

INTRODUCTION

Welcome to the Toledo Volleyball Club's 18th season. Through the past 16 years TVC has grown from a club of 9 teams to one of 35 teams and over 300 players. We are the oldest club in Northwest Ohio and enjoy an excellent reputation in the region and nationally.

TVC is governed by a 7 person board of directors. Key club personnel serve on an Advisory Council. We also have a very active Parent Rep Advisory Committee. We are recognized as a 501 c-3 non-profit organization.

We have put this handbook together to tell you a little bit about Junior Olympic volleyball in general and our club, its philosophies, and what it takes to become successful in our program. We are delighted that you have decided to join us for the 2009 season.

TVC MISSION STATEMENT

We, The Toledo Volleyball Club, are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their teams, the Toledo Volleyball Club, and the communities in which they live.

TVC will support National teams for all age groups (18s to 12s) with the goal of qualifying for the USA Junior National Tournament. All TVC National teams will be registered at the Open level in the Ohio Valley Region (OVR)

TVC will also have Club/Local teams for all age groups (18s to 10s) to support the growth and further development of volleyball in the area. The teams will be registered in the OVR.

WHY PLAY JO VOLLEYBALL

Junior volleyball programs have exploded all across the country. Only 20 years ago, the first AAU National tournament was held and only 20 teams made the trip. In 1998, there were more than 50,000 registered junior players in the United States. TVC is part of the Ohio Valley Region, which encompasses Ohio, and western Pennsylvania. Last year over 16,000 junior players were registered in the Ohio Valley Region.

This incredible growth has been fueled by the overall growth in woman's sports. There have been more resources allocated to woman's sports at the collegiate level. As the college programs have prospered, so has the level of play at the junior level. Girls as young as 10 years old are starting in the sport. College recruiting for volleyball is done primarily through the junior program ranks.

Is TVC and JO volleyball only for the college bound athlete? Certainly not! While our program begins in the fourth grade, college scholarships are often the furthest thing from the minds of our young players. Learning a lifelong sport, making friends, and having fun are often the reason young girls get into volleyball. We are proud of the number of girls from TVC who have received college scholarships from Division 1 schools. We are equally proud of our athletes who go on to college and play volleyball recreationally and just for fun.

The majority of our teams are at the 14-age level and below. Many athletes have just been exposed to volleyball and want to enhance their skills to move up on the school teams. JO volleyball is an excellent way to do that. Much of an athlete's advancement and improvement is still up to the individual. Athletic talent, size, speed and good work habits are all necessary for top success as an elite player. Players who lack in any of those areas have to make up for their deficiency by working harder to improve in

another. If you have a sincere desire to improve, then you will probably do well in a junior Olympic volleyball program.

USA volleyball is the governing body for competitive volleyball in the United States. In 1981 it made a commitment to provide opportunities for young players to play outside of their school programs and in 1991 created a division of the USAV devoted exclusively to the Youth and Junior Olympic volleyball development. The USAV states that junior volleyball represented "... The future of volleyball in the US." The Junior program was created to serve as a major building block for scholastic, collegiate recreational and club play throughout the country."

TVC tries to promote the goals set forth by USA Volleyball. The goal of every player should be to improve ones skills to enable them to take their game to the next level whatever that level is. It is true that many of our upper level players have achieved recognition as All-League, All District and All-State honors. Others have been selected to receive full Division I scholarships. Over 80 TVC players have gone on to play volleyball in college. We believe that TVC has a place for both the elite player and the developing player. Our philosophy allows players of all skill levels to learn, improve, and progress at a pace that will allow them to be successful.

WHAT'S NEW FOR TVC IN 2009

Toledo Volleyball Club continues to grow and is constantly reviewing our club and looking for ways to improve the club and each individual's playing experience. We offer two national teams at the 13 and older age groups, excluding 18's this year, which will have only 1 national team. Our experience the last few years with two national teams has resulted in a 2nd place finish in 2005 in Salt Lake City by our 18-2 team as well, a 2nd place finish in 2003 by our 17-2 team at Nationals in Atlanta and a 2nd place finish in 2008 for our 14-1 team in Dallas. This past year, our 14-1, 16-1 and 18-1 team represented TVC at Nationals in Dallas.

The early bird teams continue to grow in popularity. These teams will begin practicing in December and will conclude their seasons by the beginning of March. These teams are primarily for players who play spring sports such as softball or track and are looking to have the JO experience as well. We will offer three Early Bird Teams this year.

We have expanded our court space this year to accommodate additional teams and training opportunities. We will continue to have 2 courts year round at Synergy, our home for the past 4 years, In addition, we continue to lease the Lucas County Recreation Center in Maumee from January to June and we will have 4 courts at the LCRC. The six courts will allow us to expand our team offering as well as give us a place to provide lessons and clinics year round. TVC athletes will have the opportunity to work with Jonathan Shapiro and Todd Baden and our goal is to have the best conditioned and trained athletes in the area. Jonathan and Todd will offer special training rates to the TVC players who are committed to becoming not only the best volleyball players, but the best conditioned athletes as well.

TVC will host several tournaments at the LCRC this winter. Teams from all over the tri-state area will participate in these tournaments.

TVC WEBSITE

The TVC website address is www.toledovolleyballclub.com because we have over 30 teams and over 300 girls and coaches participating, the website is an excellent tool to use to communicate with players and parents. We made some changes in the website last year to make it easier to read and follow. And we will make further enhancements this year. Please check the site weekly (Wednesday is our update day) to see if there is anything new and exciting (and there almost always is!) We encourage parents to

submit pictures to their parent rep to be posted on the site. All information must be submitted by 5:00 p.m. on Monday to be posted by Wednesday.

In the case of bad weather, we will post the practice information on the website.

