

ROBERT JACOBSON SPORTS

VOLLEYBALL CLUB

(RJS VBC)

PLAYER/PARENT HANDBOOK



Welcome to the Robert Jacobson Sports Foundation Volleyball Club (RJS VBC). RJS VBC is an elite volleyball club in Westchester County which is dedicated to building skills, fostering teamwork, and creating lasting friendships in a safe and nurturing environment. This handbook outlines policies and expectations for players and parents in our Travel program. Please read, sign, and return the acknowledgment page at the first tryout.

About Robert Jacobson Sports Foundation Volleyball Club (RJS VBC)

- **Mission:** The Robert Jacobson Sports Foundation (RJS) is a 501(c)(3) nonprofit who honors Robert Jacobson who lost his life at the age of 20. Robert was an Ardsley resident who loved sports, valued friendship and loved his community. RJS provides opportunities for children to play volleyball, learn life skills, and build lifelong friendships.
- **Goals:** Develop competitive teams ranked in the top 20 of their division, teach conflict resolution, and foster personal growth.
- **Values:** Commitment, inclusion, teamwork, sportsmanship, and a love for volleyball.

At RJS VBC, we proudly distinguish ourselves as the **only volleyball club in Westchester County that exclusively employs Varsity High School Head Coaches and D1 College Coaches to lead our teams.** These highly experienced professionals bring exceptional leadership, strategic insight, and a profound understanding of the sport and guide players to achieve greatness on and off the court. Our head coaches are role models who expect athletes to push limits, embrace challenges, and strive for excellence.

Our assistant coaches are accomplished volleyball players who work closely with head coaches. Assistant Coaches help head coaches focus on identifying and developing each player's strengths and weaknesses and give target feedback. Our coaching staff upholds the highest standards of discipline, teamwork, and competitive spirit. Every practice is structured for maximum impact, every lesson is meaningful, and every tournament is an opportunity for our players to grow as athletes and individuals. Beyond technical skills, our coaches foster life lessons, self-confidence, and a genuine passion for the game.

RJS VBC does not just build athletes; it creates leaders, friendships, and a lifelong love for the game.

Letter from Tamilee Webb, Director of Volleyball

Welcome to the RJS Volleyball Club (RJS VBC), where our mission is to nurture, teach, and inspire every athlete who joins our community. As the Director of RJS VBC, I am dedicated to developing a comprehensive curriculum which equips our coaches to teach the best practices of volleyball while fostering a resolute and compassionate approach to instruction. My goal is to ensure that every RJS VBC player grows as an individual and be part of a cohesive and supportive team.

RJS VBC is more than just a club—it is a family. We care deeply about our players, parents and coaches. We create an environment where athletes can thrive, form lasting friendships, and learn valuable life lessons on and off the court. Our coaches are committed to building competitive teams while encouraging personal growth and teamwork in a safe and supportive setting.

As a former Ardsley High School athlete, Pace University player, and professional volleyball player, I have experienced firsthand the transformative power of volleyball. It is a sport that demands intense focus, dedication, and hard work, but it also offers countless rewards. Playing volleyball shaped me as an athlete and gave me essential life skills, concentration, commitment, and tenacity—that led to success both on the court and in the classroom. These same qualities will empower your player to navigate real-life challenges with confidence and resilience.

Our travel program is designed to challenge and inspire. We aim to build highly competitive teams that finish in the top 20 of their division. Practices are mandatory and carefully structured, and our players participate in weekend tournaments throughout the season, which runs from December through May. While the season presents its share of emotional ups and downs—balancing schoolwork, overcoming personal challenges, or recovering from injuries—it also brings moments of joy, accomplishment, and camaraderie. Through it all, our players discover a true love for the game and build lifelong connections. At RJS VBC, we believe wholeheartedly in our motto: *Together We Can!*

I am excited to welcome your athlete to RJS VBC. I know our coaching staff will guide them in developing their skills, reaching their potential, and fostering a deep passion for volleyball that has meant so much to me. I also know that they will create lasting memories and friendships that will stay with them forever. If you have any questions, do not hesitate to reach out to me at Tamileewebb00@gmail.com.

Tamilee Webb

Player Expectations

Players must:

- Commit fully to the program, giving 100% effort in practices and matches.
- Respect teammates, coaches, opponents, and referees.
- Prioritize team over individual goals.
- Attend all practices, tournaments, and club events, even if injured.
- Accept coaching, feedback, and consequences for actions.
- Complete GEVA-required training (scorekeeping, line judging, second referee) before the first tournament and participate in work teams.
- Cheer positively and develop a love for volleyball.

