**Xplosion Volleyball Club, LLC**

**Club Handbook**

**2021 Season**

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[**www.xplosionvbc.com**](http://www.xplosionvbc.com)

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A: OVR Medical History and Release Form

B: Player’s Bill of Rights

C: Xplosion FAQ

D: OVR Age/Grade Level Team Definitions

# Xplosion Volleyball Club LLC: Contact Information

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Xplosionvbc2015@gmail.com

# 1.0 History and Introduction

Xplosion Volleyball Club was new to the Ohio Valley Region for the 2014-2015 club season. After a phenomenal first and season which included over 10 Gold place finishes, we are back for our 7th season. Our club was formed by a group of experienced and respected coaches in the Dayton area. While our history may be brief, the experience our coaching staff brings to the court is quite extensive. Our coaching experience stretches across the spectrum from running successful youth programs for 3rd thru 6th graders all the way through to the Varsity level in area high schools. This experience is expanded with years of success within other volleyball clubs in the Dayton area. Combined, our staff has 25+ years of coaching experience that we are all excited to share with those who choose to become part of our volleyball family via the Xplosion club experience.

With its faith and commitment to the community, the Dayton YMCA has recognized the experience and prior successes of our Club Director and Managing Partner staff. As a result, the Dayton YMCA has entered into agreements with Xplosion Volleyball Club and will provide our practice facilities as well as additional amenities at a fair price. This in turn, will allow us the opportunity to provide club memberships at reasonable rates while helping to develop the talent in the local area.

In its first year, Xplosion anticipated 6 teams. With a surprising turn-out, we were able to field 8 teams, which still allowed us to operate more like a big volleyball family as opposed to a business. This vision extended into our second season by again allowing us to field 8 teams. In our third season, we were able to expand to 9 teams. Xplosion wants our members to have a fun and fair experience, and our staff will strive to make that happen. There are no hidden agenda’s at Xplosion – all players will be treated equally. Xplosion will not form teams just for the sake of forming teams. Xplosion wants to be recognized as a club that provides a quality experience for everyone, and we will not form extra teams just to increase club income. If interested, the Club Director will be happy to put you in touch with players and parents who have experience with our coaching staff so that you can get opinions about their experience.

As we continue into our third year, we hope to build a successful foundation that will allow us the opportunity to grow and thrive within the Dayton area.

# 2.0 Club Philosophy

Xplosion realizes that volleyball is important to our players and their families. We also realize that players have other interests in their lives, too. As a club, we are concerned with young ladies not only as volleyball players, but as people in general. We understand that players have other activities that they are involved in, and we don’t discourage our players from being involved in other activities or sports during the club season.

Xplosion will operate will 3 key principles in mind:

**Passion**

Our coaching staff, using their years of experience will provide a club that will allow players to develop their skills at an elevated level through discipline and practice. Our coaches will help to enhance player growth on and off of the court by teaching good sportsmanship and increasing player confidence to help them have fun and develop a true love of the game.

**Commitment:**

Coaches will focus on developing commitment through practice. Players can expect to gain insight and knowledge, receive positive and constructive feedback from the entire coaching staff. Success does not happen overnight, but our dedicated staff will strive to make certain that both players and their families have a fun and positive experience with Xplosion Volleyball.

Xplosion is committed to providing a quality experience for a fair price. We welcome you to compare our club fees to other clubs in the area. We believe that Xplosion provides you with a great value for your investment. Our focus is on providing quality instruction to help players develop their skills and knowledge so that they can improve their overall abilities. Xplosion strives to be a reputable club and is proud of the coaching staff we have been able to assemble.

**Quality:**

Xplosion Volleyball will focus on quality. Our coaching staff is experienced and certified. As we begin our new venture, we will focus on fielding Regional and American level teams with age groups ranging from 12 and under through 18 and under. Coaches will ensure all players have quality playing time, which may or may not equate to equal playing time. Our focus on quality through skills improvement will ensure our club is able to compete with those around us.

Xplosion’s philosophy regarding playing time is that players earn their playing time based on the effort, attitude and skills demonstrated in practices and in matches. Xplosion strives to get every player meaningful playing time in every tournament. This does not mean that playing time will be divided equally and it also does not guarantee that players will get playing time in every match. Defining meaningful playing time is left up to the discretion of the coach. Our coaches understand that they are trying to fulfill dual roles: they are trying to develop the most competitive team that they possibly can while at the same time recognizing that individual player development is also important. As discussed later in the handbook, any issues regarding playing time or team strategies must be initially addressed between the player and the coach.