AGE GROUP CLASSIFICATION

For the 2009 Season, the following age group classifications will be in effect:

18 - under

Any player who is born on or after September 1, 1990 or were high school seniors in the 12th grade or below, during the current academic year who are 19 years of age or younger on September 1 of the current season.

17-under

Players who were born on or after September 1, 1991

16-under

Players who were born on or after September 1, 1992

15-under

Players who were born on or after September 1, 1993

14-under

Players who were born on or after September 1, 1994

13-under

Players who were born on or after September 1, 1995

12-under

Players who were born on or after September 1, 1996

11-under

Players who were born on or after September 1, 1997

10-under

Players who were born on or after September 1, 1998

Age group definitions above are binding for the entire season immediately preceding the USAV Junior National Championships, and there shall be no appeal. Players may play "up" in an age group. The region has instituted a "grade playing" policy where players may play with their own grade even if they do not meet the age cut-off. This is for all age groups. Players not meeting the USAV age policy **WILL NOT** be considered for any team competing in any National Qualifying tournament at any age level.

ELIGIBILITY RULES

Ohio High School Athletic Association dictates certain eligibility requirements to travel volleyball Players. No more than three (3) players from any school may play together on a travel team. This rule is in effect for students in the 7th grade and higher for the public schools and for 9th grade and above in the parochial schools. This rule does not impact 7th and 8th graders playing on a school CYO team. Players who did not play for their high school during the school season are not considered in the count of 3. Conversely, any player who competes for a public junior high school or high school team and transfers at the end of the season to a new school is considered as part of the count of 3 for the first school and not the school they transferred to.

TVC makes every effort to abide by this rule when selecting teams. However, it is up to the individual player to be aware of the rules and to confirm their eligibility. If you have questions about eligibility, please check with your high school coach.

TEAM SELECTION

TVC divides its teams into four designations. The number 1 team will be known as the TVC National Team and the #2 team (with the exception of 18's) will be known as the TVC Mizuno team. These two teams will play the most competitive schedule. The National and Mizuno teams will have the heaviest practice schedule and a greater number of tournament playing dates. It is the goal of the open teams to conclude their season and the USA Jr. National Volleyball Championships. In 2008 our 13-1, 14-1, 16-1 and 18-1 qualified for the National Tournament in Dallas, TX. Our 14-1 team finished 2nd of 48 teams in the National Division. The 2009 junior nationals will be held in late June/early July in Miami, FL.

It is the expectation of TVC and the coaches of the #1 and national teams that volleyball comes first, above all other sports and activities. We attempt to co-exist peacefully with the winter sports including basketball, and find that for the most part, the conflicts are minimal. However, the spring sports of softball and track do not mix well with volleyball and numerous scheduling conflicts occur. For that reason, if a player is selected for an open team from age 13-1 and above, it is required that volleyball is your first priority. Attendance at all practices and tournaments is expected. There is some flexibility afforded the seniors in the program-with regards to graduation and proms. We will attempt to schedule around those events, but it is not always possible. Qualifier dates are set by the USAV and once the team is scheduled for those events, absences from those events are not excused. Exceptions to this need to be addressed with the coach and indicated on the player contract. In addition to the contract, we are also instituting player guidelines that each player and parent will be required to read and sign before the first practice. We want to clearly delineate what you can expect from TVC and what we expect from each athlete.

In 2009, we have added two new levels of teams at 14 and 15, as there is a tremendous level of talent in those age groups. In the 14s division, there will be a 14 American level team. It is a club level team that will play in higher level club tournaments within the region. We will also offer a 15 National/Regional Team. The National/Regional Team will participate in the Mid East qualifier in the Club Division

The next level of teams will be known as Club teams or Regional teams. Club teams will travel primarily within a 2-3 hour radius of Toledo within the Ohio Valley Region. The focus on club teams is more the fundamentals of the game. There are many excellent tournaments available at this level. The season for the club teams will end with the Ohio Valley Regional Championship, held in early May.

A third level of team is called TVC Blue. We will have local teams in the 11 and 12 age group. These teams will practice two days per week for 1.5 hours per practice and will travel no more than two to two and half hours away for tournaments. Their season will also conclude at the Regional Championship in mid May. All Practices will be coordinated and supervised by an experienced coach.

We are also fielding three "Early Bird" Teams this year. These teams will begin practicing in December and will conclude their season by March 9, just in time for the beginning of the softball and track seasons. We will have 15's, 16's, and 17/18's Early Bird Teams.

Another level this year for players 12 and under is our Youth Program. This program is being coordinated in conjunction with Premier Volleyball Club. The goal of this program is lesson the cost associated with playing club volleyball for younger players. This program will give players all of the benefits of training with TVC without the burden of traveling and playing in all-day events. The Youth program will begin training in January and end in late April. Teams in the Youth Program will play in a league housed at Premier Academy and Synergy or the LCRC on Thursday nights. This is a great way to get introduced to club volleyball and save some money!

Youth Teams are for players' ages 9-12 years old only. Practice will be twice per week for 1.5 hours. The league will be made up with teams from TVC and Premier. The players in the youth program will not be registered with USA Volleyball and will not play in any region sanctioned events.

2009 COACHING STAFF

We consider our coaching staff to be the finest in the area. We are pleased to have so many coaches with significant college, high school and junior high experience. We offer our coaches numerous opportunities for coaching education. This year, TVC is sponsoring a CAP certification for our coaches in addition to the OVR Impact training required by USAV. We have also invited several college coaches in to work with our coaching staff.

