

2023-24 Low Country Volleyball Club Parent/Player Handbook



A Tradition of High Level Competition

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INTRODUCTION

WHY CHOOSE LOW COUNTRY VOLLEYBALL CLUB

- ⦿ We are the Palmetto Volleyball Association's oldest, continuously operating club
- ⦿ We provide a highly professional coaching staff and ensure challenging programs
- ⦿ We have a proven record of developing high quality volleyball players who continue playing at the collegiate level
- ⦿ We were recognized as Palmetto Region Volleyball Association's 2019 Club of the Year
- ⦿ We believe in challenging the status quo to ensure that every player has a first-rate club volleyball experience
- ⦿ We provide continuous development and learning for coaches and players that values new ideas and thinking outside the box, while simultaneously building on our proven culture of success
- ⦿ Our program includes an emphasis on individual achievement of goals, and an atmosphere that allows players to leave every practice and every tournament with the knowledge that they have improved their skills

Formed in 1996, LCVC is the oldest, continuously operating club in the Palmetto Region. The club is a 501(c)(3) non-profit corporation. Since volleyball clubs vary in their goals, philosophy, cost, coaching, intensity, and tournament travel, we want you to have as much information as possible to make the best decision for your family. We are excited you are considering LCVC for your 2023-24 club season.

LCVC PROGRAMS

Low Country Volleyball Club offers a variety of programs aimed at meeting our mission of providing student athletes with advanced skills training and tactical instruction in a positive, competitive learning environment that fosters personal growth and team development. During 2023-24, Low Country Volleyball Club will offer boys and girls club travel teams, Skills Academy, outdoor (grass), summer clinics, and summer camps. We are committed to ensuring LCVC athletes have a positive experience that fuels their love of volleyball and competition.

Our mission is two-fold: provide our student athletes with the highest level of volleyball training and teach life lessons that will stay with them long after they have finished their volleyball careers. Our coaches are mentors, role models, and above all, teachers. We teach our athletes to be disciplined, compete and train at full effort, be positive and supportive teammates, push beyond their comfort zones, compete with confidence and enthusiasm, and pursue excellence. We value and teach sportsmanship and leadership and have been recognized by the Palmetto Region, other clubs and officials for demonstrating these values.

LCVC CLUB GOALS

To provide the best volleyball experience for all members by ensuring that:

- ⦿ Players have the opportunity to play, compete, and grow with greater opportunity and enjoyment of the game
- ⦿ Players have the greatest opportunity to play on their school team and become varsity players
- ⦿ Players have the greatest opportunity to play at the college level with many qualifying for scholarships
- ⦿ Players are positively impacted with life lessons
- ⦿ Players always have the opportunity to practice and compete in a safe environment
- ⦿ Coaches receive continuing education and training
- ⦿ Members receive a better value for our program than other volleyball clubs
- ⦿ The greater volleyball community is positively impacted by the existence of LCVC

BOYS AND GIRLS TRAVEL TEAMS U12-U18

WHAT WILL BE YOUR COMMITMENT?

LCVC will have up to 3 levels of travel teams for the 2023-24 season. All teams will practice Saturday morning and/or Sunday afternoon on non-tournament weekends and 1-2 additional practices per week depending on the team level. Club level teams will have a total of two practices per week (non-tournament weekends), and Power and National level teams will have a total of three practices per week (non-tournament weekends). Practice schedules will be published approximately one month in advance and will be subject to change if conflicts arise (rare but possible).

Our regular season will run from mid-November through March with tournament play beginning in January. In addition, our Girls 14U-18U National teams will compete in the USAV Girls' Junior National Championship if they qualify. Teams will compete in the division in which they earn a National Championship bid. The GJNC18 will take place April 26-28, 2024 in Baltimore, MD and the GJNC 14-17 will take place July 3-11, 2024 in Las Vegas, NV. If our 12U-13U National teams qualify by winning the Region Championship, they will compete in the AAU Junior National Championships June 13-16, 2024 in Orlando, FL. If a 14U-18U Girls National level team does not qualify for GJNC, they may choose to compete in the AAU Junior National Championships through a formal process that includes the master coach, team coaches, players, and families. AAU Junior National Championships dates differ by age division and span from June 12 to June 28, 2024 in Orlando, FL.