As a club, we understand that the athletes who join Xplosion are competitive by nature. However, in a club situation, players may be used in a different fashion than they grew accustomed to with their school teams. They may be asked to play a different position or they may not get as much playing time as they are accustomed to getting. These issues generally will not become a problem if the player keeps an open line of communication with her coach. If a player wants to know what they can do to increase the playing time they are receiving, all they have to do is ask their coach. This is an issue that is most easily resolved between the player and the coach.

We focus our efforts on fielding competitive Regional and American level teams. We attempt to schedule most of our tournaments within a 2-3 hour drive (many are much closer) so that travel expenses are kept to a minimum. We develop players for competition at the high school level and for collegiate play. However, we do realize that we cannot be everything for everyone. We do not try to compete with the larger clubs who provide national level teams that play in tournaments all around the country. We believe we provide a quality service and hope you will consider trying out to become a part of the Xplosion family.

# 3.0 General Information on JO Volleyball and the Ohio Valley Region (OVR)

The Ohio Valley Region (OVR), Inc. is the largest of the 40 Regional Volleyball Associations (RVA's) of USA Volleyball (USAV). Our main purpose as an amateur athletic sports association is to promote and establish quality volleyball through participation by both adults and juniors, according to the standards set forth by USA Volleyball and the Amateur Sports Act of 1978.

The OVR provides opportunities for our members to participate at local, regional, zonal, and national competitions. Our large and active membership grants us the flexibility to offer exceptional opportunities such as holding both Adults' and Juniors' Regional Championships in a metropolitan convention center. We also sponsor High Performance teams for elite juniors and coaches who wish to excel and to challenge their abilities at a highly competitive level of play. The OVR offers many educational avenues to our members who wish to become more effective club directors, coaches, officials, and clinicians. Beyond those immediately tangible benefits, we cannot ignore the physical fitness, health, and social opportunities that our lifetime sport provides.

Any information you need as it pertains to Junior Olympic volleyball and the OVR can be obtained from their website at [www.ovr.org](http://www.ovr.org). They have a comprehensive website that will provide you with a wealth of information regarding all activities associated with the OVR. They also maintain web pages on their site for all teams registered with the OVR, including all Xplosion teams. It cannot be stressed enough how valuable of a resource their website is. It provides just about all of the information you will need pertaining to clubs, teams, and tournaments. You can navigate their website to find information on tournaments, directions to facilities, results, club listings, etc.

For Xplosion specific information, you can find information on the OVR website or you can visit our independent website at [www.xplosionvbc.com](http://www.xplosionvbc.com). You can also contact Kevin Sedensky, the Club Director, via email at coachkevin4xplosionvbc@gmail.com General questions can also be sent to xplosionvbc2015@gmail.com

# 4.0 Breakdown: Team Structure

Xplosion anticipates fielding a minimum of 8-10 teams within our club this season. We will hold try outs for the following age groups/ grade levels:

* 12’s/6th grade
* 13’s/7th grade
* 14’s/8th grade
* 15’s/9th grade
* 16’s/10th grade
* 17’s/11th grade & 18’s/12th grade

Our initial expectation is to field both Regional and American level teams.

If we complete our try outs and it is determined that we do not have enough skilled athletes to form a competitive team at a particular age group, Xplosion reserves the right not to have a team at that age group. Also, it is possible that if we have an abundance of skilled players at a particular age group, we could register multiple teams for that age group.

If we are overwhelmed with an exceptionally talented group of players at our tryouts, we do have the ability to increase our club size to a total of 10 teams. However, this would be our absolute maximum based on our facility availability and also our coaching staff size. Xplosion will only field teams if we feel the teams will be competitive and if we can give the players a quality experience. It is not our philosophy to offer additional teams above our capabilities. We strive to make Xplosion a positive experience for the players and families. We cannot accomplish this goal if we field teams just for the sake of fielding teams.

