

# Capital Homeschool Athletic Program



## Handbook

As of 21 April 2026

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## Mission, Core Values and Eligibility

**Mission.** CHAP Volleyball exists to glorify God through competitive volleyball by developing homeschool athletes of character, skill, and teamwork in a Christ-centered environment. Our volunteer-led structure is designed to distribute responsibilities across a leadership team, ensuring sustainability, accountability, and excellence on and off the court.

**Core Values.** These values guide our decisions, shape our expectations, and inform how we interact as athletes, coaches, and families throughout the season.

- *Faith First:* We play to glorify God and demonstrate Christ-like behavior. [Matthew 6:33]
- *Respect Always:* We treat teammates, coaches, officials, opponents, and families with dignity and kindness. [Romans 12:10]
- *Team Unity:* We support one another and the CHAP Volleyball community. [Philippians 2:2]
- *Gratitude and Grace:* We appreciate all of our volunteers, including our volunteer coaches, and show grace in all situations. [1 Thessalonians 5:11]
- *Excellence:* We give our best in every drill, every play, and every interaction, honoring God through our effort and attitude. [1 Corinthians 10:31]

**Eligibility.** CHAP Volleyball is a homeschool athletic program and seeks to align eligibility requirements with those of the National Christian Homeschool Volleyball Championships (NCHVC). To be eligible to participate, athletes must meet the following criteria.

Homeschool Status. Athletes must be part of a parent-directed homeschool during the academic year of participation. Homeschooling includes education directed by a parent or legal guardian, who retains primary responsibility for curriculum and instruction. Students enrolled full-time in a public, private, or charter school are not eligible. Athletes must be continuously homeschooled during the academic year of participation. Athletes who begin the year enrolled in a traditional school setting may be subject to eligibility restrictions unless a hardship exception applies.

### Administrative & Program Participation Requirements.

- Athletes must meet age requirements for their division based on their age as of August 1 of the current season, consistent with NCHVC guidelines.
- A player is only eligible to play in the gender division that aligns with their biological sex at birth, as recorded on the original birth certificate.
- Players must reside within a 100-mile radius of the Lansing City Arena.
- Players must not have completed high school coursework, received a high school diploma, or participated in a high school graduation ceremony.
- Players must not be playing on any other public school, private school, or club sports team in the same sport during the current sports season.
- Participation in CHAP Volleyball requires completion of all registration materials and agreement to abide by CHAP policies, codes of conduct, and expectations.
- Final eligibility determinations are made by the CHAP Leadership Team. CHAP reserves the right to limit participation based on eligibility, program capacity, or safety considerations.
- Prior to tryouts, CHAP Volleyball requires at least one parent to participate in a Parent Orientation. Participation (in person or via an approved alternative) is required for eligibility.

## Season Structure & Rules of Play

**Season Structure & Schedule.** CHAP Volleyball competes in the fall, with the Lansing City Arena serving as our primary home gym. While specific schedules vary by team and facility availability, the program generally follows this structure:

June: Tryouts (following Summer Camp)

August: Pre-season practices begin

- All teams: Monday & Thursday afternoons
- JV & Varsity: typically an additional practice day, usually Tuesday

September–Late October: Regular season competition

- Most teams continue Monday/Thursday practices
- Away games: Typically Tuesday afternoons/evenings (usually within 60 minutes of Lansing; occasional travel up to 90 minutes)
- Home games: Most often Friday afternoons/evenings

**Tournaments.** All CHAP teams participate in tournaments throughout the season, including the Michigan Homeschool State Volleyball Tournament in late October. In total, families can generally expect:

- 12U Teams: 1-2 tournaments
- 14U Teams: 3-4 tournaments
- JV Teams: 4-5 tournaments
- Varsity Teams: 5-7 tournaments, including the National Christian Homeschool Volleyball Championship held in mid-October in Kansas.

**Optional. Off-Season Development Opportunities.** CHAP Volleyball typically offers Spring Training in April and Summer Training in June, prior to tryouts. Depending on gym and coach availability, the program may also offer winter open gyms or clinics and a men's spring season.