18-1	Stacey Cromer	Nikki Pierzchala	
18 EB	Tom Duran		
17-1	Sonny Lewis	Shannon Strachan	
17-Mizuno	Stephen Boston	Michael Dietz	
16-1	Brie Hagerty	Gwen Hazlett	
16-Mizuno	Gary Freed	Jamie Freed	Elisha Milks
16-3	Angie Grajczyk		
16 EB	Mark Davidson	Zahra Collins	
15-1	Rachel Spitulski	Dana Chapman	
15-M	Barbara Munch Kohn	Kim Windham	
15-3	Mark Macias	Katie Westerfeld	
15-4	Liz Sundberg		
15EB	Jessica Bilius		
14-1	John Buck	Sarah Buck	Margot Joniec
14-Mizuno	Kim Agnew	Sydney Antonio	
14-3	Jill Smith Donley		
14-4	Kristen Sheely	Rita Sheely	
13-1	Weston Horstman	Mallory Strall	
13-Mizuno	Tina McClain	Caitlyn Long	
13-3	Nicole Pece		
13 -4	Kelly O'Day	Zahra Collins	
12-1	Melissa Mugler	Tammy Cox	
12-2	Caryn Patrias		
12-3	Jim Loomis	Troy Fleck	
12 Blue	Kathy Sabbagh		
11-1	Tammy Cox		
11-2	Deb Businger		
11 Blue	Chae Small	Brook Hearn	
11/12 Youth	Kelsey Arnold	Leah Nees	
10-1	Carrie Wagoner		

COACHING AND PLAYING PHILOSOPHY

It is TVC's philosophy that practices are the time to improve skills and work on new drills. As the teams begin to practice and gel as a team, emphasis is shifted from individual to team building skills. The fundamentals, which are emphasized initially, are used to develop proficient offensive and defensive tactics.

Practices are usually held twice weekly and will last 1.5 to 2 hours. Skill Clinics will begin in January for all teams. All Teams will begin practice on or after January 15th. Several college programs have contacted us about hosting skill clinics. As those are scheduled, they will be announced on the Website.

A continual source of frustration for players and parents alike is the issue of playing time. The reality is that equal playing time is not a guarantee. It is our goal to have 9 players on the National teams and 10 on our Mizuno, Regional and Blue teams. There will be a limited number of teams with 11 players. Those teams will be entered in additional tournaments. Based on position, a player may play back row and rotate out or play front row and rotate out when reaching the back. It is important for players and parents to understand that the goal of the open teams is to compete successfully at tournaments and go to the next level. This may result in reduced playing time for some members of the team. If it is the player's belief that they are not being treated fairly and playing an appropriate amount, it should be discussed with the coach first and foremost. If it cannot be satisfactorily resolved at this level, it should be taken to the club director, Michelle Hills. Only in the most extreme cases should the parents get involved. The coach sees your daughter at each practice and may see something that parents do not.

The competitive philosophy differs with the age level and the team level. Obviously, the emphasis on winning will be greater as the girls get older than it will be for the 10 and 12 year olds.

TVC PERFORMANCE TRAINING

One of the tremendous advantages of calling Synergy Sports and Fitness our home is the access to the outstanding and nationally renowned fitness trainers and the state of the art training equipment. TVC believes it is our responsibility to train each player as a volleyball player. We recognize that conditioning and performance training is a key component into training the complete athlete. A well conditioned volleyball player will be less prone to injury and will be able to consistently perform at their peak.

Once again this year, we are providing a 6 week "Boot Camp" session beginning December 9th and continuing until mid-January for players on 14-1 and 14-Mizuno and all players on National/Mizuno/Club teams 15 and older. Players who are not playing a winter sport for their school will be expected to participate a minimum of 2 days per week for one hour per session. The purpose of these sessions is to help the athletes get in peak physical condition prior to the season. These sessions will be held at Synergy on Mondays/Wednesdays/Fridays and some Saturdays. Players are encouraged to schedule a third training day on their own. Sign ups for "Boot Camp" will be available at the Meet the Team Night.

All Players 15 and up will participate during the season in the Pinnacle Performance Training Program at Synergy and the LCRC once the practice season starts in mid January. This is being offered at no additional charge to each player. Each National and Mizuno team will have two (2) half hour session each week scheduled through the Pinnacle Performance Training Program. The workouts will focus on the vital components necessary for the critical performance attribute of the developing athlete/volleyball player. These include vertical jump and take-off jumping ability for block and approach jumps. The ever important landing with soft knees for the prevention of tendonitis and overuse injuries. We have listed some of the key training components a developing volleyball player faces through the growing stages. All training that TVC Volleyball players participate in is based on age specific training and the most important aspects of athletic/volleyball development within their respective age group.

The Synergy Training Staff will work with the coaches of the younger teams to assist them with the proper training exercises to incorporate into their practice time.

Age	Training emphasis	Example exercises
11-12	Coordination, Agility, Jumping and Landing Technique, Core work	Ladders, rings, spot specific jumping, Tumbling
13-14	Strength Training, Jumping and Landing, agility, quickness	Box jumps, foot drills, squats, rows Olympic lifting movements for strength
15-16	Conversion-to-Power, Lateral Movement, Core work	Olympic lifting movements, rotational core exercises, 1 st step line drills
17-18	Power, Explosion [vertical, lateral]	Olympic lifting movement, fast twitch movements, OH shoulder injury prevention, core injury prevention

In addition to the above training that will be part of the overall practice plan, Synergy has developed a very cost effective conditioning package for TVC athletes. **While it is not mandatory, it is STRONGLY RECOMMENDED that our National Team Players take advantage of this opportunity.** It has never been TVC's philosophy to mandate extra conditioning of our athletes- but we also know if you are not working on getting stronger, you are not putting yourself in position to be the best volleyball player possible. The coaches of the National teams expect that their players will be conditioning on their own a minimum of one to two times a week outside of their practice time. The training package that Synergy has developed is extremely inexpensive when compared with other programs of a similar nature. And we believe there are no other trainers in the area that understand the unique requirements of taking the female volleyball player to the next level in terms of athletic fitness and conditioning. Players on the National and Mizuno teams 14 and older will be asked to indicate what type of fitness training they will be participating in during the season. If you are not working out at Synergy, you should be working out somewhere.