# 5.0 Tryout Information & Selection/Acceptance Process

Tryouts for Xplosion Volleyball Club will be held according to the following schedule for the 2020-2021 club season:

**12/13’s (7th grade):** Sunday, November 1, 2020 from 8-10 AM

Sunday, November 1, 2020 from 1030-1230 AM/PM

**14’s (8th Grade):\*** Sunday, November 1, 2020 from 130-330 PM

Sunday, November 1, 2020 from 4-6 PM

**15’s (9th Grade):**  Sunday**,** November15, 2020 from 130-330 PM

Sunday**,** November15, 2020 from 4-6 PM

**16’s (10th Grade):** Sunday**,** November15, 2020 from 11-1 AM/PM

**17’s & 18’s (Jrs. And Srs.):** Sunday**,** November15, 2020 from 8-10 AM

All of the try outs listed above will be held at Coffman YMCA, 88 Remick Blvd. Springboro, OH 45066 in the front Main Gymnasium.

All Callback sessions will be located at the Downtown Dayton YMCA (top floor) located at 316 N Wilkinson St, Dayton, OH 45402

Callback Session Times:

* Nov 3rd Callback @ Downtown YMCA
	+ 12s/13s: 630-8
	+ 14s: 8-930
* Nov 17th Callback @ Downtown YMCA
	+ 15s: 630-8
	+ 16s/17/18: 8-930

Xplosion tryout information is posted on the OVR website as well as the club’s website – [www.xplsoionvbc.com](http://www.xplsoionvbc.com). Times, dates, and locations for all tryout sessions are clearly identified and the tryouts are open tryouts. If a player is unable to make a designated tryout, we urge them to contact the staff to arrange another time where she can be evaluated. We also make certain that players know that it is our intention to only field Regional and/or American level teams. All players who tryout must be pre-registered with the OVR. The one-time tryout cost is $20 and is non-refundable. We also ask players to arrive 30 minutes early to make certain all appropriate paperwork is completed before they are allowed to try out. We require that the Medical Release form and Pre-registration or Player Profile form to be completed. These forms can be found on the Xplosion website or links provided in the Appendix of this document.

Xplosion’s coaching staff, along with additional volunteers, conduct assessments of all players who attend our tryouts. At each of the initial tryouts, we plan to have approximately 10-12 evaluators assessing the players.

During the tryouts, we divide the players up by age/grade level and assign them to a court. On occasion, if we are considering moving a player up, we may move them to the appropriate court so that we can see them with the right level of competition.

The first half or so of our tryout involves players participating in several drills. We are trying to evaluate their individual skill level during these drills. We are looking at skills like serving, passing, footwork, setting, digging, hitting, blocking, as well as overall effort and attitude. During the last half of the tryout session, we have the players scrimmage or participate in 6 on 6 drills. As a club, we feel it is very important to see how players react in game situations. Some players have great individual skills that don’t transfer over to game situations. At the same time, some players have skills that do not stand out in drills, but they show their strengths when put into a game situation.

Immediately following the tryout session, all of the coaches and evaluators meet to make decisions. Many factors go into our selection, including skill level, effort and attitude and positional needs of the teams. We also must consider school affiliations to make certain we are in compliance with OHSAA rules. To make certain we are organized throughout the process, each evaluator has a list of players that are identified by name, school, position desired and a description of the shirt they are wearing.

At the conclusion of our evaluation meeting, we categorize each player one of three ways:

1) We make the player an offer immediately,

2) We invite the player to our call back session (if they can’t attend, they are still considered based on what we saw during the initial evaluation), or

3) We decide that we will not be offering the player a position with Xplosion for the upcoming season.

Each player is contacted within 24-48 hours of the initial tryout and informed of their status. For those players who are invited to our call back session, we essentially repeat the evaluation process. Following the second session, the evaluators all meet again to make final decisions on rosters using the same criteria as was used after the initial session. Each player who was invited to the call back session will be contacted within 3 days of the call back session and informed of their status.

At this point, the players are again categorized in 3 ways:

1) We make the player an offer,

2) We inform the player they have been placed on our waiting list, or

3) We decide that we will not be offering the player a position with Xplosion for the upcoming season.

Per OVR policy and as explained in the Player’s Bill of Rights, we allow players up to 10 days from the initial offer to make a decision. The offer can be made verbally or in writing (including email), but in order for an acceptance to be considered official, the acceptance must be in writing. This can be in the form of an email response by returning a signed copy of the Club Agreement. Also per OVR policy, athletes asked to participate with Xplosion after the initial tryout process will be given a period of 4 days to commit or refuse an offer.