**Rules of Play.** All CHAP Volleyball teams use regulation equipment and follow standard match formats consistent with MHSAA guidelines. Women's teams play with the NFHS regulation net height of 7 ft 4 1/8 in, and men's teams use the regulation net height of 7 ft 11 5/8 in. All divisions use full-weight regulation volleyballs; Volley-Lite balls are not permitted. Rally scoring is used at all levels.

**Match Format & Scoring.** Varsity teams play a best-of-five match format. Sets 1–4 are played to 25 points and must be won by two points. If a fifth set is required, it is played to 15 points and must be won by two points. All other CHAP teams play a best-of-three format. Sets 1 and 2 are played to 25 points and must be won by two points. If needed, the deciding third set is played to 15 points.

**Accommodations for Elementary Teams:** For CHAP-hosted regular-season games, age-appropriate serving accommodations are used to support development and game flow. Underhand servers may step in front of the serving line without penalty, while overhand servers must serve from behind the line. After five successful serves by an individual server, the team rotates without losing the serve. CHAP coaches are responsible for reviewing these accommodations with referees and visiting coaches prior to play. Accommodation rules may vary by program; for away games, elementary-level coaches must confirm and should follow the home program's guidelines.

## Skill Set Goals

CHAP Volleyball's skill goals are intended to guide development at each age level. Athletes grow at different rates, and these goals are not checklists, but general targets to support teaching, learning, and progression. Skill development is rarely linear; our focus is steady improvement, strong fundamentals, growing volleyball IQ, and character development within a Christ-centered team environment. Players at all levels will participate in weekly, team-based devotionals that are biblically grounded and designed to support spiritual growth, character development, and team unity.

12U Skill Goals. Building foundations, confidence, and love for the game.

- Develop basic skills in passing, setting, serving, and hitting.
- Improve footwork, court awareness, and understanding of rotation and scoring.
- Serve underhand consistently; begin learning overhand serve.
- Communicate positively and demonstrate teamwork and sportsmanship.

14U Skill Goals. Refining fundamentals and introducing system play.

- Improve control in passing, setting, hitting, and serving.
- Learn blocking, transition footwork, and purposeful movement.
- Begin positional development (setter, hitter, defensive specialist).
- Run simple offensive systems and call basic plays.
- Serve overhand consistently.
- Communicate consistently and take responsibility for assigned roles.

16U Skill Goals. Consistency, positional growth, and tactical understanding.

- Execute core skills with confidence and consistency.
- Develop strength in one or more primary positions.
- Run a full offensive system with growing awareness.
- Execute targeted serving and smarter attacking.
- Demonstrate leadership, work ethic, and clear communication.

18U Skill Goals. Competitive excellence and volleyball intelligence.

- Demonstrate advanced skill proficiency and positional mastery.
- Execute offensive and defensive systems with consistency and discipline.
- Make strategic adjustments based on opponent tendencies and game flow.
- Serve and attack with intentional, situational awareness.
- Lead vocally and visibly on the court, communicating clearly and confidently while maintaining composure under pressure.

## **Team Placements & Playing Time Guidelines**

### **Tryouts, Team Placements & Coach Selection.**

Tryouts. CHAP Volleyball conducts annual tryouts each June to evaluate athletes for the upcoming season. Tryouts help coaches assess each athlete's current skill level, potential for growth, commitment, and readiness for age-appropriate team systems and competition.

Athletes should attend tryouts for their appropriate age group unless they competed on an older team the previous season, in which case they should attend tryouts for that level. CHAP follows a "fresh start every year" approach: athletes must try out annually, with no expectation of placement on the same team as the prior year.

CHAP publishes the tryout schedule at least 90 days in advance. Families unable to attend due to illness, injury, or travel should notify the CHAP Leadership Team as early as possible. With advance communication, reasonable accommodations may be offered, such as an alternate evaluation or use of prior-season information. When no evaluation is possible, placement may be limited and based on available roster space and the information available.