SYNERGY MEMBERSHIP

Synergy will once offer a deeply discounted membership package to all members of the TVC family. Information and sign up forms for both the Performance Training Programs and Family Memberships is included in the folder.

TOURNAMENT INFORMATION

The location and number of tournaments varies with the age level and skill level. A two-day tournament is considered 2 playing dates. Tournament play begins in January for the Early Bird teams and ends in early March. The National/Club/Blue teams begin tournaments late February and end in May. National teams and those qualifying for Nationals will continue to practice and play in June. Nationals are usually held in late June, early July.

Tournament Information is usually available the week prior to the tournament. For the bigger tournaments, which require overnight stays, information is usually available earlier. TVC utilizes a Parent Rep for each team and in 2009, one of the responsibilities of the Parent Rep will be to coordinate hotel reservations for the teams traveling to out of town tournaments with Chris DeKeyser, the hotel coordinator. Chris can be contacted at tvchotels09@bex.net or 419-346-2146.

Michelle Hills handles the scheduling of all teams. She works with the coaches to determine the best tournaments for the teams to attend. The process of scheduling teams in tournaments takes several weeks once the list is posted on-line early December. A tentative tournament schedule will be posted on the website as soon as it is available, but no later than January 1, 2009.

HOTEL ARRANGEMENTS

We believe that it is important for TVC teams traveling to out of town tournaments that require an overnight stay to stay together in the same hotel. Chris DeKeyser is our hotel coordinator and makes all of the hotel arrangements for the National teams as well as the bigger regional two day tournaments. She spends a tremendous amount of time locating the best option in terms of convenience to the playing site, and amenities (free breakfast, parking etc.) Parents will be asked to provide a credit card so that reservations can be held in your name at the hotels. Hotels have very specific deadlines and if they are not followed, we run the risk of losing all rooms. So, it is important to be considerate of those deadlines and plan accordingly. If the parents elect to stay at a different hotel, or with family or friends, it is their responsibility to make sure their daughter is staying at the team hotel with another player and is under the supervision of a parent. It is not the coaches responsibility to supervise the players when they are finished playing for the day. Chris will work with the parent reps of each team to suggest hotels where there is just one team traveling to the tournament.

Players participating in National Qualifiers and the OVR Bid Tournament will be expected to be at the hotel the evening PRIOR to the start of play. An exception will be granted for those teams who do not being play until the afternoon wave. There will be times when we do not know the waves in advance and a night's stay in the hotel might be required. This is a function of the hotel booking companies that we are required to use for the large National tournaments and not a TVC rule. There is a 10:30 pm "in your room" curfew for all players staying at hotels. This can be extended by the coach if there are extenuating circumstances (eg, team plays in an afternoon pool and you do not return to the hotel before 10:30 pm).

Coaches are expected to meet with their teams the evening prior to play at all qualifiers and National tournaments to discuss playing schedule and meeting times and location. If a player is not at the meeting, they must check in directly with their coach.

Parent Reps will be responsible for determining any hotel needs for one day tournaments for the Regional/Club Teams and booking those for the team. Chris will work with the Parent Reps to identify potential hotel locations.

TEAM CLASSIFICATION

National/Regional 2- 2 hour practices/week plus position specific training

This category is also known as the "Open" Division. There is no distinction between "open" and "club" for the 12's age level. The National Teams are the top teams in each age level. The National Teams will compete at the highest level and will have the most demanding travel schedule. The goal of the National Teams is to qualify for the USA National Tournament to be held in Miami, FL, in late June.

We plan to have two national teams at each age level from 13 through 18. They will participate in National Qualifiers in addition to the Ohio Valley Region's bid tournament in Columbus. The National Teams that get a National bid will also participate in a June tournament. It is the expectation that the players who are selected for a National team that volleyball is considered their #1 priority and they will not miss practices or tournaments for any other activity (see attendance policy contained herein for full details). We have adopted a club attendance policy that must be signed by all National/Mizuno team players upon acceptance to the team.

Fees for the National/Mizuno Teams:

12-1, 13-M	\$1700.00
13-1, 14-M	\$1850.00
14-1,15-M,16-M, 17-M	\$2050.00
16-1, 18-1	\$2250.00
15-1 (8 players)	\$2400.00
17-1	\$2400.00

Club 2 – 2hour practices/week

The majority of teams within TVC will be club level teams. The club teams will compete in a minimum of 8-10 playing dates within the state of Ohio. The season for the Club teams will conclude at the OVR Regional Tournament in early May. This level is appropriate for athletes with other spring commitments. It is competitive volleyball but is not as demanding as the National Teams.

Fees for the Club teams:	\$1000.00
Fees for 15-3 National/Regional Team	\$1350.00

TVC Blue (Local) 2 – 1.5 hour practices/week

The local level is available for the players 13 and younger who is interested in keeping up their volleyball skills while not committing the time and financial resources to a demanding travel schedule. Local teams will participate in 6 tournament with the furthest being the OVR Regional Championship in Columbus in May. Tournaments will be scheduled primarily in the Toledo area, but may include travel as far away as 2.5 hours. The 10-1 team will be considered a local team.

Fees for the Local Teams	\$750.00
--------------------------	----------

TVC Early Bird 2- 2 hour practices/week

The Early Bird Season will begin on December 2nd and will conclude by March 1, 2008. Players will play 6-8 tournament days.

Fees for the Early Bird Teams	\$850.00
-------------------------------	----------

TVC Youth Program 2- 1.5 hour practices/week and 6-8 match nights

The Youth Program is for players 12 and under and is a non-USAV playing league. The players will practice twice a week and play 6-8 Thursday nights at Premier.

