



Volleyball Club Handbook

www.cincy crushvolleyballclub.com

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Introduction

Cincy Crush Volleyball Club was founded in 2013 by Brian and Shannon Charles. We are proud to offer a competitive volleyball program with outstanding coaching and affordable fees. We are

excited to have you join our “family”. We look forward to an amazing season in which your daughter grows, not only as an athlete on the court but as a fine young lady off the court.

Our Mission Statement

Cincy Crush Volleyball Club, is a 501(c)(3) non-profit organization founded in 2013 by Brian and Shannon Charles. Our mission is to provide exceptional coaching and mentorship to the young ladies in our community, to empower each player to challenge themselves and pursue excellence both on and off the court.

Governing Entities

1) Cincy Crush Club Directors

Cincy Crush Volleyball Club is a Non-Profit club that strives to serve its members, coaches, and community. The Club Director position is to coach, instruct, grow, mediate, and does everything else to make sure Cincy Crush remains one of the top clubs in the tri-state area.

Brian Charles	- Director & Board Treasurer
Shannon Charles	- Director & Board President
Joel Rivas	- Director
Hannah Graves	-Director

<https://cincycrushvolleyballclub.com>

2) Ohio Valley Region

Each member of Cincy Crush Volleyball Club is also a member of the OVR (the Ohio Valley Region), one of the largest regions of Junior Olympic Volleyball in the Nation. The OVR has over 200 clubs and over 1500 teams registered. You can find out more information on the Ohio Valley Region at:

www.ovr.org

3) AAU & JVA Volleyball

AAU Volleyball is proud to have some of the best young athletes competing in volleyball tournaments throughout the country. Cincy Crush teams participate in numerous AAU and JVA events. All of our NATIONAL and some of our AMERICAN players are members of AAU and JVA Volleyball. You can find out additional information about AAU Volleyball at:

<http://www.aauvolleyball.org/>

4) USA Volleyball

Volleyball is a thriving sport that continues to grow in popularity each year. A vast number of schools and recreation teams can be found in communities across the country. USA Volleyball rules and regulations govern all Junior Olympic Volleyball Programs. Every member of Cincy Crush Volleyball Club is a member of USA Volleyball. You can find out more information on USA Volleyball at:

<http://www.usavolleyball.org/>

General Information

USA Volleyball provides the opportunity for girls and boys who want to increase their knowledge, understanding, and skill playing the sport of volleyball.

There are three levels of USA Volleyball juniors' competition in most age groups:

1. Regional.
2. American
3. National

Teams Offered at Cincy Crush:

18 & Under	15 & Under	12 & Under
17 & Under	14 & Under	11 & Under
16 & Under	13 & Under	10 & Under

Tryout Stipulations

- Cincy Crush VBC abides by all USA Volleyball and state high school athletic association rules. Some of these rules are:
- Only 3 athletes from the same OHSAA member school can be on the same team for grades 7–11 in Ohio.
- Seniors do not count against this number.

Note: If this is your first experience with Club volleyball, please note that not all USA Volleyball rules are the same as high school rules.

Before the First Tryout Session

Before stepping out on the floor for the first tryout session athletes must submit the following documents:

- USA Volleyball Tryout Membership Card Register at <https://www.ovr.org/register/register.php>
- USA Volleyball Medical Form <http://www.teamusa.org/USA-Volleyball/Membership/Forms-and-Information>
- Try Out Fee **nonrefundable.*

Checks should be made payable to:

Cincy Crush Volleyball Club

Please mail the fee and required documents along with t-shirt size to:

Cincy Crush Volleyball Club
c/o Shannon Charles
239 Deer Creek Drive
Amelia, Ohio 45102

We try to establish the teams immediately after tryouts. We will announce the names of the athletes accepted to each team and their coach within 3 days of the conclusion of tryouts.

