



**Virginia Wave Volleyball
(VA Wave)
Club Handbook
2025-2026 Season**

I. Introduction

Mission

Growing the sport of youth volleyball, fostering goodwill and sportsmanship in a supportive, fun, and respectful manner. Promoting an inclusive environment and providing an opportunity for all athletes to participate in youth travel volleyball programs through affordable options regardless of background or skill level.

Vision

To instill a life-long passion for the sport in a positive environment, inspiring athletes to reach their highest potential both on and off the court while teaching essential life skills of teamwork, problem solving, communication, and failing forward.

About Us

Virginia Wave Volleyball is a youth sports club organization and a member USA Volleyball, AAU, and JVA . Our goal is to develop youth volleyball athletes on the Virginia Peninsula into strong, technically sound players who possess a love for the sport. Our coaching staff is composed of both active and retired athletes and educators--all strongly versed in volleyball and bring many specializations to assist in the development of athletes.

VA Wave has achieved unparalleled success employing a combination of low-cost and differentiation initiatives providing the best value in the local market by:

- Commitment to and capability to train its athletes at a consistently high level.
- Developing a culture and reputation that everyone wants to be a part of
- Significant cost advantage
- Attracting quality coaches for every level
- Augmenting volleyball specific training with strength and conditioning and sports performance

Our Values

Accessible – All questions are welcomed and encouraged. We treat all members like family.

Accountable – Clear in our expectations, what, how and why we operate.

Professional – VA Wave representatives will conduct themselves in a manner that demonstrates the highest level of integrity and respect.

Enjoyable – Participating in Va Wave will enhance the athlete’s natural love of the sport, focus on fun, and will have them excited to train leading to improved performance.

Leadership Team

Board of Directors

Clarence Hucks, Board President

Dee Maynard, Treasurer

Nero Tagalao, Secretary

Daniell Rodier, Member at Large

Casey Jenkins, Member at Large

Staff

Greg Maynard, Club Director

Mary Kylander, Assistant Club Director

II. Expectations

We want to make you aware of the responsibilities that come with participation and let you know what VA Wave will provide in return. We know that your commitment to a VA Wave team will expose you to high quality volleyball, provide you with valuable educational experience, and allow you to develop lifelong friendships.

What you can expect from VA Wave:

- A diverse staff of experienced coaches comprised of current and former coaches and competitors at the club, high school, college, and international level. All our coaches are committed to growing the youth volleyball program throughout the Hampton Roads community, making volleyball accessible and inclusive for athletes of all abilities and backgrounds. Some coaches may be new to VA Wave; however, every coach has been hand selected by the club leadership and is committed to VA Wave athletes and families.
 - Coaches will model the type of behavior expected of athletes. Lead by example by demonstrating fair play, a growth mindset, sportsmanship, and enthusiasm to all players.
 - Coaches will communicate regularly and extensively with players and parents about all practices, tournaments and expectations for the team to run successfully.
 - Coaches will be prepared for every practice, planning and organizing practice that maximize learning and keep it fun and challenging for all players games, etc.
 - Coaches will hold athletes accountable for their actions and help them learn from mistakes.
 - Coaches will set high expectations for their team and the individual players on the team.
- Training and Fitness: VA Wave has a sports performance trainer that will work with athletes of all ages throughout the season. Sports performance includes developing power, strength, agility, quickness, as well as better nutritional habits.
- More than Volleyball: Playing volleyball provides players with opportunities to develop skills in communication and team building. Athletes also learn to treat other competitors with respect, manage time effectively, and develop confidence to succeed in leadership roles of all types.
- Practices: Teams will generally practice two to three times a week. Gym availability may prevent having practice three times a week.
 - If practice is cancelled, the coach will notify everyone as soon as possible through the club's communication tool(s).
- Club Fees Cover the Following Expenses:
 - Tournament Registration and Fees
 - Staff and Coach pay.
 - Coach's hotels and travel for overnight or out of town tournaments
 - Facility costs, insurance, maintenance
 - Volleyballs, carts, training equipment, nets
 - Court time for practice
 - Recruiting Information & assistance with college communication.
 - Administration Fees
 - Sports Performance Equipment – Med balls, resistance bands, etc.,
 - Scholarships
 - Hudl