Fees for the Youth Program	\$400.00
----------------------------	----------

2009 FEES

The fee structure is based on the number of tournament play days. Because of TVC's reputation in the region and nationally, we are often invited to participate in the higher profile and subsequently more expensive tournaments. There are numerous ways to offset fees through fundraising and those are outlined in another section. A \$100 deposit is due with the signed contract upon acceptance to the team. An additional \$250 is due at the Parent/Player Meeting on December 7, 2008. All fees must be paid by February 1, 2009. If fees are not paid at that time, players will not be permitted to participate in practices and tournaments. Fees will not be refunded for Players who choose to leave before the end of the season. Please contact Michelle Hills if you need to make other financial arrangements. The initial deposit must be made with cash or a check. Additional payments can be made via credit card using the Pay Pal system on the website. There will be a slight fee to cover the handling and bank charges for those who wish to pay by credit card.

Fees cover the cost of membership in USA Volleyball and the Ohio Valley Region. They cover the cost of facility rental, coaching stipend, tournament entry fees, and equipment. **Fees do cover uniforms this year.** Players and Parents often work out car pools to tournaments to reduce costs. A \$300 charge for Nationals has been included in the fees for the National and Mizuno teams. If the team does not qualify, each player will receive a refund of \$300 provided all attendance and financial responsibilities have been met.

PAYMENT SCHEDULE

**Checks should be made payable to:
Toledo Volleyball Club**

**Please send checks to:
Deborah Zimmerman
10255 Ramm Road
Whitehouse, OH 43571**

Team	Upon Acceptance	12/7	1/1	2/1	Total
Youth	\$100	\$250	\$50	\$0	\$400
Local/Blue Teams					
10-1	\$100	\$250	\$200	\$200	\$750
11-2	\$100	\$250	\$200	\$200	\$750
11-Blue	\$100	\$250	\$200	\$200	\$750
12-Blue	\$100	\$250	\$200	\$200	\$750
Regional/Club/American					
11-1	\$100	\$250	\$325	\$325	\$1000
12-2	\$100	\$250	\$325	\$325	\$1000
12-3	\$100	\$250	\$325	\$325	\$1000
13-3	\$100	\$250	\$325	\$325	\$1000
13-4	\$100	\$250	\$325	\$175	\$850
14-3	\$100	\$250	\$325	\$325	\$1000
14-4	\$100	\$250	\$325	\$325	\$1000
15-3	\$100	\$250	\$500	\$500	\$1350
15-4	\$100	\$250	\$325	\$325	\$1000
16-3	\$100	\$250	\$325	\$325	\$1000
National/Mizuno Teams					
12-1	\$100	\$250	\$675	\$675	\$1700
13-1	\$100	\$250	\$750	\$750	\$1850
13-M	\$100	\$250	\$675	\$675	\$1700
14-1	\$100	\$250	\$850	\$850	\$2050
14-M	\$100	\$250	\$750	\$750	\$1850
15-1	\$100	\$250	\$1025	\$1025	\$2400
15-M	\$100	\$250	\$850	\$850	\$2050
16-1	\$100	\$250	\$950	\$950	\$2250
16-M	\$100	\$250	\$850	\$850	\$2050
17-1	\$100	\$250	\$1025	\$1025	\$2400
17-M	\$100	\$250	\$850	\$850	\$2050
18-1	\$100	\$250	\$950	\$950	\$2250
Early Bird Teams					
15 EB	\$100	\$250	\$250	\$250	\$850
16 EB	\$100	\$250	\$250	\$250	\$850
18 EB	\$100	\$250	\$250	\$250	\$850

FUNDRAISING OPPORTUNITIES

It is our hope that no player who makes a team chooses not to participate because of financial considerations. To that end, we have put in place several fundraising opportunities to help offset fees. Please keep in mind, that travel to and from tournaments is not covered and can be a significant expense. Kim Ward is serving as this year's Fundraising Chairman and Coordinator of the "Kroger Cares" Program. She can be reached at dbdmaumeeoh@bex.net or 419-878-4969. Program, Banner and Website sales are being coordinated by Darlene McCabe. She can be reached at dmccabe@rlcos.com.

1. Program Book Ad Sales

Each year a program book with pictures of all the teams and travel schedules is produced. This program book is used for college recruiting and passed out at our local tournaments. Ads are sold for the book ranging from a \$25.00 listing to a \$2,500 back cover ad. The player selling the ad receives 75% of the cost of the ad to offset fees. The remaining 25% goes to TVC to help offset the cost of producing the ads and book.

2. Banner Sales

We will be selling banner space at Synergy and the LCRC this year. The banners will be hung in the volleyball area for 6 months. The banner fee is \$ 750.00 and includes the cost of producing the banner. The player selling the banner will receive 50% of the sale.

3. Website Ads

Logo Ads on the TVC website will be available this year. The ad will appear on the website for 6 months. The cost of the website ad ranges between \$250.00 and \$1000.00. The player selling the website ad will receive 75% of the ad sales

4. Kroger Cares

The Kroger Cares Program is available to all TVC players. Players can purchase a card (or several) for \$5.00 each from the club and then their parents can put money on the card and use it for all purchases at Kroger. 5% of the sales will be returned to TVC and the player will receive a check from TVC after March 15th. A nominal (\$5-\$10) administrative fee will be deducted from your final check. For those who already shop at Kroger, this is an exceptionally simply way to offset fees.

5. Work Opportunities

There are opportunities for players to earn money to be used to offset their fees by working at TVC hosted tournaments. Working in the concession stand/parking lot/apparel sales as well as performing other tasks will be available. If you are interested in working, there will be a sign up announcement available at the Meet the Team Night as well as on the TVC website in mid-December. Your fees will be credited at the rate of \$6.00 per hour worked.