Tryouts

Any athlete from any school is welcome to try out at Cincy Crush VBC. All athletes will wear tryout T-shirts provided by the club. (Please be sure to submit size when registering)

Athletes aspiring to be a part of the Cincy Crush Volleyball Club will first go through a battery of physical tests such as the sprint (20-yard dash), agility run, etc. Next, they are evaluated on skill execution. Athletes will be evaluated on their ability to pass, set, serve, and hit. Finally, they are watched during game situations for their intrinsic traits. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be.

We select athletes based on the following criteria:

- Ability to be trained.
- Willingness to be a team player.
- Athletic ability for volleyball (current and potential)
- Work ethic, drive, & competitive attitude
- Current skill ability, and/or experience.

Following tryouts, the coaching staff will meet to determine which girls will be offered a contract to participate in our program. Athletes will be notified within 3 days of tryouts via our web site. The parents/guardians of each accepted athlete will be asked to accept their offer in the form of an e-mail to the director of the program by midnight on the signing deadline for their age group or the offer *may* be withdrawn. Once you accept the offer, you may not play for any other USA Volleyball juniors' program during this season.

Post Tryouts (Acceptance to Play for Cincy Crush)

After all offer letters are in for each team, a team meeting will be scheduled. This meeting will allow the players and parents to meet the coach(es) and one another. At that time the coach(es) will go over their expectations for the season.

It is requested that the following be submitted following this initial meeting:

- Cincy Crush Registration Form
- Copy of USA Volleyball Membership Card
- USA Volleyball Medical Form
- Signed Cincy Crush Parent/Player Contract
- Signed Waiver and Release of Liability
- Cincy Crush Team Rules signed by Player and Parent
- First Payment

A player will not be able to participate in any team functions unless these items have been received.

Cincy Crush Volleyball Club Fees

Click on the link below for most current fees and what is included.

[FORMS & FEES - Cincy Crush Volleyball Club](#)

10U-18U - Two practices per week with outstanding coaches
National team practices will possibly extend later into the season past OVR Finals depending on tournament schedule.

Gear Included In Fees:

10U-18U - Two practices per week with outstanding coaches
National team practices will possibly extend later into the season past OVR Finals depending on tournament schedule.

2- jerseys (3 for National Teams except 11 National (only 2))

1- Warm up Long Sleeve/ Quarter Zip/Sweatshirt

2- Practice t-shirts

1- Embroidered Backpack

Additional Costs (if applicable):

- If a tournament is over 2 hours away and the coach requests a hotel stay, the hotel Cost for Head Coach for overnight tournaments will be split amongst the team. If it's a two- or three-day tournament and hotel stay is needed, the same applies. The team is responsible for covering up to \$200 per night for the coaches' lodging.
- Each additional day over the allotted tournament days will include the cost of the tournament(s) split amongst the team plus a \$100 daily coaching fee for each additional tournament day.
- If teams want additional tournaments, the tournament cost, coach's hotel cost, and coach's fee will be split amongst the team and collected by the coach or team parent separately in the March/April timeframe.
- ◆ No additional fees for coach's lodging for the planned tournaments for the National teams
- ◆ If a National team qualifies or decides to go to USAV Nationals or AAU Nationals, these costs are not covered with the National Club Fee. The costs for the USAV Nationals or AAU Nationals and coaches' travel & lodging will be split amongst the team as an additional cost.

Payment Schedule:

Payment schedule for 14U-18U:

1st Payment due at signing

2nd Payment due October 1st

3rd Payment due December 1st

Final Payment due February 1st

Payment schedule for 10U-13U:

1st Payment due at signing and/or December 1st.

2nd Payment due January 1st

Final Payment due February 1st.

***Payment must be received in full by Feb 1st in order to participate in practices and tournaments.**

Fees are non-refundable, and you are responsible for paying the entire fee, regardless of any circumstance, once accepted to a team. Fees are non-refundable.

