

Aces Volleyball Club (AVBC) Player & Parent Handbook

(Updated for the 2025–2026 Season)

ACES MISSION STATEMENT

Our mission is to provide affordable, high-quality training that enables athletes to develop their skills, character, and passion for the game. We strive to create a positive, safe, and challenging environment that encourages athletes to work hard, develop discipline, and compete with confidence while learning the life lessons that sports teach.

We are committed to:

- Building strong players, strong teams, and strong families.
- Fostering respect, teamwork, and perseverance.
- Encouraging players to develop leadership, sportsmanship, and mental toughness.

CLUB PHILOSOPHY

Aces Volleyball supports and upholds all USAV and AAU regulations, codes of conduct, and safe play policies.

We believe in:

- Training athletes to compete at a high level through discipline, consistent effort, and a love for the game.
- Employing coaches who focus on technical skill, mental preparation, and positive growth.
- Instilling confidence and resilience so players can excel on and off the court.

COACHES

All Aces coaches will be USAV and AAU-registered, SafeSport-certified, and background-checked.

Coach Responsibilities:

- Teach proper volleyball technique, fundamentals, and strategy.
- Communicate each player's role clearly.
- Create a positive, disciplined, and growth-focused environment.
- Serve as role models on and off the court.
- Prepare players for competitive situations and foster teamwork and accountability.

COMMITMENT & PRIORITY

The club season runs from November 2025 – June 2026.

- Practices begin in November; first tournaments typically start in January
- Players are expected to attend all scheduled practices, tournaments, and events.
- Family, academics, and faith remain priorities; however, consistent communication with coaches is required for any unavoidable conflicts.
- Unexcused absences can affect playing time and may lead to removal from the program.
- Players are expected to arrive early for practices and tournaments, assist with setup, and come prepared to compete.

REGISTRATION & ELIGIBILITY

The following must be completed before participating in practices or tournaments:

- Signed 2025–2026 Aces Commitment Form
- USAV membership
- AAU membership
- Medical History & Release Form

FINANCIAL COMMITMENT

Your fees cover:

- Gym and facility rentals
- Coaching stipends
- Tournament registration fees
- Uniforms and basic equipment

Your fees don't cover:

- USAV and AAU memberships
- Additional tournaments if decided by the team to join
- Fees accrued by breaking USAV or AAU rules (see parents' expectations)
- Replacement balls (see ball replacement fee)

Once you sign your contract and pay the down payment, you are committed to the season.

- Voluntary withdrawal or removal for rule violations does not relieve families of financial obligations.
- Missed practices or tournaments due to injury, illness, or personal conflicts do not qualify for refunds.
- Athletes with unpaid balances will be ineligible to participate until payments are up to date.

CLUB FEES & PAYMENT SCHEDULE

Total Season Fee: \$2,500

Down Payment: \$300 (non-refundable) due at tryouts after team placement.

Monthly Payment Schedule due on the 15th of each month:

- December – \$200
- January – \$400
- February – \$400
- March – \$400
- April – \$400
- May – \$400

Late Payments: Subject to a \$30 late fee per payment.

Payment plans can be arranged if communicated in advance with the Club Director.

PLAYER EXPECTATIONS

Players represent themselves, their team, their families, and Aces Volleyball at all times.

Players are expected to:

- Attend all practices, tournaments, and events (with timely communication for any excused absences).
- Must attend ref clinics to play
- Be a positive teammate- support and encourage others on and off the court.
- Display strong work ethic, focus, and team pride.
- Show respect for coaches, officials, opponents, and facilities.
- Refrain from using or condoning tobacco, alcohol, or illegal substances.
- Maintain professionalism online and in person—represent the club positively at all times.

PRACTICE GUIDELINES

- Arrive 15 minutes early, dressed in full practice attire (Aces or team-issued shirts).
- Bring a personal water bottle to each session.
- Be mentally prepared and set personal goals for every practice.
- No walking—move with purpose at all times.
- Respect coaches' instructions and avoid distractions during drills.
- Leave the gym cleaner than you found it.

TOURNAMENT GUIDELINES

- Arrive on time with full uniform and proper gear.
- Follow all food, drink, and facility policies.
- Be professional in completing officiating duties.
- Leave the team area clean and organized.
- Players must check in with coaches before leaving the venue.

PLAYING TIME POLICY

- Training opportunities are equal for all athletes.
- Playing time is earned and not guaranteed.
- Factors influencing playing time include attendance, attitude, performance, teamwork, and work ethic.
- Players not on the court are expected to be supportive and engaged—negative body language or attitude will not be tolerated.

PARENT EXPECTATIONS

- Support the team by promoting a positive environment—cheer for your team, not against others.
- Avoid coaching from the sidelines.
- Follow the 24-Hour Rule: wait at least 24 hours after a game before raising concerns with a coach.
- Respect the decisions of coaches and officials.
- Ensure timely transportation and supervision for your athlete.
- Communicate respectfully and directly with coaches and staff.
- Only sit in the spectators' area if your player is playing (even if they are working the match, you must get up and let the playing teams have the area)
- Follow all food, drink, and facility policies. (Not following these rules can lead to a 13-point penalty for our team. If this occurs, a \$200 fee will be applied to your account.)
- No alcohol at practice or in spectator areas at the games. If caught, a \$200 fee will be added to your account.

BALL REPLACEMENT FEE

Due to the number of volleyballs lost or stolen in prior seasons, a Ball Replacement Fee has been added. Each team is issued a set number of balls for the season. It is the responsibility of all players to ensure that the full set is accounted for at the beginning and end of every practice and tournament.

If any balls are lost or stolen, the replacement cost will be divided equally among all players on the team and added to the May fees.

CONFLICT RESOLUTION PROCEDURE

At Aces Volleyball Club, we value open communication and teamwork both on and off the court. If a concern or problem arises, we ask that players or parents first address the issue directly with their coach in a respectful manner. Please allow the coach reasonable time to respond and work toward improving the situation. If, after this step, the issue remains unresolved or additional support is needed, you may contact Miranda, the Club Director, to discuss the matter further. At the beginning of each season, families will also receive a confidential coach review link—accessible only by the Club Director—to provide feedback and help ensure a positive experience for all athletes.

SOCIAL MEDIA & COMMUNICATION

Aces uses social media to highlight teams and players. All families and athletes are expected to represent the club with respect and positivity online.

- Inappropriate or offensive posts, bullying, or harassment will lead to disciplinary action.
- Parents may request in writing to restrict electronic communication between their child and coaches.
- The club follows SafeSport guidelines for all communications.

CLUB RELEASE POLICY

Athletes are committed to Aces for the entire season. Releases will only be granted per regional or AAU regulations.

JERSEY SELECTION

Players need to indicate their desired name on the jersey, top wanted numbers, jersey size, and practice shirt size on the table below.

List the player's top five jersey number requests. Returning players will have first rights to their previous jersey numbers before new numbers are assigned. There will be no duplicate numbers within the same age division, so please note that common numbers will go quickly. To help ensure availability, make sure that at least one of your five choices is an uncommon number. A jersey-sizing chart can be found under the *Forms* section to assist in selecting the correct size.

CONSENT & ACKNOWLEDGMENT

I acknowledge and accept all policies and expectations of Aces Volleyball Club for the 2025-2026 season. Sign and return this page

JERSEY INFORMATION

Name wanted on jersey	Top 5 numbers wanted	Jersey size	Practice shirt size

CONTACT INFORMATION

Parents Name	Number	Email	Address

X _____
Players Name

X _____
Players Signature

X _____
Date

X _____
Parents' Name

X _____
Parents' Signature

X _____
Date