The 2020-2021 Acceptance Signing Deadlines per OVR are noted below:

10’s-14’s: Wednesday November 11th, 2020 @ 9 pm.

15’s-18’s: Wednesday November 25th, 2020 @ 9 pm.

Once an offer is accepted, the player and her parent(s) are expected to return a copy of the Club Agreement. The agreement addresses expectations that the club must meet as well as expectations for the player. After an offer is accepted, it is fully expected that both parties will honor the contract. One of the ways Xplosion is able to keep our fees reasonable is because we watch our budget very carefully. Once an offer is accepted, Xplosion expects full payment to be made according to our payment schedule, even if circumstances change for the player and her family. Please recognize that we have expenses that must be covered and we are dependent on all of our members to honor their payment responsibility to the club.

# 6.0 Club Fees – Services & Payment Schedule

Xplosion charges $825.00 per player to participate with our club. Fees include all practice time, coaching, tournament fees, one jersey, warm-up jacket/pullover, a club backpack, a membership to any of the participating Dayton YMCAs for the duration of the season, and one hour/week of personal team training above and beyond designated practice times. Any additional items purchased are strictly optional and are determined on a team-by-team basis.  All teams are scheduled for 6 regular season tournament dates and the OVR Regional Championships in Columbus.

Travel costs are also not included in the team fees.  Xplosion will plan to schedule most matches within a 2-3 hour drive (most are much closer) or less so that there are no overnight costs incurred for the players for most tournaments.  It is possible that one overnight trip will be scheduled per team. There are no additional fees associated with coaches travel costs.

Xplosion does offer a payment plan. Full payment is due by February 15th, 2021.  Initial payment of $275 is due by December 15th, 2020. If they choose the installment option, the next two installments of $275 are due by January 15th, 2021 and February 15th, 2021. If families have extenuating circumstances, they can contact the club on an individual basis and we will work with them on a plan that is acceptable to both parties. Generally speaking, we require the Club Agreement and a smaller good faith payment be made. We will then work with them on some sort of alternative payment plan as we have done in years past.

Club Fees (checks made payable to Xplosion) can be given to the Club Director or our Financial Administrator or at the Drop box at the front counter of the Coffman YMCA. Payments are not to be given to the coach of your team – we don’t want them to have the responsibility of handling payments. Payments can also be mailed directly to:

 Xplosion Volleyball Club 9036 Highland Circle

 Springboro, OH 45066

It must be noted that due to charges imposed on Xplosion by our bank, we will charge members and potential members a $25 fee for all checks that fail to clear.

# 7.0 Scheduling Practices and Tournaments

Practice will start for all teams on Sunday January 3rd, 2021. The date for the end of your season will depend on the date the OVR Regional’s are scheduled for your age group. All teams will be done before Memorial Day weekend (see the OVR website for championship dates).

Each team will practice 2 times per week. Each team will practice on one weekday night and one weekend afternoon or evening each week. Based on facility contracts with the Dayton YMCA, Xplosion teams will practice on Tuesday, Thursday or Friday nights during the week and Sunday is designated as our weekend practice day. Weekend practices will not occur for an individual team when they have a tournament scheduled. Specific days and times will be determined after try outs for each team – but you will have that information at the time an offer is extended to you. We do not pre-determine days and times, because we look at the make-up of each team and try to minimize any conflicts on a team-by-team basis. Contact the Club Director or a Managing Staff member if you need more information about practice schedules.

There are times, due to inclement weather, where a practice may be cancelled. This will be determined primarily by the practice facility. The YMCA only closes for Level 3 Emergencies so we do not foresee this being an issue. If however, a player/family feels it is too dangerous to venture out in the weather for practice, they may choose to do so, but are still required to contact their coach. If too many players cannot attend, the coach may be forced to cancel as a result.

Tournament cancellations are handled on a site by site basis for inclement weather. The tournament director will make the call and contact participating teams accordingly.

Tournament dates may not be known until late December. If the options are available, our teams will be entering 1-day tournaments. We will try to schedule tournaments that do not require more than 2-3 hours for travel (most will be much closer) so that players and parents do not have to incur overnight hotel expenses. Each team will be scheduled for 6 regular season tournaments (or 6 tournament playing days if entered into a 2 day event) and the OVR Regional Championships in Columbus for a total of 7 tournaments. Most, but not all, tournaments will be scheduled on Sundays to avoid conflicts with school athletics. We also do look closely at dates of conflict that are listed on the Player Profile sheet, so it is important to list all known conflicts on the form. Typical conflicts may include Spring Break and proms. While it may not be possible to schedule around each individual’s potential conflicts, Xplosion can’t even make the attempt if we are unaware of conflicts.