What we expect of our Athletes

- Discipline: Education comes first as every athlete is a student first and athlete second, and we expect each athlete to plan and budget their time wisely as learning this now prepares them for future endeavors. With practices totaling just four-six hours per week, athletes must manage their schedules effectively to prioritize VA Wave events. Staying on top of academic responsibilities is a key expectation for all players.
- Practices: Players are expected to be present at every practice, but VA Wave understands that athletes play other school sports and have mandatory school events could be scheduled after practice and tournament schedules are set. Failure to attend practice may affect playing time.
 - The only excused absences would be illness that keeps the athlete home from school, a genuine family emergency, or a mandatory school event. All extracurricular activities need to be scheduled around the practices. Unexcused absences include but not limited to attending social events like concerts or birthday parties or skipping practice due to fatigue. (A doctor's note may be requested by the club if the athlete's absence is an issue.)
 - An injured athlete who can attend school is expected to attend team practice, even if they cannot physically participate. This policy is to offer support to her team as well as to assist the coach in practice.
 - We REQUIRE all athletes to wear their designated practice shirt to ALL practices.
 - Arrive at practice early! The scheduled time is the start time for practice, not the arrival time. A good habit is to arrive 20 minutes early to allow equipment to be put on properly, stretching, and mental preparedness to be completed no later than 5 minutes prior to practice start time.
 - Athletes are expected to assist coaches with set up and tear down of practice equipment and facility demands.
 - Athletes are expected to work hard at every practice and be respectful of the learning environment.
 - It is an athlete's responsibility to communicate in advance with their coach if an athlete cannot make it to practice for any reason.
 - Athletes must be "coachable" and be ready to adapt to new techniques and training methods determined by the coach.
 - Cell phones are to be put away during practice time.
- Being a member of VA Wave is both a responsibility and a privilege. The possession or use of any controlled substances, alcohol, or tobacco products by an athlete is strictly prohibited and will not be tolerated. If any such incident occurs, VA Wave's Club Directors reserve the right to remove the player from the team immediately.
- All athletes need to complete the online R1, R2, line judge, libero tracking and score keeping courses assigned by the coach before their first tournament.

III. Financial Commitment

Once I accepted a position to play with VA Wave, I understand that I am responsible for all fees associated with the team my athlete has been assigned to. The fees will include but not limited to coach's stipend and travel, tournament fees, facility fees, administration and office fees, and equipment.

A non-refundable financial commitment is required by each player selected to play on a VA Wave team. A deposit amount on contract signing day, with the balance due in monthly payments as detailed in the legally binding contract. Upon accepting this financial commitment, I understand that I am fully responsible for all fees that will be due to allow my athlete to play on the team. I also understand that I am fully responsible for the entire budgeted amount for my athlete since I have accepted my athlete's position and have signed the team contract. Fees can be paid in full or on a monthly basis. A deposit must be made upon signing the contract and payments will be dispersed over 9 months starting on September 1st. All fees are non-refundable except in the case of a military transfer or a season ending injury. A written request will need to be sent to the Virginia Wave Volleyball Club Director stating reason for a refund is needed. Only remaining practice and tournament fees will be refunded.

IV. Fundraising and Sponsorship

A.) Fundraising

It is our goal at VA Wave to be able to provide the opportunity for girls and boys to have the ability to learn and play the game of volleyball. We will have one mandatory club fundraiser the end of January which will be setting up and breaking down for the Mid-Atlantic Power League Tournament (MAPL) at the Hampton Convention Center. Families and athletes are welcome to do individual fundraising or do team fundraising to help reduce their fees. We are open to all fundraising suggestions and ideas!

B.) Sponsorship

In order to maintain our affordability and deliver on VA Wave's commitment to making volleyball more accessible, we are pursuing sponsorships that have a firsthand impact in our community. We realize that high-performance travel volleyball can be expensive and unaffordable to some families. In response, VA Wave created a Sponsorship Program. Funding is directly invested into the club. Athletes benefit by offsetting expenses passed on to families such as equipment, facilities, tournament fees, uniforms, and travel. Just as important, sponsorships create opportunities through individual scholarships for families. The more sponsorships we receive the greater the impact on those needing financial assistance.

V. Tournaments

A.) Guidelines

We expect all athletes to follow the guidelines that are set at all tournaments VA Wave attends. If an athlete chooses to disobey any rule, it may result in disciplinary action to be taken which could lead to expulsion from the tournament and the club. We want VA Wave to continue to stand out from all other clubs as being respectful and courteous of others.

- All Tournaments are mandatory. It is important that each player attends each match as the team's success will be determined by each team member's contribution to the whole.
- Athletes are to be courteous to officials, opponents, other parents, and coaches always. Each athlete is expected to behave in the most respectful manner towards their teammates, clubmates, coaches, and general public. Our teams will adhere to a strict code of positive sportsmanship - this means we will always cheer for our teams and never cheer against any of our own VA Wave teams.
- Each player must certify in each area (R1, R2, line judge, libero tracking and score keeping) and will be required to work on a rotating basis as the coach assigns. When you are assigned to work, show up before expected and be professional. (No swinging line judge flags, dancing, peppering, listening to music, etc. Phones are NOT allowed when working!)