Commitment is vital. Our goal and philosophy are to have a serious, competitive and intense club, while still having fun. We want the player who has the desire to be the best they can be, players who are punctual (be ready to play BEFORE the announced start time), who stay for the entire practice, who are in the proper frame of mind to work hard, and who are willing to cooperate with the coaches and their teammates. Player discipline is essential. Attitude and mental toughness are critical ingredients to success in club volleyball. Every player and parent will be required to sign and abide by the Player/Parent Code of Ethics. Violations of this Code will result in the player being suspended for a set, match, tournament, or the season, depending on the frequency and seriousness of the offense(s).

TEAM LEVELS

This season we will have up to three categories of travel teams: Club, Power, and National. The level of the team and the ages of each team will not be determined until after tryouts. The team level will be determined based on the ability of the team. 12U teams may be co-ed. All teams typically have 10-12 players but there may be rare exceptions to this rule.

PLAYING TIME

Club and Power teams will offer fair, but not equal, playing time to each team player. Fair is defined as playing in at least 50% of all pool play games and, in those games, playing at least 3 rotations (front or back row). Fair is not based on time, playing a specific requested position, or being able to serve. Once the team enters the playoff phase of a tournament, there is no guarantee of playing time. National teams have NO guarantee of playing time. This could mean a player sits out several sets and/or matches during the day. Coaches will do their best to provide playing time, but you MUST be willing to accept this rule to participate at this higher level.

TRYOUTS

LCVC will hold tryouts for different age groups and genders at different times. All female players USAV aged 14 years old or younger, who are NOT playing on their school's varsity team, will try out during the period October 21-22. All other female players will try out October 28-29. Girls are not required, but encouraged to attend both tryout dates. All male players will try out October 29. Below is the detailed schedule for each group. Open Gym opportunities are available for those registered for tryouts.

Girls 14 and Under Tryouts:

Oct. 21, 9-10:30am, Bluffton High
Oct. 22, 2-4pm, Bluffton High
Oct. 23, notification of team selections
Oct. 24, player decision deadline 6pm

Girls 15 and Over Tryouts

Oct. 28, 8:30-10:30am, Bluffton High
Oct. 29, 2:30-4:30pm, Bluffton High
Oct. 30, notification of team selections
Oct. 31, player decision deadline 6pm

Boys Tryouts

Oct. 29, 1-2:30pm, Bluffton High
Oct. 30, notification of team selections
Oct. 31, player decision deadline 6pm

TRAVEL TEAM FEES

12U COED CLUB (C) - \$1150
13-18U GIRLS CLUB (C) - \$1350

- Tournament entry fees (5)
- Coaches' pay and travel
- Gym rental – 2/week
- Practice Equipment
- 1-Uniform Jersey
- 1-Practice Shirt
- 1-Sponsor Shirt
- 1-Indoor Volleyball
- 1-Individual Backpack with Ball Bag

GIRLS POWER (P) - \$1800
ALL BOYS TEAMS (P)- \$1800

- Tournament entry fees (6)
- Coaches' pay and travel
- Gym rental – 3/week
- Practice Equipment
- 2-Uniform Jerseys
- 1-Practice Shirt
- 1-Sponsor Shirt
- 1-Indoor Volleyball
- 1-Individual Backpack with Ball Bag

GIRLS NATIONAL (N) - \$2275

- Tournament entry fees (7)
- Hudl Silver Subscription
- Coaches' pay and travel
- Gym rental – 3/week
- Practice Equipment
- 2-Uniform Jerseys
- 1-Practice Shirt
- 1-Sponsor Shirt
- 1-Indoor Volleyball
- 1-Individual Backpack with Ball Bag

***Tuition fees do NOT cover players' or parents' travel expenses. If a National team qualifies for post-season play, there will be additional fees as well as additional travel expenses.

