERSHIPS

HOW TO UPGRADE (OR CHANGE) YOUR MEMBERSHIP IN SPORTSENGINE

PRINTING MY MEMBERSHIP CARD

## MEMBERSHIP 101: FROM THE START





# GEVA REGISTRATION HELP

 sportsengine

My Organizations ▾



Garden Empire Volleyball Association

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## Junior Forms and Resources

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click to go to 'Junior Forms and Resources'

## GEVA PARENT WEBINAR FOR UPCOMING 2023-2024 SEASON RECORDING

Juniors Club Overview- Tryouts / Questions To Ask

Some Questions to Ask: Club volleyball is a significant financial and time commitment. It is important to make an informed decision before selecting a club for your child.

1. Who will be coaching your child's team?

2. Where will my child be practicing and playing?

3. What are your club fees and what does each fee include? Does it include all fees and others that my child may need to pay?

# CLUB RULES AND POLICIES

<b>Player Attendance Policy</b>	<p>Any conflicts that are not previously approved will result in:</p> <ul style="list-style-type: none"><li>• Every 3 times being late to practice- Sit 1 game at the next tournament.</li><li>• One missed practice- Sit at least 1 game at the next tournament.</li><li>• One missed tournament day- Sit at least 2 games at the next tournament.</li></ul>
<b>Playing Time</b>	<p>18-15s</p> <ul style="list-style-type: none"><li>• Playing time is based on merit, attendance &amp; attitude.</li></ul> <p>14s-13s</p> <ul style="list-style-type: none"><li>• Player sits no more than 2 consecutive sets depending on position. Every effort will be made to have the player play at least 3 positions.</li></ul> <p>*Late to a tournament- sit the first match*</p>
<b>24 Hour Contact Policy</b>	<p>Parents and players must wait 24 hours after the tournament to contact the coach regarding playing time. We encourage the player to discuss their concerns first before involving the parent.</p>

# CLUB RULES AND POLICIES

**Player Commitment:** LHVA is designed to improve and enhance a female athlete's skills and abilities. It is the player's responsibility to fully commit to the club and their team in order to get the best experience from the program. 100% commitment of the player's time and effort is required. Other sports should not consistently interfere with practices and/or tournaments. Any school conflicts must be presented to the coach at the beginning of the season.

**Parent Commitment:** Parents are a key role in this experience. Your dedication to your daughter and their commitment to the club is essential. Driving your daughter back and forth to tournaments within our region and practices takes a lot of commitment on your part. Also, one parent from each team is asked to volunteer as a team parent.

# QUESTIONS



**Email:** [info@lhvavolleyball.com](mailto:info@lhvavolleyball.com)

**Website:** [www.lhvavolleyball.com](http://www.lhvavolleyball.com)

## **Co- Directors:**

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## **Assistant Directors:**

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