In addition to avoiding conflicts, when scheduling tournaments, we take a number of other things in to consideration. Obviously, the travel distance to the tournament is an important factor. We also make an attempt to avoid scheduling tournaments on more than two consecutive weekends for each team, if at all possible. We also consider the quality of the facility that is hosting tournaments – there are facilities we have been to in the past that we prefer not to revisit. Additionally, we try to schedule tournaments within different areas of our region in an attempt to make certain we play against a variety of teams.

# 8.0 Club Rules

As a club, Xplosion does not have a lot of rules for our members. Individual coaches and teams can each establish their own rules. General expectations for all members of Xplosion and our supporters include:

1. All members of Xplosion, as well as our supporters, represent Xplosion when we are at practice facilities or tournament facilities. Please represent yourself and Xplosion with class and dignity.
2. Please treat your team mates, coaches, fans, referees, officiating teams, opponents and anyone associated with an event with respect. Treat others as you expect to be treated. If players or their families have any concerns with a tournament official, please make the coach aware of it so it can be handled properly.
3. If there are site specific rules at tournament locations, it is expected that all Xplosion members and their families will abide by those rules (especially pertaining to food and beverage). Please note that the OVR prohibits coolers of any kind at any of their tournament sites.
4. Players and coaches are expected to be at tournament sites a minimum of 30 minutes prior to the scheduled start of the tournament. Coaches have the right to ask players to arrive earlier if the schedule dictates it is appropriate.
5. OVR Tournament formats often require that teams officiate a match after they have finished playing. While only 6 players are needed to perform these duties, each member of the team is expected to remain at the tournament site until all team responsibilities have been fulfilled. Exceptions to this must be granted in advance by the coach.
6. At tournament sites, it is important for the coach to know where players are at all times. Players are to be either at the team “camping” area or around the court they are playing on. No player is to leave a tournament facility without notifying the coach in advance.
7. The time listed for the start of practices is when activities should begin on the court. Players should be dressed and ready to practice at the start of practice, not just strolling into the facility. Individual team coaches will dictate the time players should arrive for setup as players are responsible for setting up and tearing down the net systems and any other equipment. Net systems, whenever possible, should be set up by the start of practice.
8. If players know they will be absent from or tardy to a tournament or a practice, they need to notify the coach as far in advance as possible. Xplosion realizes that things can happen at the relative last minute, so please make certain you have your coach’s cell number with you. Consequences for missing or being late to tournaments or practices are determined by the coach of each team.
9. Anyone who wants to address an issue with the team coach or the club director should ask for a meeting. No discussions or meeting should be held at a tournament site. This rule is expanded upon and explained in the next section of this handbook with the establishment of a Grievance Committee for the club.
10. Meetings to discuss issues with the coach or any other Xplosion staff member will be limited to talking about the player involved in the meeting. It is not appropriate to address other players on the team or within the club.

# 9.0 Due Process/Grievance Procedures

Grievance procedures are addressed with all players and parents at a club meeting that is held in conjunction with the first practice in January. As Director, Kevin will make certain all coaches, players and at least one parent for each player is present at the initial club meeting. Kevin, along with managing partner staff will run the meeting and offer plenty of time for a Q & A session.

Xplosion has setup a Grievance Committee, consisting of 3 members. Dawn Leach, Betsy Brooks and Kevin Sedensky will serve on this committee for the 2020-2021 season.

If an issue concerning playing time, positions or strategy arises, Xplosion insists that the player address it with the coach before any other parties are brought into the discussion. If the issue cannot be resolved between player and coach, then we set up a meeting between the coach and the parent, and we will request that the player be present in this meeting. If the issue cannot be resolved at this level, then the Grievance Committee members will meet with the player, coach and parent and make certain we come to a resolution.

If other types of issues arise, and the player does not feel confident addressing it with the coach, then the player’s parent can initiate the discussion. If the issue can’t be resolved between the parent and the coach, then a meeting with all of the parties will be scheduled to make certain we come to a resolution.