REGISTRATION

All players MUST be registered with USAV AND LCVC through SportsEngine before they can attend tryouts. All registration MUST be completed AND ACTIVATED before players can participate in ANY USAV club activity. THIS INCLUDES TRYOUTS AND PRACTICES!!!

1. To register with USAV go to: <https://www.palmettoregionvb.org/reginfo>

Read and follow the instructions carefully. Junior age players will need to have a parent complete the process and the parent will need their driver's license number (used for electronic signature). Club Directors may not register their players or coaches. Each player, or parent of a junior player, must register him/herself.

✦ Each player will pay the \$15 USAV/Palmetto Tryout Membership

✦ If you are trying out for multiple clubs, you are required to complete the [Palmetto Region Multiple Club Tryout Disclosure](#).

2. To register for LCVC tryouts, go to: lowcountryvolleyball.sportngin.com/register/form/192292532.

Fill out the forms on the Registration page and pay online the \$45 tryout fee plus processing fee by credit card/debit card/checking account

⦿ This registration **is in addition to** the USAV registration and both must be completed before tryouts

LCVC is a member of the Palmetto Volleyball Association. To review PVA's Tryout Policy please visit the [PVA Tryout Information webpage](#).

PAYMENT PLAN

To assist in minimizing the impact of club dues, there are **four payments per season**:

- 25% by November 1, 2023 12U COED & 13U-14U Girls Teams
- 25% by November 10, 2023 All Boys Teams & 15U-18U Girls Teams
- 25% by January 5, 2024 ALL Teams
- 25% by February 2, 2024 ALL Teams
- 25% by March 1, 2024 ALL Teams

REFUND POLICY

Fees are non-refundable after a player has accepted a position on a team. Once a player commits to a team, most of the team budget is expended in the first few weeks to cover gym rental fees, tournament entry fees, equipment purchases, uniform purchases, etc. that are non-refundable to the club. Registration Saver (RegSaver) is a registration insurance option provided at the time of online registration. It provides parents the opportunity to insure the non-refundable registration fees they pay for their child to participate. In the case of injury, illness, or other covered peril that prevents the child from participating, the parent can file a claim to seek reimbursement of their registration cost. The policy is offered during the SportsEngine registration process and additional details can be found [here](#). **RegSaver Insurance is REQUIRED for all families choosing the payment plan to pay their season dues over 4 payment dates.** There are no credits/refunds for players who are unable to attend tournaments or practices, including postseason, regardless of prior notification. There are no credits or refunds for players who quit.

SCHOLARSHIP PROGRAM

LCVC has a scholarship program for those that have a financial need, of up to 75% of the player's club dues. To request a scholarship, contact the Club at lowcountryvolleyball@gmail.com to get a copy of the form and scholarship volunteer and fundraising requirements. **The form must be filled out and turned in prior to the BEGINNING of that player's tryout.** In addition to LCVC's scholarship program, the Palmetto Region offers a scholarship program as well.

REDUCING CLUB FEES

Low Country Volleyball Club is committed to do everything we can to lower the cost of playing club volleyball. During the regular season, we will have one club-level fundraising program. The profits from this program will be split 70-30 between the players and the club. The player's share will be determined based on how much they sell. **This program will be mandatory for all scholarship players.**

With club director approval, there can be team-level fundraising that will be controlled at the team level. All the money raised from that fund raising will stay with the players based on what each player sells. Teams can coordinate if multiple teams want to participate in the same fundraising event. LCVC will provide 501(c)(3) information to businesses and provide support as needed for these efforts.

DELINQUENT DUES

All dues will automatically be paid by credit or debit card on the above due dates. If a payment bounces or declines causing a player to be delinquent in their club dues, the player will not be allowed to play in tournaments! Any player who is over 3 days' delinquent in their club dues will not be allowed to practice.

TOURNAMENT SCHEDULE

The 2023-24 tournament schedule is posted to the Low Country Volleyball Club [tournament schedule webpage](#).

