

Shockwave Volleyball Club Parent & Player Handbook

Organization:

The *Shockwave Volleyball Club* was established in Berks County, Pennsylvania in 2013. Our goal is to offer girls in Berks County an affordable option for club volleyball. The Club is a member of AAU Volleyball, and is governed by the rules and regulations of USA Volleyball and AAU Volleyball, the sanctioning bodies for amateur volleyball in the United States. The Club is an independent organization and is not sponsored by or affiliated with any high school.

Mission:

The Club's purpose is to provide cost-effective and competitive teams for its members' who seek to develop their volleyball skills, enhance their school volleyball experience, and further their love of the sport by playing in USA and AAU volleyball events.

Try-outs and selection:

Open gyms start in October and try-outs and team determination take place in November; specific dates depend on the age group. All players must be registered with AAU volleyball at the following website:

www.AAUSports.org (select Get a Membership; Athlete Membership to begin the process). Please register for the regular membership and give your coach a copy of your AAU card. Shockwave's club code is: UJ7RFH697.

*Please note that AAU updated its website and a new log-in is required for returning/renewing players.

There is no guarantee that girls will be on a particular team. Every player who tries has the same chance to make a team. Players who have previously played with the Club are not guaranteed spots in subsequent years. Players may be selected to play on a team that is above their age level but may not play on a team that is below their age level, except in very limited instances where AAU will grant the player an age waiver.

Costs:

For 2025/2026, the club fee will be approximately \$1100.00. (The U11 cost will be different.) This covers team entry fees to approximately 8-10 tournaments (primarily within an hour of Berks County), gym time, two jerseys and a warm-up. *Any overnight accommodations are at the player's expense.

Fees are non-refundable and a \$500 deposit will be due by November 23rd and the balances will be due on or before February 6th, 2026, once all fundraisers are complete. Payment plans can be made with the club director- Cindy Arters, however must be discussed by January 1st. The balance due must be paid in full by February 6th, 2025 or girls will not be allowed to practice/play in tournaments until paid in full. All payments should be made by check made payable to "Shockwave Volleyball Club" and mailed to the Club at 132 Bradley Ave, Sinking Spring, PA 19608. Attn: Cindy Arters, Club Organizer, or turned into a coach at practice. Players will not be issued a jersey until the deposit is paid.

There will be no refunds for any reason. As soon as the membership fee is received, it is used to register the Club, teams and coaches, to order uniforms, to pay for gym rental and enter tournaments. The membership fee is spent long before the player plays in a single tournament. The Club does not make a profit and has no surplus to use for refunding membership fees, even in the event of player injury or a player quitting the team.

Fund Raising:

Please see the parent letter for details on all available fundraisers.

Age Requirements:

*Please see AAU Age Groups under the form section of our website. Players will typically play on teams at their own age levels, however could be moved among teams to experience more challenging competition.

Practices:

The Club expects to hold practices twice a week and will be at one of the following locations: Adamstown YMCA, Atonement Lutheran Church, Cornwall Terrace Elementary School, Grace Church, Greenview Bible Camp, High Point Baptist Academy, Reading SD, Sinking Spring YMCA, Wyomissing Church of the Brethren. Players are expected to attend every practice unless they notify their Coach in advance and are excused. The Coach may refuse to play a player in a tournament if the player has been absent from the prior practice(s) without excuse. For example, a player may be excused for sickness or participation in a varsity school sport. Players must notify the Coach of conflicts as far in advance as possible.

Team Size:

The Club expects that a team will consist of no less than eight and no more than eleven players. If teams are larger than expected, not all players will play in every tournament.

Playing Time:

The Coach(es) will make every effort to offer fair playing time to each team player, however **there is no guarantee that playing time will be equal.** The Coach(es) will make decisions about the line-up, position played and each player's playing time in the best interest of the team. During pool play, the Coach(es) will make reasonable attempts to play every player who has attended practice, is not sick or injured, and is not being disciplined for behavioral or attitude problems. If the team makes the play-offs, the Coach(es) will play those players who give the team the best chance of winning in those particular matches.

Movement between Teams:

The Club may move a player from one team to another or offer a player an opportunity to play with another team for certain tournaments, if it is in the best interest of the program. Reasons for moving a player could include such factors as the loss of a player by another team, positional needs of a team, developmental needs of the player or a team missing players for a tournament.