Team Placements. Placement is a collaborative process that is led by CHAP's coaching staff and is overseen by the CHAP Leadership Team. Following tryouts, leadership and coaches review evaluations and determine placements based on:

- demonstrated skills and volleyball IQ
- attitude, effort, and coachability
- athletic potential and progress
- positional needs and team balance
- readiness for the level of play

The goal is to place each athlete where they can develop, contribute, and be appropriately challenged in a healthy team environment. Because team numbers are limited by gym space, competition availability, and roster sizes, placement cannot be guaranteed for every athlete. CHAP works to include as many players as possible while maintaining effective team sizes.

All placement decisions are finalized by CHAP leadership following a collaborative, prayerful review process before any player invitations are extended. Invitations are extended in a staged format. Varsity invitations are offered first and must be accepted or declined within 24 hours. Junior Varsity and additional team placements follow until rosters are filled.

Coach Selection & Expectations. All prospective coaches must complete the required CHAP coach application, including references, prior to tryouts. Following tryouts, the CHAP Leadership Team selects and offers head coach and assistant coach positions based on volleyball knowledge, coaching ability, alignment with CHAP values, availability and commitment, and overall fit for the age group and team. All coaching positions are one-year terms. Experience within the program is valued but does not determine coaching assignments. While many parent volunteers coach teams on which their own child plays, child placement does not guarantee assignment as a coach.

CHAP coaches are expected to model Christ-centered character, sportsmanship, and respect. In addition to teaching the game, coaches serve as mentors, modeling character, integrity, and values rooted in faith as they lead and develop their athletes. Coaches are responsible for providing instruction that supports skill development, developmentally appropriate participation, and a

positive team environment. Coaches must follow CHAP policies, communicate appropriately, and work collaboratively with league leadership. Only coaches formally selected and approved by CHAP may provide instruction or sit on the team bench.

Post-Season Feedback. At the conclusion of each season, families may be invited to participate in a post-season feedback process focused on program experience, team environment, communication, and leadership practices. Feedback is reviewed by the CHAP Leadership Team to identify general strengths, recurring themes, and opportunities for growth. Individual responses are kept confidential and are not used to adjudicate disputes.

**CHAP Playing Time Guidelines.** Playing time is not the primary measure of a player's value or progress. Playing time is influenced by multiple factors, including skill development, attitude, attendance, teamwork, positional needs, and game situations. CHAP coaches are given flexibility to make decisions based on what is best for the team and for each athlete's growth.

Elementary / 12U. At the elementary level, the focus is on fundamentals, confidence, and developing a love for the game. Coaches work to provide all players meaningful opportunities to learn and participate; however, playing time will not always be exactly equal in every match. Planned rotations, teaching moments, position needs, and skill readiness may influence decisions. Some variation is normal as players develop comfort with skills and positions, with an emphasis on long-term growth rather than equal minutes.

Junior High / 14U. At the junior high level, playing time varies as athletes begin learning positions and offensive systems. Less experienced teams may see broader participation, while more advanced teams, particularly those running structured systems, will have playing time influenced by readiness, effort, attitude, and positional needs. All athletes will have opportunities to develop, though not always in equal amounts or in every match.

Junior Varsity / 16U. At the junior varsity level, team systems, positional responsibilities, and the competitive nature of matches play a greater role in playing-time decisions. Coaches balance development with team needs, considering each athlete's growth, effort, and readiness. All athletes are expected to participate during the season, though playing time in matches will vary.

Varsity / 18U. Varsity is CHAP's most competitive level. Coaches aim to field the strongest lineups for team success, and playing time will not be equal. Minutes may vary significantly based on positional needs, match situations, and program goals. At this level, coaches continue to value respectful attitudes, effort, teamwork, and steady improvement.

## **Player & Parent Commitments, Code of Conduct & Resolving Concerns**

**Player & Parent Commitments / Code of Conduct.** CHAP Volleyball is committed to fostering a Christ-centered environment marked by respect, accountability, and unity. Participation in CHAP requires both athletes and parents to uphold the commitments below.