PARENTS

Parents are an essential part of a travel volleyball program, from supplying nutritional snacks and emotional support to transportation, and everything in between. At the beginning of the season, all parents will be required to sign a Parent's Code of Ethics and COVID Release. These require proper behavior to ensure that everyone sets the best example possible for players, coaches, and officials as well as the health and safety of all. Violations by a parent will result in the parent being removed from the gym and repeated violations could result in their player being suspended from Low Country Volleyball Club and/or Palmetto Volleyball Association. Additionally, repeated violations will result in a fine by Palmetto Volleyball Association.

Transportation of the players to tournaments is the responsibility of the parents. If parents cannot attend a tournament, they should make other arrangements for their player to travel with and stay with another family.

HOTEL TRAVEL

When our teams travel and stay overnight, ALL players must stay at the same hotel as the rest of their team, unless they are staying with family that lives within a 20-mile radius of the tournament. Players must inform the coach if they are doing this for any tournament for which it applies. Any players who do not stay at their team's hotel and do not inform the coach prior to tournament weekend, will sit out for one match the next day of play. There are many reasons for this policy, but team bonding and the coach's assurance of player attendance and timeliness are the most important. Players are required to be present at all scheduled team meetings, breakfasts at the hotel, and lunches.

PLAYER ATTENDANCE:

When it comes to practices, you must make every effort to make EVERY scheduled practice. If you have to miss a practice you will be expected to notify your coach **in advance** and **attend another team's practice** in place of yours. Players participating in an in-season school sport are exempt from attending another team's practice if missing due to a game.

- ⦿ If you miss a practice, are unable to make up the practice time, and are **excused** by your coach PRIOR to the practice, expect to sit on the bench for **one set** in the next tournament
- ⦿ If you miss a practice **without being excused** by your coach PRIOR to practice, but your reason for missing practice is valid (e.g., school commitment, sick), expect to sit on the bench for **one match** in the next tournament
- ⦿ If you miss a practice and your coach **does not accept your excuse as valid**, expect to sit on the bench for **two matches** in the next tournament

Club volleyball is for serious players, if you miss practice you are missing specific drills designed for your position, working with YOUR teammates, thus hurting your ability to play at 100%.

- ⦿ All players are expected to play in every tournament: any player that misses more than one tournament will be subject to being dismissed from the club
- ⦿ Coaches will be keeping an attendance log for both practices and tournaments

TRAVEL DAYS

Families wishing to drive to a multi-day tournament the morning of the first day of play may do so but only under the following condition:

- ⦿ The tournament is within a 4-hour drive AND the team is playing or working in the late wave starting at 2pm or later. Players will stay at the team hotel for subsequent nights unless staying with family as outlined above. Players must inform the coach if they are doing this prior to the tournament weekend for any tournament for which it applies.
- ⦿ Players are required to be present at the scheduled team meetings, breakfasts, and lunches.

Violation of this rule will result in the player being benched the first match of each day of penalty. The Club seeks to find the most affordable, high-quality hotels that include breakfast in each location. If for some reason teams aren't all at the same hotel (stay-to-play tournaments), families with multiple players can choose one of the team hotels for their family. Parents and other relatives of players are encouraged to stay with the team when we travel. However, non-relatives such as boyfriends and girlfriends are not permitted to travel with or stay with the team, as it has proven to be a major distraction to players and parents alike.

TEAM REPRESENTATIVE

Each team will have an adult (parent) team representative who will be responsible for managing team-level fundraising, coordinating meals or food tables at all tournaments, coordinating transportation of players from hotel to tournament facility, and handling parent communications per the coach's requests. The Team Representative will serve as a positive role model for the other team parents. He/she will receive a reduced USAV membership fee provided by the Palmetto Region, thus gaining free entry into tournaments for those team representatives who complete USAV online training. Additionally, LCVC will provide all team representatives with a spirit wear shirt and sponsorship shirt. The Team Parent **MUST** be organized and extremely responsive via email/text to the coach and club directors. To be a team representative, contact your team's head coach. Past team representatives in good standing will be given priority.