RECRUITING ASSISTANCE

TVC has more athletes playing college Division I Volleyball than any other club in the area. That did not happen by accident. We have had outstanding athletes come through our program who are now competing at the highest levels of the college game. Not every player is destined for a Division I scholarship-and there are opportunities at the Division II, Division III, NAIA, and Junior College level. It has been our experience that if you want to play in college there are opportunities to do so.

Being recruited for college is a process and a partnership between the athlete, her parents and the club. All must be engaged and on the same page in order for a successful recruitment experience. College recruiting is all about finding the "right fit" athletically, academically and socially.

The single most important thing to happen at the beginning of the process is to have an accurate assessment of a player's ability and general idea of where the player can be successful in college. There are over 300 Division 1 volleyball programs and varying levels of play within Division 1. Add to that Division II, Division III, NAIA and Junior Colleges, and the options are staggering. We have had players who would be considered "blue chip" recruits-those that can write their own ticket to a college scholarship. Those athletes are few and far between. The majority of athletes have to work at being recruited. Our job is to help you identify what needs to be done and give you the tools to get it done. We cannot do it for you, but we will work with you.

The recruiting process is starting earlier and earlier. It is not unusual for college recruiters to be watching high school freshman to start developing their data base of potential recruits. That is why TVC is committed to putting together the most competitive schedule for our players. The club director is in contact with college coaches on a daily basis and has developed a strong network of connections in the college coaching ranks. Our recruiting team members each bring a different perspective to the process.

We will schedule a recruiting meeting for all 16 and 17 year olds and interested 15 year olds in early January as well as any unsigned seniors in the program. At that time, we will explain the NCAA rules for recruiting and lay out a plan for each player. Brie Hagerty will be service as our recruiting coordinator this year. She will be meeting individually with players and parents in January to develop an individual recruiting strategy and to discuss our views of the players' potential collegiate playing level. We will also develop a game plan for the athlete which can include the development of a skills tape. We approach recruiting from a team basis. Your coach is also a key member of your team and will often be the first point of contact with college coaches.

OUR EXPECTATIONS

Just showing up for practice is not enough. TVC needs players who are punctual, who are in the proper frame of mind to work hard, and who pay attention to coaches and cooperate with teammates and coaches.

Commitment: It is vital to be committed to the TVC program. If you don't really want to participate, don't. If you work hard in practices, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving have little time for you if you simply wish to turn practices into social events.

Regular attendance: Please refer to our Attendance Policy. No matter how many times we mention it prior to tryouts or refer people to it during the season, it seems as though each year we have one or two situations arise that could have been avoided had people familiarized themselves with the policy.

Respect for the rules of the club: This includes the club's rules as well as the USAV Players Code of Conduct. Rules will be clearly stated, and will be enforced. Each team may have its own rules established by the coach and approved by the club director.

Cooperation: You will most likely take an overnight trip with your team. These trips require that you will have some rules to live by including curfews. It is expected that you will respect all of the rules that are made.

Image Presentation: You are representing yourself, your family, your school and TVC at every tournament. We are a club that is known for good sportsmanship and integrity by our player's coaches and parents. Arguing with officials is never appropriate and not tolerated. For the older girls, you will not always know when a college recruiter is in the gym and therefore it is important to display proper behavior at all times.

Maintaining Good grades: We consider TVC to be a club of scholar athletes. It is important to maintain good grades.

OUR EXPECTATIONS FOR PARENTS

Yes, we do expect something from our parents. Because we operate on a very tight budget and volunteers perform much work there are way parents can help.

Identify potential sponsors for the club. Pick your child up on time from practices and tournaments. Help with the transportation of players and coaches to out of town tournament. Be positive and encourage your daughter. Do not yell at the team, coaches, referees, and line judges, the other team's players and coaches. Above all, encourage your daughter and her teammates. It is never appropriate to criticize a player in front of your child or to other parents in the stands or to coaches. Parents who violate this will be asked not to attend the tournaments. In extreme cases of parental misconduct, the player will be removed from the club.

Attend team organizational meetings. Most teams will get together before the season to get acquainted. Each team and coach has slightly different philosophies. Get to know your daughter's coach.

Pay your dues on time. Budgets are designed to meet expenses and if dues are not paid, we will not be able to meet those expenses in a timely fashion. If dues are not paid, your daughter will not be permitted to participate in practices and tournaments.

Help plan fundraisers and special events. Solicit corporate sponsorships – many parents have contacts that may be able to assist us in sponsoring our teams.

Cheer positively for your daughter and her teammates. Keep negative comments to yourself. There is no place for parents to be negative about their daughter, their daughter's teammates or the coaches. Know that you are also representing TVC and good sportsmanship is very important to TVC. We have an excellent reputation in the region and nationally for outstanding teams and outstanding parents and we want to keep it that way.

PARENT REP RESPONSIBILITIES

One of the important ingredients to a successful TVC season is the parent rep. Each team has a representative who serves as the liaison between the coach and the parents. Listed below are the responsibilities for the Parent Rep. If you are interested in serving as the parent rep for your daughter's team, please let your coach know this evening or call Renee Bowyer at 419-878-0421 or email Renee at rkbowyer@buckeye-express.com

Job Responsibilities:

1. Acts as a liaison between the coach and the player's parents. Communicates regularly with the coach and informs the team of practice, tournament schedule changes and any other information that need to be disseminated to the team.
2. Serves as the team representative to the TVC advisory board. Attends meetings as Michelle Hills calls them. There are usually three meetings; one pre-season, one during the season and one post-season. Any information presented at the meetings is then communicated back to the team parents by the parent rep.
3. Assists in the ordering and dissemination of team uniforms and apparel.
4. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and Michelle Hills. Scheduling concerns should be addressed to Michelle Hills.
5. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, car phone numbers are great to have. Renee Bowyer will have a form to assist you in this at the "Meet the Team" night.
6. Assists in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments. Often times a parent rep will ask another parent to assist with making hotel arrangements. (Qualifier, OVR bid and Regional Tournament hotel arrangements will be handled by Amy Gray)
7. Distributes end-of-the-year evaluations to the team and parents.
8. If volunteers are needed for locally hosted tournaments, the parent rep will help recruit parents from their team to assist.
9. **THE PARENT REP IS NOT AN ASSISTANT COACH AND IS NOT INVOLVED IN ANY COACHING DECISIONS REGARDING LINE-UPS, PLAYING TIME, ETC.**

WHAT YOU CAN EXPECT FROM TVC

We understand that as a player for the Toledo Volleyball Club, you are buying a service. It is our goal to deliver that service to you on an exceptional basis. We want your experience with TVC to be positive and rewarding. We recognize that with any type of team sport, it will be difficult to please 100% of the players or parents 100% of the time. You can expect that our coaches are well trained and will treat you with respect. You can expect that the club facilities will be safe and clean. You can expect that we will provide the number of practices and tournaments that have been promised. And you can expect that the Club Staff will be approachable and will return phone calls or emails within a timely basis-24-48 hours.

CONCLUSION

On the following page you will find a copy of the contract and player guidelines that must be signed by both the player and the parent prior to the first practice. In conclusion, we hope this handbook has answered many of your questions regarding participating on a TVC team. If you or your parents have any questions, please call Michelle Hills at 843-4485. Please check the TVC website for updates; www.toledovolleyballclub.com. Thank you for choosing Toledo Volleyball Club. We are looking forward to a very successful 2009 season.

Important Websites

Our website:

www.toledovolleyballclub.com

Ohio Valley Region Website:

www.ovr.org

USA Volleyball Website

www.usavolleyball.org

A Fun and Interesting Website(Subscription is \$20.00 annually)

www.prepvolleyball.com

2009 Toledo Volleyball Club Player Guidelines Toledo Volleyball Club (hereinafter TVC)

TVC Mission Statement

We, The Toledo Volleyball Club, are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their teams, the Toledo Volleyball Club, and the communities in which they live.

TVC will support National teams for all age groups (18s to 12s) with the goal of qualifying for the USA Junior National Tournament. All TVC National teams will be registered at the National/Open level in the Ohio Valley Region (OVR)

TVC will also have Club/Local teams for all age groups when the demand at tryouts dictates it (18s to 12s) to support the growth and further development of volleyball in the area. The teams will be registered as club/regional teams in the OVR.

Team Structure

- There will be a minimum of nine (9) players per team for National teams with the option to add players to the teams going to Nationals.
- A minimum of ten (10) players will be selected for the Club/Local teams.
- There will be a minimum of one (1) head coach for the National Teams and an assistant coach and a minimum of one (1) coach for the Club/Local teams.
- A parent representative will be in charge of the administration of the team and will assist the club director.
- National teams and Club/Local teams will practice a minimum of two (2) times a week.

Attendance Policy/Penalties

It is expected that players will not miss any practices or tournaments. However, we understand that there will be times when attendance will not be possible due to illness, injury or family emergency.

Players must contact their coach prior to practice to indicate they will not be at practice and the reason for missing the practice. Coaches will have the discretion to allow for an excused absence. Failure to notify the coach directly (not through a teammate) will automatically be considered an unexcused absence. A player who has more than two (2) unexcused absences during the season is subject to dismissal from the team and club.

This policy applies to missing practices. One unexcused absence from a tournament is grounds for immediate dismissal from the club and will result in the player not being considered for a National/Mizuno level TVC team the following year.

National/Mizuno Teams: No excused absences will be granted for missing practices the week prior to attendance at a national qualifier or OVR bid tournament. However, should there be some warranted emergency situation, the player may petition the coach and Club Director to consider the emergency and grant a waiver of this provision. It is anticipated that this type of situation will rarely occur. Please check your team's schedule before committing to Spring Break vacation plans. The OVR bid tournament is held the week after Easter each year.

Winter Sport Athletes: Absences due to practice or competitions for winter sports will be considered excused absences. However, players will be expected to attend TVC practice and tournaments when possible. Should your school winter sport coach not allow participation in another sporting activity, until after the winter sport season you need to notify the club prior to tryouts as it may be a consideration by the TVC coach relative to which team you may make. Valuable team bonding as well as learning the team offensive and defensive schemes happen early in the season and it is important that all team members are in attendance. The excused absences end with the completion of the season. There is no grace period allowed following the last competition.

Penalties – As stated above, a player with more than two (2) unexcused absences during a season is subject to dismissal from the team and club. National and Mizuno team players who are dismissed for this reason will not be eligible for a National/Mizuno team in future years.

Play time can be affected by absences – whether they are excused or unexcused. It is up to individual coaches to determine play time for all athletes.

Senior Activities – Seniors will be granted an excused absence for their senior prom (1 prom only) and graduation. Every attempt will be made to schedule around these activities. Prom is not considered an excused absence for non-seniors.

Player Conduct At Tournaments/Practice Site

It is the intent of the TVC to be a leader in the volleyball community. It is also the intent of the TVC to lead by example, which means each TVC player needs to lead by example. These guidelines are set forth to protect the safety and integrity of each TVC player, each parent and the coaches. Please be aware that all possible circumstances are not accounted for in these guidelines. In the event of an unforeseen circumstance, TVC will enforce appropriate action. The TVC wishes to set the standard for other volleyball clubs to aspire to achieve.