Player Commitments: CHAP athletes are expected to:

- Give their best effort in practices, games, and tournaments
- Be respectful, encouraging, teachable, and receptive to coaching
- Accept coaching decisions with maturity and grace
- Communicate responsibly and respectfully
- Represent CHAP and Christ well through words, actions, attitudes, and online conduct
- Arrive on time and prepared to participate
- Communicate absences in advance
- Participate in team duties and remain until responsibilities are complete

Player Accountability: CHAP holds athletes to high standards of sportsmanship, respect, and conduct consistent with the values of the program. When behavior falls outside the Code of Conduct, the following process is used:

1. *Coach Address.* When a concern arises, the coach addresses the issue directly with the athlete, typically in a private setting, to provide instruction, correction, and clear expectations. CHAP Coaches have discretion to apply corrective measures appropriate to the situation, including adjustments to playing time, conditioning, practice responsibilities, or temporary removal from competition. All actions are taken with the intent of promoting growth, accountability, and a healthy team culture.
2. *Parent Involvement.* If the behavior continues, escalates, or involves a more serious concern, the coach will contact the parents to discuss the situation, the steps already taken, and next steps for supporting the athlete's growth and accountability.
3. *Leadership Involvement.* If the issue persists or warrants further review, the coach will refer the matter to the CHAP Leadership Team. The Leadership Team will meet with the family and coaching staff to prayerfully determine appropriate actions, which may include additional accountability measures or program-level decisions. Outcomes will be clearly communicated with the goal of restoration, clarity, and alignment with CHAP's mission.

Parent Commitments: CHAP parents are expected to:

- Support their athlete and team with positivity and encouragement
- Respect the time, role, and decisions of volunteer coaches
- Avoid sideline coaching and refrain from criticizing players or officials
- Follow CHAP's established communication process for questions or concerns
- Model Christ-like behavior in person, in conversation, and online
- Serve in assigned team-level and program-level volunteer roles throughout the season

Parent Participation / Volunteering. CHAP Volleyball is a nonprofit, volunteer-run program and depends on the active participation of every CHAP family to operate successfully.

**Team-Level Volunteer Roles:** Each team requires a Team Parent, who assists with coordinating required volunteers and supporting communication between the coach and families. In addition, every game requires parent volunteers to serve as line judges, scorekeeper, and scorebook. CHAP provides annual scorebook training, and parents are strongly encouraged to learn scorekeeping early in their athlete's volleyball experience.

Program Level Volunteer Roles: Beyond team responsibilities, CHAP families are expected to contribute to program-level roles such as admissions, concessions, and facility set-up and clean-up. Families will have the opportunity to select volunteer roles that best fit their availability. Any remaining unfilled roles will be assigned as evenly as possible across participating families to ensure shared responsibility.

**Serious Misconduct Policy:** CHAP Volleyball expects players, parents, and coaches to uphold the program's standards of conduct, sportsmanship, and Christ-centered behavior. The following behaviors are considered serious violations of CHAP's Code of Conduct and may result in immediate dismissal from CHAP Volleyball, at the discretion of the CHAP Leadership Team.

- Malicious gossip, slander, or divisive speech or actions that undermine team unity, leadership authority, or trust within the program
- Fighting or physical or verbal aggression
- Insubordination toward coaches, officials, or volunteers
- Obscene language or gestures
- Theft or intentional destruction of property
- Use or possession of drugs, alcohol, tobacco, or other controlled substances

When determining appropriate consequences, CHAP Leadership will prayerfully consider the nature, severity, frequency, and pattern of behavior, including the individual's response to prior communication and corrective efforts. Because CHAP is a family-based program, misconduct by a parent or guardian may impact a family's continued participation. CHAP Leadership reserves the right to take action to protect team unity, volunteer leadership, and overall health of the program.