If there is an issue with the payment dates above, contact Shannon Charles directly via email (dizysham@live.com) or cell (513.262.1422) to see if a possible payment plan can be arranged. We are incredibly flexible if you contact us and honor your payment plan schedule.

If payment is not received by the designated date and no arrangement has been made between you and Shannon Charles, your daughter's ability to participate in practices and tournaments will be impacted. [See Rules and Regulations for more information.](#)

Mail all fees, payable to Cincy Crush Volleyball Club to:

Cincy Crush Volleyball Club
C/o Shannon Charles
239 Deer Creek Drive
Amelia, Ohio 45102
Phone: 513-262-1422

Do not give any fee money to the coach. Coaches have been instructed not to accept fees. You may also put fees in black lockbox by the entry way at the facility, in an envelope with players' name. Or you can mail to the above mailing address.

What if My Child Plays Other Sports?

School sports and activities are an integral part of the scholastic experience, and we still make every effort to schedule practices around some of these other activities. However, it is recommended that if an athlete is going to miss a significant number of practices, those families reconsider participation in our program. Missing such a significant amount of time does not make it cost effective for the families and makes it very difficult to build team chemistry and team cohesion at a competitive level. Missing practices will equate to missing playing time. If a player misses a practice before a tournament, the player may expect to sit at least one set of a match. The set can be left up to the coach's discretion. If there are significant absences, the directors will become involved in discussing the consequences. This is not limited to losing playing time, it could result in dismissal.

If an athlete participates in another non-interscholastic sport, we expect them to make Cincy Crush a priority when there is a conflict between the two sports. If a Cincy Crush competition conflicts with another sport competition, the coach and the athlete will decide, on a case-by-case basis, as to which event takes priority. Again, if a Cincy Crush practice is missed before a tournament, the player can expect to miss playing time.

All Cincy Crush teams require dedication on the part of the athlete for the team to be a success. This means that missed practices could result in forfeiture of playing time. Furthermore, an athletes' best performance will occur when they are on the top of their game physically and

mentally. To maintain the body and mind at a peak performance level, an athlete must learn to handle various stresses and deal with the recovery process following workouts. These stresses can be any one or a combination of the following: poor nutrition, illness, fatigue (i.e. lack of sleep), insufficient rest between workout sessions, emotional stress from schoolwork, friends or family situations, or other extracurricular activities.

It is imperative that you take these factors into account when scheduling your time and activities.

Playing Time

We do not guarantee equal playing time on any team or at any event. Cincy Crush has the philosophy that what you pay for is instruction time during practices.

Playing time for athletes is determined by attendance, attitude, effort, performance, the athlete's potential, the team's needs at that moment and is left solely *to the discretion of the Cincy Crush coach* and/or Directors.

The “coaching decision” is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time (see Grievance Procedure).

Substance Policy

Use or sale of alcohol, drugs, and/or tobacco is prohibited. Alcohol consumption by minors (under the age of 21) is prohibited by Ohio law. It is illegal for persons under the age of 18 to purchase tobacco products. Possession of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Thus, use or sale of illegal drugs, alcohol and/or tobacco will result in immediate suspension from the Cincy Crush Volleyball Club.

If a player is suspended for violating the Club’s substance abuse policy, the Club Director will specify the terms of the suspension in writing. Each case will be reviewed individually, and the Club Directors have the authority to suspend the player for the entire season. Repeat violations may result in expulsion from the club.

If a Cincy Crush player is recorded by photo, video or on social media smoking, drinking, or vaping, the player may be suspended or dismissed for the offense.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by the parents and the athlete and must be submitted to the Club Directors within 14 days of the decision.

Rules and Regulations

While representing Cincy Crush Volleyball Club, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with Cincy Crush. We are proud of our image.

Any athlete damaging equipment owned by Cincy Crush or any facility used by the Club during practices, tournaments, or other functions, or at lodging facilities will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the athlete may be dismissed from the Club.