RELATIONSHIP OF LCVC TO PALMETTO VOLLEYBALL ASSOCIATION

When joining Low Country Volleyball Club, the player and parents are contracting with LCVC for services, not with Palmetto Region. In choosing a club, parents may question the master coach on how their club manages its business affairs. In the event a club fails to meet its contractual obligations to their members, Palmetto Region has the right and authority to sanction or terminate a club's membership in the Palmetto Region. If a parent has a concern regarding their club not meeting their contractual obligations, they may contact the Palmetto Region Office. Our relationship with Palmetto Region and USA Volleyball (USAV) is a critical part of our success.

GRIEVANCE PROCEDURE

If a player is unhappy with their role on the team, here is the 4-step protocol that must be followed:

- ⦿ Step 1 – Player requests a meeting with the coach either before or after practice. Player states what their concerns are, and the coach responds why they are doing what they are doing vis-à-vis their role and what the player needs to do to improve things. If Step 1 does not resolve the issue then,
- ⦿ Step 2 – Player requests a meeting with the coach and the club director either before or after practice to discuss why the coach's response in Step 1 was not adequate. At that meeting the coach must present a written list of the things that the player must do to get better. If Step 2 does not resolve the issue then,
- ⦿ Step 3 – Player requests a meeting with the coach, club director and parent(s) either before or after practice to try and resolve the issue.
- ⦿ Step 4 - If the member is still not satisfied, they may appeal, in writing, to the LCVC Board of Directors who makes the final decision, with or without a face-to-face meeting.

If the above protocol is broken because the parent skips Steps 1 or 2 and addresses the coach or master coach on this issue directly before Steps 1 and 2 are completed, the player is subject to suspension for up to one week.

PLAYER RELEASE

If a player requests to be released from their team prior to the official end of season (final day of USAV Nationals) to play with another club, LCVC will approve the request if:

- ⦿ The player's team has completed its playing schedule for the season.
- ⦿ LCVC offers no other opportunities for the player to continue playing with LCVC.
- ⦿ All the player's fees and other monies owed to LCVC have been paid.

FOLDING OF A TEAM

If a team folds before the end of the season's tournament schedule for that team, players will be reimbursed for the tournaments that are not played as follows:

- ⦿ Their prorated share of 80% of the estimated cost of the coach's travel for those tournaments.
- ⦿ Their prorated share of 100% of any tournament entry fees that are recovered by a refund to LCVC.

Any player who quits their team leading up to the folding of that team will receive no reimbursement at all.

SKILLS ACADEMY

Skills Academy (SA) is aimed at new and intermediate players who want to learn volleyball and improve their skills without having to travel to overnight tournaments. The Academy is for boys and girls in grades K-8. Skills Academy offers a K-5 option in Bluffton, and Grade 5-8 options in Bluffton and Hilton Head Island.

GRADES K-5*

LCVC offers a non-competitive 10-week Skills Academy option for players in grades K-5. Participants in this non-competitive program will focus on developing fundamental volleyball skills through 1.5 hour Sunday afternoon practices at Bluffton High School. The cost for this program will be \$200 per player and includes a volleyball and t-shirt. The 10-week program runs January 14 to March 23, 2024.

*Players in grade 5 with prior Skills Academy participation and/or middle school team participation, may register for the Grades 5-8 program.

GRADES 5-8

LCVC offers players in grades 5-8, a 12-week competitive Skills Academy program. Participants in this program will work to improve individual volleyball skills as well as participate in 3 local team competitions. Program options include Bluffton and Hilton Head Island options. For the Bluffton option, weekly 1.5 hour practices will be held on Sundays afternoons at Bluffton High School. For the Hilton Head Island option, weekly 1.5 hour practices will be held on a TBD weeknight at either HHI Rec Center or HHI Boys and Girls Club. The 3 local tournaments will be held in Beaufort County, Savannah and/or Statesboro. On weekends when teams participate in a tournament, practices will not be held the following Sunday/weeknight. The cost will be \$325 per player and includes a volleyball, t-shirt, and tournament fees. The 12-week program runs January 7 to March 17, 2024.