**Resolving Concerns.** CHAP seeks to address concerns in a manner that is Christ-centered, respectful, and restorative. In keeping with the biblical model outlined in Matthew 18:15–17, the following process applies to all concerns involving players, parents, coaches, or volunteers:

1. *Direct Conversation.* Concerns should first be addressed privately and respectfully between the individuals involved, at an appropriate time (not during or immediately after games). A 24-hour reflection period is encouraged before initiating these conversations.
2. *Add Support if Needed.* If the concern remains unresolved, one or two neutral individuals (such as an assistant coach or CHAP representative) may be invited to help facilitate constructive communication.
3. *Leadership Involvement.* If resolution is still not reached, the CHAP Leadership Team should be contacted at [chapchariotsvball@gmail.com](mailto:chapchariotsvball@gmail.com). Leadership will listen, gather perspective, and prayerfully guide next steps. Decisions will be communicated clearly and promptly.

**Our Commitment to Unity.** To protect trust and unity, concerns should be brought directly to the appropriate person or leader rather than discussed with others. Side conversations, even when well-intended, can quickly become gossip and harm relationships. This process exists to ensure concerns are addressed with clarity, consistency, and care for everyone involved.

## Dress Code and Uniform Policies

**Dress Code:** CHAP Volleyball maintains a modest, safety-centered dress code. Athletes are expected to wear appropriate athletic attire that aligns with CHAP's values and supports safe movement.

- Shorts must be modest in length (minimum of 3" inseam). Spandex shorts may not be worn as outerwear.
- Shirts must fully cover the midsection and undergarments at all times, including during jumping and reaching. Sleeveless shirts are permitted provided they meet these coverage guidelines. Tank tops, racerback styles, and tops with low-cut necklines or oversized arm openings are not permitted.
- Clothing may not be sheer, revealing, or excessively tight.
- Athletes must wear athletic shoes with non-marking soles.
- Kneepads are recommended; elbow pads are optional and permitted.
- Jewelry is not permitted for safety reasons, with the exception of stud-style earrings.
- Coaches may ask a player to change or adjust attire before participating. If appropriate clothing is not available, the athlete may be unable to participate in that session.

**Uniforms:** During scrimmages, games, and tournaments, athletes should wear black shorts or ankle-length leggings that comply with CHAP's Dress Code.

- Elementary Teams (12U, 10U) and Junior High Teams (14U) are provided a jersey for the season that must be returned.
- Junior Varsity and Varsity players will purchase a personalized jersey.

## **Administrative Policies & Guidelines**

**Facility Guidelines.** CHAP Volleyball is grateful for the opportunity to use the Lansing City Arena (LCA) as our home gym. Because our program depends on this partnership, all athletes, parents, and siblings are expected to treat the facility with care and follow the guidelines below. All participants must treat courts, nets, poles, bleachers, restrooms, lobby areas, and surrounding spaces respectfully. Facility features—such as the ceiling-to-floor safety nets along walkways—are part of LCA's permanent setup and may not be moved, adjusted, tied, or tampered with.

Restricted Access Areas: For safety and facility protection, the following areas are off-limits unless expressly approved through the CHAP Leadership Team or Facility Coordinator:

- Cafe area
- Storage areas behind the bleachers
- Any non-CHAP storage rooms or non-designated spaces
- Facility AV equipment (must not be touched or operated without express permission)

Facility Equipment Care. LCA provides essential court equipment, including poles, nets, antennas, and pole pads. Set-up and tear-down must be overseen by CHAP Leadership or coaching staff to ensure safety and compliance with facility policies. CHAP supplies its own volleyballs and ball carts, which must be used responsibly and returned neatly to designated storage areas. Volleyballs may not go behind the ceiling-to-floor safety nets due to sensitive audiovisual equipment. Any damaged or malfunctioning equipment, facility-owned or CHAP-owned, should be reported to a coach promptly.

### **Communication & Media Policy.**

SportsEngine. CHAP Volleyball uses the SportsEngine app as the primary platform for in-season communication. Game schedules, updates, announcements, and team messages are posted through SportsEngine, and families are expected to check the app regularly throughout the season.