- Athletes are NOT to leave the venue in spandex; cover ups are to be worn when not playing.
- Proper nutrition is required. Tournaments are an all-day affair. In some cases, they are 2-3 days in length. It is your responsibility to refuel and hydrate your body appropriately throughout the tournament.
- VA Wave athletes will be encouraged to support other VA Wave teams playing in the same tournament site.
- No team member is permitted to leave the tournament site until all officiating responsibilities are completed. There are circumstances where the coach can give the athlete permission to leave. If the athlete leaves without permission before officiating duties are completed, the club or coach will enforce disciplinary action. Multiple infractions will result in the athlete being expelled from the program.
- Clear all trash from the bench area after our matches and take our officiating duties seriously.
- Unless otherwise instructed by a coach, cell phones are to be put away while in the tournament playing facility, during team events, and any other moment declared by the coaching staff.
- No team member is permitted to leave a tournament site until all officiating duties are completed, or the coach gives an athlete permission to leave.

B.) Tournament Playing Time Guidelines:

These guidelines are intended to allow families to read, acknowledge and appreciate the complexities of playing time and athlete development in club sports. These guidelines are intended to assist families in making sure that they recognize that their athlete's playing time is not guaranteed and that talking to the coach about your athlete's playing time is not the best way to handle the situation.

- Though the opportunity is always equivalent, playing time is never guaranteed to be equal. Playing time is a very complex determination. It includes the coach's opinion, Coaches will use their best judgement on how to distribute playing time for the benefit of the team while considering the athlete's ability and potential, the athlete's attendance, the team's need at that moment of the game and in the future, work ethic, attitude, and role on the team. Please offer the experienced VA Wave coaches all the benefit of the doubt by supporting them with a positive attitude.
- Every athlete is expected to have a "Team First" attitude. The team above self should be shared by both players and parents.
- Athletes playing time is non-negotiable with coaches and/or administrators. Parents/Guardians are not to discuss playing time directly with a coach at any time during a tournament. We ask that you trust the coaches' decisions and support your athlete no matter what their role on the team may be.
- If an athlete has a problem with playing time, they need to make every effort to address it with their coach. If concerns persist, then take the following steps listed in Section IV (B) "Procedure on Communicating your Grievance."

C.) Tournament Travel and Lodging

At VA Wave, we expect our players and coaches to represent the club in a professional and respectable manner when traveling to and participating in tournaments. All players will be expected to follow the rules stated in the Membership Agreement and Code of Conduct. The off-court actions of our players and coaches are just as important as those on the court. In today's recruiting atmosphere college coaches are looking for players who are well disciplined both on and off the court.

Each family/player is responsible for their own travel expenses to and from tournaments. Players must arrive at the hotel and/or gym by the specified time and attend all team meetings designated by their coach. Players on all teams will stay in hotel rooms with their family. If the player's family is not attending the tournament they can arrange for their daughter to stay with another family. Families are welcome to reserve extra rooms for players to stay in as groups, but those parents will be responsible for the player's actions while staying at the hotel.

VA Wave will have a block of team hotel rooms that parents will utilize, unless told otherwise. (Staying together provides a unique opportunity for teammates to develop closer bonds.) Our Travel Coordinator will provide hotel information and booking instructions via email as soon as arrangements have been made. Several tournaments throughout the season are "Stay-to-Play's". This means each family/player must book at the hotel using the link sent out by the club (even if that means paying more for a hotel and not being able to use your reward points). STP's are part of the agreement the club makes in order to participate in certain tournaments. This is not our rule, but STP's across the US operate this way. In the event a team or part of the team chooses to book elsewhere, the team may be assessed a fine and/or removed from participating in that tournament. For non-STP's, players/families may choose to book on their own, but team hotel information will always be sent out as an option. Your coach will always be assigned to the same hotel as your team. This hotel will be where mandatory study halls and team meetings take place. If you choose to stay outside of the Team hotel (for non STP's), you will be responsible for making sure your player attends and participates in all Team gatherings.

VI. Grievances

A.) Overview and 48-Hour Rule

Communication is extremely important and communicating with your athlete's coach is a concern for most parents and athletes at some point during the club season. One of the top concerns of most parents and athletes is playing time. First and foremost, parents should never approach a coach during a tournament. This is called the "48-hour rule." We ask parents to wait 48 hours after the finish of a tournament before asking to meet with their player's coach. We also ask that parents schedule a time to meet; please do not expect to meet with your coach without setting an appointment. We also ask that you begin with your coach, before asking to meet with the Club Directors.