An athlete with a delinquent account during the current season may be denied participation in tournaments or practices until the account is paid or arrangements are made with the Director. The athlete's account must be paid up to date before the athlete is allowed to participate in any tournaments.

In case of inclement weather, check the website for any announcement of practice cancellations. A coach or someone from a phone chain should call your home to notify you of practice cancellations once teams have been established. Check the website frequently for updates.

We strongly encourage athletes who make a Cincy Crush team to take this participation seriously. This means we expect Cincy Crush practices and tournaments to be of the highest priority.

Practice Rules

Coaches determine whether their practices are open or closed. Coaches must get approval from the Director to have closed practices.

Scheduled practice time is *start* time and *not* arrival time. Please plan on arriving at least 15 minutes prior to the start of each practice. There may be a consequence for arriving late to practice and competitions. All athletes are expected to make every effort to attend every practice. Only an illness serious enough to keep the athlete home from school or a genuine family emergency are legitimate excuses for missing practice. Regardless of the reason, if an athlete misses practice, their playing time may be affected. If an athlete cannot be at practice, the *athlete* is expected to call the coach. It is the athlete's responsibility (not the parents') to reach the coach *before* the practice starts.

Practices officially begin in January. If all items identified in the [Post Tryouts \(Acceptance to Play for Cincy Crush\)](#) section are submitted, a team coach may schedule practice as early as November. These practices are not mandatory and there will be no consequences if the player is not able to attend. These non-mandatory practices will not be used as make-up practices for missed Mandatory practices.

Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. They are never to be worn outside! This is to ensure that the shoes last longer and our facility surfaces remain clean and safe.

Backpacks must be hung on the hooks provided, do not leave backpacks on the floor.

Cincy Crush t-shirts are required to be worn at all practices. (Player receives a t-shirt at tryouts and 2 in the players Crush Gear Package)

Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.

Chewing gum at practice or tournaments will be left to the discretion of each coach and should be disposed of properly. If gum is found on the sports court, teams will no longer be allowed to chew gum during practices.

Tournament Rules

All athletes are expected to be in the tournament facility, ready to warm up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. *Earlier is always better.*

Proper conduct is always expected of all members of the Club. This includes athletes, coaches, parents, and fans. This also means treating fans from other teams, other parents, and officials with respect. Facility rules and regulations are to be always obeyed by athletes, spectators, and coaches. Athletes and/or parents are expected to provide transportation for their athletes to and from tournament sites and practices.

If an athlete cannot be at a tournament, the *athlete* is expected to call the coach as soon as the athlete knows they will be absent. It is the athlete's responsibility (not the parent's) to reach the coach *before* the tournament starts. Athletes are not to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

Players are expected to wear Cincy Crush gear to all tournaments. (Warmups are provided in the players Crush Gear Package)

Officiating

Officiating is the shared responsibility of the entire team. All Cincy Crush athletes are required to assist in line judging, scorekeeping, scoreboard, and officiating at each of their tournaments. Each coach will determine a procedure their team will follow for officiating assignments. *Every athlete is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay! The team should all arrive at the same time and all be required to stay until finished and leave at the same time.*

The use of electronic devices by the support officiating crew is prohibited at tournaments hosted by the Ohio Valley Region. The penalty for the guilty team is the loss of 10 points in the first set of their next match, or a fine imposed on the club. The team will not be permitted to

compete until the fine has been paid. Athletes found in violation of this regulation will be assessed a one-match suspension imposed at the discretion of the coach. The family of the offending athlete will be assessed a penalty of \$100 also.

Grievance Procedure

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. Knowing when to communicate and how to communicate with your athlete's coach may be a concern for parents at some time during the season.

Most often the concern is how to inquire about issues surrounding playing time. At Cincy Crush, we encourage the *athletes* to take responsibility for their participation. For this reason, we expect the athlete to talk to the coach first when they have a problem concerning their playing time, or if they are unclear about what the coach expects from them either in practice or competition. The appropriate way to do this is for the athlete to ask the coach what they need to do to get more *opportunities* to play in matches.