- Equal playing time is **not** guaranteed. Coaches evaluate players during practices on a weekly basis. If a player has a question about their playing time, the player should set up a time with their coach to discuss their concern. If the player continues to have concerns following the meeting with the coach, the player and a parent should schedule a meeting with Michelle Hills.
- Inappropriate conduct will not be tolerated at any TVC function. This covers a wide variety of circumstances. For example, the use of crude, obscene or foul language toward players, parents or coaches is unacceptable behavior.
- For safety reasons, a player may **not** leave the practice site at anytime without notifying the coach and obtaining his/her approval.
- In the event that a friend of a player attends a tournament, the player's first priority is to the team.
- Proper nutrition is required.
- Teams are responsible for officiating and score keeping during all tournaments. Each athlete aged 14 and older is required to learn score keeping and down officiating.
- No team member is permitted to leave the tournament site until all officiating responsibilities are completed. There are circumstances where the coach can give a player permission to leave. If a player leaves before officiating duties are complete and without permission, **the player will be suspended for one (1) match at the next tournament.**
- Players may be required to take game statistics as requested by the coach.
- Only the captain or coach(es) are permitted to question an official.
- If any TVC teams are playing at the same tournament site, players are encouraged to watch and cheer for the team(s).

NOTE: A tournament begins when a team leaves from home and does not end until the team returns home.

Travel And Lodging Guidelines

- When at a restaurant, proper behavior and manners are required at all times.
- Hotel arrangements for National teams are made by the Club. Players are expected to stay at the designated club hotel. Parents may elect to stay elsewhere if they are able to make arrangements for their player to stay with the team.
- When at the lodging location, players are **NOT** permitted to leave the premises at any time without notification to the coach. A player's parents may request permission (with prior notification) to take their daughter off the lodging premises.
- When at the lodging location, players must travel in two (2s) at a minimum, when walking around the lodging premises.
- When at the lodging location, a 10:30 p.m. curfew will be observed by all players. The only exception to this is if the team is playing a night pool and does not finish in time to eat and return to the hotel by 10:30 p.m. Coach will establish curfew in those instances.
- When at the lodging location, there shall be no display of disrespect toward **ANY** TVC coach, player, parent, chaperone, and hotel employee.
- Parents of players shall provide transportation to and from tournaments. Players are not permitted to drive to any tournaments except tournaments hosted by TVC at Synergy.
- Boy(s) are **NOT** permitted in the rooms or hallways of the players lodging at any time. The only exception to this policy is when the boy(s) is/are a relative of the player. Public displays of affection at tournament sites, practices or TVC functions is not permitted.

NOTE: Unless otherwise stated, first offenses of any of the above-listed guidelines will result in a warning to the player, with notification to the parents. A second offense can result in expulsion from TVC.

Expulsions And Suspensions

While it is not the intent of the TVC to suggest there will be problems, the integrity of the TVC is of foremost importance. All situations will be evaluated by the TVC. Fairness to all concerned is the objective of the TVC.

Automatic Expulsion May Result For Any Of The Following Offenses:

- Smoking at any TVC function.
- Using alcohol or drugs at any time during a TVC function.
- Having a boy or boys in a player's room (other than relatives) or public displays of affection.
- Player or Parent approaching a coach, a player or any other club member in an inappropriate manner at any TVC function.
- Anything deemed as criminal activity, whether charged with a crime or not.
- Quitting the team.
- As provided for in the Attendance Policy.
- Violating the 24 hour rule (Player and/or Parent may not approach a coach for 24 hours immediately following a tournament to discuss playing time issues)

Automatic Suspension For One Tournament May Result For Any Of The Following Offenses:

- Leaving lodging premises without notification to coach and without chaperone
-
- Not paying TVC tuition by stated deadlines
- Having knowledge of an offense without reporting the offense

NOTE: No monies will be refunded to any player who receives a suspension and/or an expulsion.

Grievance Procedures

The procedure for addressing grievances has been designed to assist players and their parents with questions, concerns or problems that may occur during the course of the season. These procedures ensure open communication between all affected parties.

1. The player must first ask for a meeting between the coach(es) and herself to discuss the issue(s). In the case of younger players, the parent may request a meeting.
2. If an issue remains unresolved following the initial meeting, the parent(s) of a player must request a meeting between the coach(es), the player, and the parent(s) to discuss the issue(s). The discussion shall take place at a location that provides privacy and confidentiality and that is agreeable to all parties. At no time shall this meeting take place at practice or during a tournament.
3. If the issue, again, remains unresolved, the player's parent(s) and the player may request a meeting between the TVC Director, the coach(es) and themselves to discuss the unresolved issue(s). The discussion shall take place at a location that provides privacy and confidentiality and that is agreeable to all parties. At no time shall this meeting take place at practice or during a tournament.
4. If the issue, again, remains unresolved, the player's parents may request a meeting between the TVC Board of Trustees, the coach(es) and themselves to discuss the issue(s). The discussion shall take place at a location that provides privacy and confidentiality and that is agreeable to all parties. At no time shall this meeting take place at practice or during a tournament.
5. The decision of the board is final and not subject to review.

Statement Of Understanding With Signature

As a TVC player, I _____ have read and
(Player's printed name)
understand the Toledo Volleyball Club Player Guidelines set forth by the

TVC. I understand that I am responsible for my conduct while participating with the TVC.

As the parent or guardian of the above-referenced TVC player, I have read
and understand the Toledo Volleyball Club Player Guidelines set forth by the

TVC. I understand that my daughter is responsible for her conduct while
participating with the TVC.

Player's Printed Name
Player's Signature
Parent(s) printed name(s)
Parent(s) signature(s)
Date:

NOTE: This document **MUST** be signed and dated and turned in **PRIOR** to the player's first practice. No participation of any kind with the TVC shall be permitted unless and until this document is signed, dated and turned into TVC.