B.) Procedure on Communicating your Grievance.

- 1) Step 1 - Athlete requests and speaks to the coach first about their concern. We always encourage the athlete to talk with the coach first about any issues they are having and then, if they are still unsure, include the parent/guardian in a follow-up discussion. Coaches will NOT discuss coaching decisions or any other athlete on the team.
- 2) Step 2 - When parents have a concern that is specific to their own athlete, they are encouraged to speak first to the coach, **if/when** they feel their player has addressed the issue and the need is still present. Parent/Guardian should contact the coach and set up a meeting time outside of practice and tournaments. Coaches WILL NOT discuss "coaching decisions." Coaching decisions include, among other things, specific match decisions involving other players (who played when, who was subbed in/out and when, etc.). The coach will not be required to defend his/her thought process or conclusions in these determinations, and it is improper for a parent to make such a request.

- 3) Step 3 - Parent/Guardian may request to speak to the Club Director and/or Assistant Club Director and meet with the Coach/Coaches and Club Directors together. Meeting may include the athlete with advanced notice. The Club Directors will not engage in discussions about coaching decisions.
- 4) Step 4 - If the parent or athlete is not satisfied by the action of the Club Director/Assistant Director, they may request, in writing, that the Executive Board review the matter.
- 5) All issues or disputes, regardless of the nature or source, must follow the previously detailed club "Procedure Order" as stated in numerals 1-4 above.
- 6) Any dispute with the club must be submitted to the Club Directors. If there is an injury or other incident, include the date. For an injury, a doctor's note with a diagnosis and duration of rest or rehab before return to club participation is required. All documented disputes will be considered.

VII. Codes of Conduct

A.) Parent/Guardian Code of Conduct

VA Wave requires all parents of participating athletes to abide by this Parent/Guardian Code of Conduct as a pledge to their cooperation this season will:

- Be their athlete's biggest fan whether they win or lose.
- Encourage good sportsmanship by being positive to all athletes, coaches and officials at every tournament, practice, or team event.
- Place emotional and physical wellbeing of their athlete ahead of own personal desire to win.
- Support the coaching staff and any officials who are working with their athlete in order to encourage a positive and enjoyable experience for everyone.
- Demand a drug, tobacco, and an alcohol-free environment for their athletes.
- Remember that tournaments are for athletes, not adults.
- Make sure their athlete treats other players, coaches, fans, and officials with respect regardless of race, sex, creed, sexual orientation, or ability.
- Refrain from using any and all profanity while representing VA Wave
- Not coach their child during the game
- Honor financial commitments.

B.) Athlete Code of Conduct

Each athlete will be expected to comply with the rules and regulations set forth in this VA Wave Club Handbook. Any athlete who willfully performs any act which is detrimental to their teammates, VA Wave or staff members may be subject to discipline, suspension or expulsion from Virginia Wave Volleyball.

- Athletes are expected to be committed to the club.
- Athletes are responsible for notifying the coaches of absence.
- Academics is a priority before volleyball.
- No athlete shall make any disparaging remarks about or gesture toward another team member, club member, opposing team, coaches, or officials.
- VA Wave has a zero-tolerance policy for smoking, vaping, alcohol consumption or drugs.
- Athletes are responsible for leaving practice and tournament facilities clean.
- Be modest in victory; gracious in defeat.
- Athletes will refrain from the use of any and all profanity.
- Always strive for honesty and integrity
- Treat everyone with respect
- Understand that playing time at tournaments is NOT guaranteed.

- Be responsible, show up on time and take care of all equipment.

C.) Coaches Code of Conduct

VA Wave requires all coaches to always conduct themselves in a professional manner. Coaches must abide by this Code of Conduct and will as a pledge to their cooperation this season:

- Strive to maintain a high standard of excellence by being honest, fair, and respectful of others always.
- Demonstrate and encourage good sportsmanship to all athletes, fellow coaches and officials at every tournament, practice, or team event.
- Place emotional and physical well-being ahead of own personal desire to win.
- Not engage in any physical, verbal, or emotional harassment or use any abusive words or actions with athletes.
- As a role model, maintain a drug, tobacco, and alcohol-free environment while around athletes and their families.
- Respect the integrity and protect the welfare of all athletes and pledge to safeguard any information about them that has been obtained through my coaching relationship.
- Make sure athletes treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, sexual orientation, or ability.
- Refrain from using all profanity while representing VA Wave coaches.