Tournaments:

Local tournaments are typically held on a Saturday or Sunday, starting in January and running through April or May. A tournament schedule will be given to all players, along with links for directions to the tournament locations.

Many of the local tournaments are within a 75 mile radius of Reading and will require a drive of an hour or more. Tournament play usually starts as early as 8:00 a.m. and play-offs may end as late as 8:00 p.m. Therefore, the player must be prepared to leave very early in the morning and return home late at night. *There is a possibility of one or two overnight tournaments, which is at the coach's discretion and will be communicated in the beginning of the season.

Uniforms:

The membership fee covers the purchase of two uniform jerseys, which will be worn with black spandex shorts (player purchases), and a warm-up. Additional Shockwave items will be available for purchase through an online store at the beginning of the club season. There is no obligation to purchase additional items.

Player Responsibilities:

Players who are offered and accept membership in the Shockwave Volleyball Club are committed to the Club and may not play for another Club for the entire club season. Players are expected to attend every practice or notify the Coach in advance if they are going to be absent. Players should give the Coach at least two weeks' notice if they are unable to attend a tournament.

Players *and* parents are expected to conduct themselves in a mature, responsible manner. Players *and* parents must exhibit a positive attitude and dedication to the club, the coaches, other team members, parents and officials. The Club will not tolerate horseplay, threatening behavior, violence, alcohol, drug or tobacco use, inappropriate sexual behavior, theft or inappropriate or vulgar language. If a player or parent fails to observe these rules, the Club may, in its sole discretion, ban the individual from participation in future events (without a refund in membership fee) or future Club membership.

All players are required to learn to keep score and participate in a scorer's clinic. All players are required to take turns keeping score or calling lines at tournaments. Typically, if the team loses at the end of pool play or in playoffs, the team will be required to work the next match. Players are expected to remain at the tournament until the team is done working, even if the player has worked earlier in the day and is not working that match.

No player should leave until the Coach dismisses the player for the day! No player may have a cell phone or other electronic device when keeping score, judging lines or participating in the work crew for a tournament. Failure to adhere to this rule may cause the team to be sanctioned, which may include a significant monetary fine for the players.

Players are expected to read their e-mail often for announcements, practice and tournament changes, and other important information. Players are also expected to maintain good grades. Volleyball should not be a detriment to academics. Players have a much better chance of getting an academic college scholarship than an athletic scholarship.

Parent Responsibilities:

Parents are asked to keep a positive attitude and dedication to the club, the coaches, other team members, parents, and officials. Please drop off and pick up your player promptly from practices. Practice time is at a premium. Coaches need parent cooperation for them to start/end on time. Have your player arrive early and pick them up when required. Coaches are volunteers. Please respect their time.

Parents are not allowed to assist at practices, without prior approval of the Club Director. Parents should refrain from coaching from the sidelines. Be encouraging and supportive, encourage good sportsmanship, and don't do anything to embarrass your child, the Club or yourself. While everyone likes to win, the goal of team sports is really to improve player skills, bolster player self-esteem, and to teach players lasting values like self-confidence, poise, sportsmanship, and fair play. Please keep this in perspective. **Parental misconduct will be grounds for banning the parent from future attendance at tournaments or banning the player from future membership.**

Parents are also expected to provide transportation to and from practice and tournaments. You should plan to provide food to keep your player properly nourished at tournaments, although most tournaments offer a concession stand.

Parents are expected to read their e-mail often for announcements, practice and tournament changes, and other important information before contacting Coaches or the Club Director with questions. Parents are permitted to "friend" coaches on social media, but players are not allowed to do so unless they are family members.

Injuries or Illness

The Club may request medical documentation from any player who is ill or injured before allowing her to return to practice or to participate in tournaments.

Coaches:

The Club's experienced, dedicated coaching staff is made up of volunteers who have participated in AAU-sanctioned coaching courses and been trained by the Club's Head Coach. All meet the certification requirements of AAU. They will provide instruction that is appropriate based upon the player's age and abilities, with an emphasis on sportsmanship, self-esteem and team spirit.

Player or Parent Concerns:

Please address any concerns or questions about club policies to the Club's Organizer, Cindy Arters at info@shockwavevolleyballclub.com. If asked club policy questions, Coaches will direct parents to the Club Organizer.