Parents, players and coaches are reminded that emotions can run high at tournament sites, and sometimes even at practices. For this reason, it is Xplosion’s policy that any issues are discussed in pre-arranged meetings, generally at the beginning or end of a practice session. It is unacceptable for a player or parent to confront a coach at a tournament site. We ask that the player or parent call or email the coach and ask to set up a meeting at the next practice. This “cooling off” period lets emotions settle down so a productive discussion can be held. If a parent or player does confront a coach at a tournament site, all Xplosion coaches are instructed to remind the parent or player that now is not the time to have this discussion, but we will arrange a meeting at the next practice.

Please know that the Grievance Committee will work hard to resolve all disputes in an acceptable manner to the player/parent. However, in cases where an agreement cannot be reached by the parties involved, the final decision for all disputes will be made by the Grievance Committee in a voting forum. After a final decision is made by the members, there is no avenue for further appeal. We have the responsibility and authority to make a final decision regarding any disagreements or disputes regarding Xplosion activities.

# 10.0 Club Staff

I, Kevin Sedensky, am the Director of Xplosion Volleyball Club LLC (referred to as Xplosion). I am also a Managing Partner and Coach for our club.

In addition to me, we have an owner and several managing partners for the Xplosion Volleyball Club LLC, who may also serve on the coaching staff as well, for the 2020-2021 season.

* Elizabeth (Betsy) Brooks, Managing Partner & Director of Coaching
* Dawn Leach, Managing Partner & Coach
* Lisa Sedensky, Financial Administrator

Those listed below are the additional Xplosion VBC coaches for the 2020-21 season:

* Sara (VanWert) Chadrick, Coach
* Adam Chadrick, Assistant Coach
* Andrea Ferguson, Coach
* Joe Kuritar, Assistant Coach
* Lori Burton, Coach
* Gracie Hobbs, Assistant Coach
* Cassie Shell, Coach
* Loran Ramsey, Assistant Coach
* Jessica Hadley, Coach
* Casey Beach, Coach
* Marlee Richardson, Coach

Xplosion is very proud of its coaching staff. All coaches within the club have both school volleyball coaching experience as well as club volleyball coaching experience. You can read brief bios for all of staff members by going to our website at [www.xplosionvbc.com](http://www.xplosionvbc.com).

Coaches will be assigned to teams during the tryout process. At the time offers are made, Xplosion will also inform players who the coach of their team is expected to be. A factor that must be considered includes the OHSAA rule that prohibits scholastic coaches from coaching their own athletes.

# 11.0 COVID-19

With the introduction of COVID-19 in March of 2020, the volleyball season was suspended/shutdown by government mandates. In response to this suspended/closure club management took the initiative to calculate funds that could be returned to each family. This included tournaments that were cancelled and unused gym time as practices could not be held. The managing partners took into account sunk costs for uniforms, gym time, tournament costs, fees, and other administrative costs. In the end, we were able to assess refunds for each team and returned that to each family.

Xplosion has every intent of completing the 2021 volleyball season. We are taking precautions in tryouts as well as practices to be as safe as we can and follow CDC safety guidelines. We will work closely with the OVR in response to any formal direction we receive and respond accordingly.

In the event of another suspension or closure due to COVID-19, the club will once again assess where are at in the season and respond accordingly with fair adjustments/refunds.

# APPENDIX

Links to the following Xplosion and OVR documents and forms are provided below. Links to most these forms can also be accessed at Xplosion’s website, [www.xplosionvbc.com](http://www.xplosionvbc.com).

A: OVR Medical History and Release Form

 <https://www.ovr.org/forms/Player_Medical_Release_wo_Notary.pdf>

B: Player’s Bill of Rights

 <https://www.ovr.org/forms/Athletes_Bill_of_Rights.pdf>

C: Xplosion FAQ Page

<https://xplosionvbc.com/faqs>

D: OVR Age/Grade Level Team Definitions

 <https://xplosionvbc.com/age-definitions-per-ovr>

E. 2021 Protocols- COVID-19

<https://xplosionvbc.com/covid-19-protocols>

For any other information pertaining to the Xplosion Volleyball Club, please visit [www.xplosionvbc.com](http://www.xplosionvbc.com), email Kevin Sedenksy, Club Director, at coachkevin4xplosionvbc@gmail.com or for general questions, xplosionvbc2015@gmail.com

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For Ohio Valley Region information, please visit [www.ovr.org](http://www.ovr.org).