Most of the time, the athlete knows why they may not be playing as much as a teammate when the parent may not. Parents can best help their athlete by helping them set some goals to achieve more opportunities.

Coaches have been instructed not to discuss coaching decisions with a parent. These coaching decisions include, but are not limited to specific match decisions, substitution patterns, etc. The coach will not be required to defend his/her thought process or conclusions in the determination of playing time, and it is improper for a parent to request that.

Parents are *never* to confront a coach at a tournament. If you wish to speak with the coach regarding an issue during a tournament, we have a 24-hour policy. You must wait 24 hours to contact the coach, this is to protect you from saying or doing something that could jeopardize your child's position with Cincy Crush.

Specifically, the procedures to follow if you as a parent, or your athlete as a member of a Cincy Crush team, have concerns about Cincy Crush policies or a coach's actions are, in this order:

- *The athlete will speak or meet with the coach to discuss the matter.*
- If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the coach will not resolve the matter, *the parent should speak to or meet with the head coach.* Parents should contact the head coach via phone or email to set up a meeting. Meetings are to be at times and locations other than tournaments. If a coach is approached by a parent during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the Club Director and to walk away from the situation. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice.
- If the matter remains unresolved, or if the parent has reasonable concern that speaking to the coach will not resolve the matter, *the parent may speak to the Head Coach and the Club Director.* In certain situations, Cincy Crush Volleyball Club may ask the athlete

to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament. The Head Coach or the Club Director will not engage in discussions about "coaching decisions."

Other Policies Regarding Grievances

Cincy Crush will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete or other parent is a member of Cincy Crush or not. Violation of this policy may result in the athlete being dismissed from Cincy Crush Volleyball Club *without a refund*.

It is inappropriate for an athlete or a parent to approach other Cincy Crush members about a problem the athlete or parent is having with a Cincy Crush 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. If an athlete or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Club, it is strongly encouraged to refer the complaining party to take the matter up with the coach in question, the Head Coach, and/or the Club Director.

Any member who, as a third party, hears remarks or stories about Cincy Crush, its employees, or its policies, that cause the member to be concerned, is encouraged to contact the Head Coach and/or the Club Director immediately to determine the facts, or to alert the club administration to a situation it may be unaware of. It is detrimental to everyone involved to repeat complaints you hear or overhear to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the truth or the facts of the situation.

Please refrain from negative comments around your athlete or other athletes. Young athletes are vulnerable and if they hear complaining about the coach, the coach's style, or Cincy Crush policies, this can 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.

Social Media Conduct Policy

All players and parents/guardians are expected to represent the club in a respectful and positive manner, both on and off the court. This includes conduct on all social media platforms. Any post, comment, message or shared contact that is deemed harmful, offensive, disrespectful, defamatory or inappropriate-whether directed at teammates, coaches, opponents, officials, or the club itself, will not be tolerated.

Violating of this policy will result in disciplinary action at the sole discretion of the Club Directors. This may include, but is not limited to, warnings, suspension from practices or games, or removal from the team without a refund.

We encourage all players and families to promote a culture of respect, inclusion and sportsmanship online and in person. When you sign/signed your Cincy Crush Waiver, both player and parent/guardian acknowledge and agree to abide by this policy.

Director's Discretion

We allow our coaches to coach in a way that works best for them. We encourage our coaches to be true to themselves, their coaching styles and unique. We support our coaches in their line-up decisions, their coaching formats, and consequences. However, as Directors, if we feel at any time things are not working for a specific team, we will step in and make changes that we feel are best for the team and the club.

Fund Raising

Cincy Crush holds an annual fundraising event that consists of a sand volleyball lottery. Each team is expected to donate a basket that will be raffled off the night of the tournament. The funds raised from this event aid in the purchasing of additional gym equipment, financial aid scholarships, and club expenses.

CRUSH ON THREE...