Email. Email is used for program-level communication and non-scheduling announcements. For administrative questions, program-wide concerns, or matters that extend beyond the team level, families may contact CHAP Leadership at [chapchariotsvball@gmail.com](mailto:chapchariotsvball@gmail.com).

### Social Media & Media Use.

CHAP Volleyball uses social media and other digital platforms to share program updates, celebrate athletes, highlight team experiences, and promote CHAP Volleyball within the community. Athlete photo and video preferences will be collected during registration, and CHAP will honor each family's selected media preference and make every reasonable effort to ensure those preferences are followed.

### **Transportation, Arrival & Departure.**

Transportation. Families are responsible for arranging transportation to and from all CHAP practices, games, and events. Coaches and volunteers may transport athletes only with explicit prior permission from the athlete's parent or guardian.

Arrival & Departure. Athletes must arrive to practices early enough that they are dressed and ready to begin promptly at practice start time. Athletes must arrive 30–45 minutes prior to scheduled game time, at the coach’s discretion. Parents are responsible for ensuring athletes are picked up promptly at the conclusion of activities. While coaches will remain with athletes until they are picked up, they are not able to provide extended supervision once practices or games have ended.

**Safety & Medical Policies.** All athletes must have a completed CHAP Volleyball Waiver & Release of Liability on file before participating. This waiver outlines the inherent risks of athletic activity and provides emergency contact information. Coaches carry basic first-aid kits at practices and games and may provide simple care such as ice, bandages, and rest. Coaches do not diagnose injuries or administer medication. When an injury occurs, coaches will stop activity, assess the situation, and contact parents if the athlete cannot continue or if the injury appears more serious. In an emergency, coaches will call 911 and then notify the family.

## **Fees, Payment & Fundraising**

**Fees & Payment Expectations.** CHAP Volleyball is a nonprofit, volunteer-run program. Player fees cover facility rental, equipment, tournament entry fees, officials, insurance, and operational expenses. All leadership and coaching positions are volunteer.

Season fees vary by team level based on program costs and tournament participation. Current season fees are announced prior to tryouts. Recent averages for planning purposes:

- Women's Varsity: \$430
- Men's Varsity: \$330
- Junior Varsity: \$330
- 14U: \$230
- 12U: \$180

### Season Fees & Payment:

- Full payment or a minimum 50% deposit is due at the time of registration and acceptance of team placement.
- The remaining 50% is due prior to the first official practice.

Families anticipating difficulty meeting a payment deadline must submit a written request to the Finance Director prior to the due date, including a proposed payment date. Approval is not automatic. If an extension is granted:

- Participation may continue on a conditional basis.
- The full balance must be paid by the approved date.
- If the account is not brought current by the approved date, the athlete will pause participation until the account is resolved.
- These expectations apply to all CHAP Volleyball activities (season, camps, etc.) unless otherwise stated in writing.

Refunds & Withdrawals: A 50% registration deposit is required to secure a roster position and is non-refundable. Once the first official practice has taken place, no refunds will be issued. If a family withdraws before the first official practice, the following applies:

- Families who paid only the 50% deposit will owe no additional payments.
- Families who paid the full season fee at registration will receive a refund of the remaining 50%.

### Uniform & Travel Costs:

- Uniform costs for JV and Varsity (two personalized jerseys) are approximately \$60 per jersey and are separate from season fees.
- Travel expenses (lodging, transportation, meals) are the responsibility of each family.

Team-Level Fundraising: Teams may organize fundraising efforts to offset shared travel expenses, such as Nationals. To ensure alignment with CHAP's mission, sponsorship commitments, and program planning, all team-level fundraising must be approved in advance by the CHAP Leadership Team.

When fundraising occurs at CHAP events or under the CHAP name, proceeds must benefit the team as a whole and be applied to shared team expenses or overall travel costs. Individual fundraising may be pursued independently but may not be represented as official CHAP fundraising.

These guidelines support unity, fairness, and wise stewardship within the program.