Failure to meet expectations may result in leaving practice early, missing practice or tournaments, reduced playing time, or expulsion from the club.

Parent Expectations

Parents must:

- Ensure players arrive early to practices and tournaments, even if injured.
- Prioritize team over individual goals.
- Volunteer as Team Parent, Videographer, or Photographer.
- Respect all club members, coaches, opponents, and referees. No yelling, cursing, or arguing.
- Avoid coaching from the sidelines or interacting with players during matches.
- Stay off the team bench.
- Allow coaches to provide honest feedback to players.
- Make timely payments and accept responsibility for actions.
- Cheer positively for all RJS VBC players.
- Follow club rules.

Violations to our policies may lead to removal from tournaments, bans from future events, or expulsion from the club.

Weekly and Saturday Practices:

- Arrive 15 minutes early. “Early is on time; on time is late; late is unacceptable.”
- Practices include agility, skill drills, conditioning, and scrimmaging.
- Coaches handle injuries with First Aid, CPR, or AED training. Players must report issues immediately.

General Travel Policy

Parents must arrange transportation to practices and tournaments. RJS VBC does not provide or coordinate travel or carpools. Coaches are not allowed to have players in their vehicles.

Parent Volunteer Roles:

Team Parent:

Team Parents are enlisted for each tournament (parent must be GEVA members). Team parents ensure player safety, and enforce hotel rules (e.g., no leaving rooms, buddy system) and act as a liaison between the Head Coach and parents. Team parents help coordinate meals, snacks, and excursions when applicable. The Head Coach of each team must approve all team activities for tournaments before the Team Parent sends out information to other parents.

Videographer:

Records tournament games with provided RJS equipment for strategy and player profiles

Photographer:

Posts team photos on SportsEngine.

Tournaments:

The Tentative Tournament Schedule will be posted on the www.RJSVolleyball.com. Schedules are based on acceptance to tournaments and the initial schedule can change throughout the season.

Travel Tournaments: Multi-day events (up to 5+-hour drive) with “stay-to-play” hotel requirements. Focus is on winning, not vacations.

Stay To Play: Parents reserve rooms through the tournament’s travel agency. We need to reserve at least 5 rooms per team in the hotel that they select for us to get accepted to the tournament.

Misbehavior at tournaments by players and/or parents will result in being sent home and banned from future events.

Tournament Activities: (All activities must be approved by the Head Coach)

AM Wave: Afternoon excursions are permitted

PM Wave: Morning excursions and team activities are limited.

All Teams will do one hour of study time per day.

All Teams will have mandatory team time meetings each day.

Local Tournaments: One-day GEVA events.

Usually between 1 to 3 hours to get to the tournament.

- Attendance is mandatory.
- Possibility of overnight stays - extra charges might be charged.
- Focus is on winning and playing as a team.

Adjustments Can Be Made To Tournaments Based On The Needs of The Team:

The number of regional and national tournaments can change per team. Most teams will travel to 5 overnight national tournaments. Some teams can be adjusted based on the needs of the teams. For example and 18U team might travel to 3 national tournaments and end their season earlier. A 12U team might travel to 2 overnight tournaments and the rest day tournaments. Prices will be adjusted accordingly.

Team Fees/Payment

Team Fees: Total fees cover coach's salaries, coach's stipends, coach's hotel accommodation, gym space fees, secondary insurance, tournament fees, uniforms (2 tops and spandex), team practice shirts (3), a team bag, team equipment, strength training coach salary, yoga instructor fees, recruiting guidance. Total cost (e.g., last year: \$5,250 – **can change based on club expenses**) is fixed before the season starts.

Team Fee Payment Schedule (EXAMPLE ONLY):

- 1st payment: \$2,500 (due at registration).
- 2nd payment: \$1,375 (due January 15).
- 3rd payment: \$1,375 (due February 15).

Payment Policy:

- No refunds or discount rates for injuries or for leaving the club under any circumstance.
- All payments are due in full by the 3rd payment (see above)
- Late payments will result in players sitting out practices or tournaments until fees are paid.

Additional Costs Other Than Team Fees:

- Hotel and travel fees
- Meals, snacks and food while at tournaments
- Team building fees
- Excursions while at tournaments
- Lost uniforms, bags and replacement items

Financial Aid: If financial aid is needed households can apply by requesting financial aid and submitting current federal and state tax returns to RobertJacobsonSports@gmail.com. Decisions will be made by the Robert Jacobson Foundation Board.