Registration for Skills Academy will open by December 1st and close when the program is full. The Skills Academy program is space-limited.

REGISTRATION

All players **MUST** be registered with USAV **AND** LCVC through SportsEngine. All registration **MUST** be completed **AND ACTIVATED** before players can participate in ANY USAV club activity to ensure insurance coverage.

1. Register with USAV (beginning December 1, 2023)

Read and follow the instructions carefully. Junior age players will need to have a parent complete the process and the parent will need their driver's license number (used for electronic signature). Club Directors may not register their players or coaches. Each parent of a junior player must register their player and pay the USAV Membership fee for their age group. [USAV age classifications for 2023-24.](#)

For USAV Registration click [HERE](#).

- o 8 years old and under (born on or after July 1, 2015) - Free
- o 9 years old and up- \$10 league membership (will not be a purchase option until December 1st)

2. To register for LCVC Skills Academy, go to:

<https://lowcountryvolleyball.sportngin.com/register/form/692568451> (Registration will open 12/1/2022)

Fill out the forms on the Registration page and pay online the appropriate Skills Academy option for your player, Elementary Skills Academy or Middle School Skills Academy plus processing fee by credit card/debit card/checking account.

This registration **is in addition to** the USAV registration and both must be completed to participate.

SCHOLARSHIPS

LCVC has a scholarship program for those that have a financial need, of up to 50% of the player's Skills Academy registration fees. To request a scholarship, contact the Club at lowcountryvolleyball@gmail.com to get a copy of the form. **The form must be filled out and turned in prior to registering for Skills Academy.**

REFUNDS

Fees paid are non-refundable after a player has registered for Skills Academy. Registration Saver (RegSaver) is a registration insurance option provided at the time of online registration. It provides parents the opportunity to insure the non-refundable registration fees they pay for their child to participate. In the case of injury, illness, or other covered peril preventing the child from participating, the parent can file a claim to seek reimbursement of their registration cost. The policy is offered during the SportsEngine registration process and additional details can be found [here](#). There are no credits/refunds for players who are unable to attend tournaments or practices, regardless of prior notification. There are no credits or refunds for players who quit.

Parent and Player Codes of Conduct



Players' Code of Conduct

I hereby pledge to abide by all the requirements spelled out in the 2023-24 Player/Parent Handbook and provide positive support and encouragement for my teammates by following this Players' Code of Conduct:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every tournament, match, set, and practice.
2. I will place the emotional and physical well-being of my teammates ahead of my personal desire to win.
3. I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
4. I will encourage my teammates at all times and this encouragement will always be positive in nature, whether I am playing or on the bench.
5. I will not criticize my teammates or coaches to anyone at any time, in person or via social media.
6. I will arrive at practice on time (which means 15 minutes early) and will not leave early; if I must miss practice I will contact my coach in advance to be excused.
7. I will observe all training rules, curfews when traveling, and other directions that I may receive from my coaches.
8. I will do everything I can to foster a playing and practice atmosphere that makes volleyball fun for everyone.
9. I will be prepared to play positions that are not my usual position because I know that when asked to do so it is for the good of the team.
10. I will not smoke, vape, consume alcohol, use illegal drugs, or text while driving.

Parents' Code of Conduct

I hereby pledge to abide by all the requirements spelled out in the 2023-24 Player/Parent Handbook and provide positive support, care, and encouragement for my daughter's participation in volleyball by following this Parents' Code of Conduct:

1. I will encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every tournament and in every match and set, as well as all other times regardless of the situation.
2. I will place the emotional and physical well-being of my child and her teammates ahead of my personal desire to win.
3. I will insist that my child play in a safe and healthy environment.
4. I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
5. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at all volleyball events.
6. I will remember that the game is for youth - not adults.
7. I will do my very best to make volleyball fun for my child and her teammates.
8. I will require that my child treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
9. I will not question my child's coach about playing time or what position(s) my child plays on any day of competition.
10. I will not criticize any of my daughter's teammates or coaches to anyone at any time, in person or via social media.