Specifically, the procedures to follow if you as a parent or athlete have concerns about the Club's policies or actions are as follows, listed in order:

- 1. The athlete will speak or meet with the coach to discuss the matter. If however the matter remains unsolved, or if the athlete has a reasonable concern that speaking to the coach will not resolve the matter, the parent should speak to the coach and follow the guidelines in step 2.*
- 2. Parents should call the coach on the phone to set a phone conference or meeting. **Meetings may not be held at a tournament or immediately prior to or after a practice.** If a parent approaches any coach during a tournament or before/after practice, we have instructed the coach to refuse to discuss what could be any controversial matter, refer the parent to the Club Organizer, and to walk away from the situation. If the matter remains unsolved, or if the athlete has a reasonable concern that speaking to the coach will not resolve, the parent may speak to the Club Organizer according to step 3.*
- 3. In certain situations, the Club may ask the athlete and/or coach to attend the meeting. Meetings should be previously arranged and will not be scheduled during a tournament. The Club Organizer will not engage in discussions about "coaching decisions."*

If the parents/player still feels that the issue has not been resolved, the player shall:

- 4. Request that a grievance committee be formed. This committee will be comprised of two coaches from two different age level teams, two parents not associated with the player's school, age level and team, and the treasurer of the club. After the parent and coach present their case, the committee will return a verdict that all parties will abide by. The decision of the committee is final.*

Other Policies Regarding Grievance:

- 1. In accordance with AAU regulations, the Club will not tolerate hostile, aggressive confrontations between a parent and any official, coach, athlete or other parent, whether the other party is a member of Shockwave or not. Violation of this policy may result in the athlete being dismissed from the Club without refund.*
- 2. It is inappropriate for an athlete or parent to approach other Shockwave members about a problem the athlete or parent is having with a Shockwave coach, about objections to coaching decisions, or about disagreement with an administrative decision.*

Asking uninvolved people to take sides in an issue is unfair to the third party and to the Club. For the psychological health of the teams and the Club as a whole, grievances need to be handled between the parties involved and in the proper manner.

3. Any member who is approached and asked to listen to or express an opinion about matters between two other parties in the Club is strongly encouraged to refer the complaining party to take the matter up with either the coach in question and/or the Club Organizer.

4. Any member who, as a third party hears remarks or stories about Shockwave, its coaches, or its policies that cause the member to be concerned, is encouraged to contact the coach and/or Club Organizer immediately to determine the facts, or to alert the club administration to a situation of which it may not be aware.

Please refrain from negative comments around your daughter and the other athletes. Young players are vulnerable and impressionable, so complaining about the coach, the coach's style or Shockwave policies have an adverse effect on their performance and/or attitude.

If you, as a parent, are unhappy about something, you should follow the grievance procedure of this guide to resolve the matter.

5. Repetitive complaining to the athlete(s) or third parties that interferes with the Club's efforts to pursue its stated mission and purpose may be justification for a member to be asked to resign, without reimbursement of fees, as determined by the current club director.

The Club understands that, as a parent, your child is your primary concern. The Coach's primary concern is the development of the entire team; the Coach's secondary concern is the development of each of the team's individual players. Consequently, parents and coaches do not always share the same views about the positions played or the amount of playing time a player receives. If your player has a concern about playing time or other issues, she should have a private discussion with the coach. Please allow your player to discuss her concerns first with the coach, without your interference. This is a growth opportunity for your player.

If your player still has a concern, then a parent may address concerns with the Coach, as long as it is done in a respectful manner, at a pre-arranged time, and not during a tournament or a practice. The Club encourages a 24-hour waiting time before reaching out to a Coach. After waiting 24-hours, contact the Coach to arrange an appropriate discussion time. The Coach will be able to explain the reasons for coaching decisions, but please do not expect the Coach to change coaching decisions or playing time simply to please parents or players. Any issues that are not resolved by discussion with the Coach may be submitted in an email directed to the Club Organizer, Cindy Arters at info@shockwavevolleyballclub.com

Shockwave Volleyball Club
Acceptance of Membership and Acknowledgment of Club Policies and Rules

CLUB COPY

Player Name: _____

My signature below acknowledges my receipt of the Shockwave Volleyball Club Rules. It also acknowledges my commitment to the Shockwave Volleyball Club for the 2025-26 club season, and my agreement to abide by the Shockwave Volleyball Club Rules. I understand that if I am playing on a Shockwave team registered to play in AAU events, according to AAU rules, I cannot play for another AAU volleyball club during the 2025-26 club season without the consent of the Shockwave Club Director and the AAU.

Player Signature

Date:

Parent Signature (if player is under age 18)

Date:

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