- **Uniforms:** Submit accurate sizes during registration. Uniforms run snug; consider sizing up.

What to Expect from RJS VBC Coaches:

RJS VBC Coaches are the best club coaches in Westchester County. RJS VBC Head Coaches are varsity high school Head Coaches with tons of coaching experience. Our Head Coaches and Assistant Coaches work together to teach the best volleyball techniques to each player. Our coaches demand excellence from our players both on and off the court and expect all players to be great teammates and adjust their games throughout the season. Coaches are expected to win and will do so by putting their best team on the court. Players will receive playing time by listening to coaches' constructive feedback and by working hard to improve their game. Players need to be good listeners and give 100% maximum effort at practice and tournaments.

RJS VBC Coaches:

Coach Caroline Erb:	Walter Panas High School
Coach David Ponterio:	Ardsley High School
Coach Jackie Skeen:	Iona College
Coach Gianna Strazza:	Edgemont High School
Coach Gia Saul:	Irvington High School
Coach Tamilee Webb:	Sleepy Hollow High School
Coach Simone Webb:	RJS Volleyball Coach

All Head Coaches: Certified in CAP, IMPACT, First Aid, CPR, AED, and SafeSport. Background-checked by USA Volleyball.

Support: Coaches are present, prepared, and focused on improving skills, athleticism, and personal growth.

Communication: Clear, honest updates via the SportsYou app.

Activities: Mandatory team bonding, study groups, and college recruiting guidance.

Environment: Caring, spirited, and dedicated to fostering a love for volleyball.

RJS VBC Club Communication

Team Communication Through Team Captains

All Teams (Regardless of Age)

Coaches will communicate most team information through their selected Team Captains. Captains will communicate with their teammates. Players will communicate all team information (practices, schedules, etc...) to their parent/guardian.

Club Communication Apps:

All communication for monthly practice schedules, hotel reservations, practice cancellations or immediate club information will occur via the SportsYou app. Parents and players must provide email and cell numbers for updates on these apps.

Protocol For Player Issues:

(Playing Time Will Not Be Discussed)

- Do not contact coaches immediately before or after practices or tournaments.
- Wait 24 hours to contact coaches through the SportsYou app.
- Schedule appointments for discussions with coaches to ensure productive conversations. Do not approach coaches at tournaments to discuss playing time or other issues.

Process of Communication:

1. Players discuss concerns with their coach first.
2. If still unresolved parent gets in touch with team coach.
3. If issue is not resolved get in touch with our Director of Volleyball, Tamille Webb: Tamillewebb00@gmail.com

Financial/Registration/Hotel Issues:

Contact Glenn Leibel at **RobertJacobsonSports@gmail.com.**

The Tournament schedule will be posted on the website:

www.RJSVolleyball.com

Behavior:

- **Players:** Listen to coaches, respect all participants, and practice skills diligently. No interrupting coaches or making rude comments. Bullying (on or off the court) results in immediate expulsion.
- **Parents:** Maintain positive behavior. Yelling at players, coaches, or referees leads to immediate removal and you will be banned from future events.
- **Club Rights:** RJS VBC may expel players, parents, or coaches for violations. No refunds are provided, and all payments remain due.

Attendance/Practice/Tournament Policy:

- **Attendance:** Attendance is mandatory for all practices and tournaments. Four or more unexcused absences will reduce tournament playing time. No excused absences for schoolwork, tests or school functions.
- **Any Missed Tournaments – (No excused tournament for family trips):**
 - 1-day tournament: Sit out 2 sets (games) at the next tournament.
 - 2-day tournament: Sit out 4 sets.
 - 3-day tournament: Sit out 6 sets.
 - Late arrivals To Tournament: Reduced playing time at coach's discretion.

Health Policy:

Notify your coach if the player is sick. Players must be fever-free for 24 hours to return to play.

Keep players home if they have a fever (99.7+ degrees), or severe cough. Sick players in the gym will be isolated until picked up.

Injuries: Injured players must attend practices and tournaments. A doctor's note is required to resume play.

Parent/Player Acknowledgment

I have read the Player/Parent Handbook and agree to abide by the RJS VBC Player/Parent Handbook policies.

Player Name: _____

Team: _____

Player Signature: _____

Player Team: _____

Parent Signature: _____

Date: _____