



2022-2023

PLAYER AND PARENT HANDBOOK



PLAYER AND PARENT POLICY HANDBOOK

TAV has had a long-standing tradition of being one of the best volleyball programs in the country. Voted #1 Club in the United States for 7 consecutive years, TAV continues to find ways to improve and get the most out of their athletes and teams. The training and support achieved in weekly practices and performance training allows our athletes to stay healthy and compete at the highest level possible.

TAV was founded on the principle that every girl who wants to play volleyball can find a place to play at TAV, regardless of financial means or ability. We hope to carry on that tradition by continuing our Elite Travel, Limited Travel, Club Prep, Mini Club, Metro, Mid-Cities, TAV West, TAV South, and other TAV Satellite teams.

TAV Black and Blue Teams: This is designed for the athlete committed to playing volleyball in college and who is willing to make sacrifices for her progress, her team, and her sport. These teams will travel out of state and take on the best competition the country has to offer. These players have the athleticism and skill to match up against the very best prospects. These teams will compete in the Open and USA divisions respectively on a National level.

TAV Gold, Silver, White, and Steel Teams: This is designed for the athlete who is also serious about her volleyball and who is working hard to open doors to playing in college. She also makes sacrifices for her progress, her team, and her sport. She may be looking at a wider array of colleges that may not require as high elite level athletic ability, skills, or may be more education-minded. This program may be used as a gateway to the national program. These teams will compete in the Liberty and American divisions respectively on a National level.

Metro Teams: This is designed for players who are just exploring club volleyball and possibly becoming a serious volleyball player in the future. These athletes are involved with other activities and just can't commit to the time and price of a full Travel team. They will only play in local DFW events. We have worked hard to limit the fees and scheduling, so that cost does not hinder participation.

Mini Volleyball: This is designed to be a developmental volleyball program for players who are in 2nd-5th grade and just exploring volleyball. This is a version of volleyball played with fewer players per team than the standard number of six in a smaller court and lower net. It is to help the girls have more touches on the ball and develop a diversified skill set.

Satellites: This is designed for the "team grassroots" athletes who put their own team together and practice out of their area and their local schools. The team plays under the umbrella of TAV so they don't have to worry about the costs and registering as their own club.

TAV West (Previously Fort Worth): This is designed for the athletes who want to play for TAV but just cannot commit to the drive to Carrollton. The staff is trained with TAV coaches and they offer the resources that TAV provides to Aldeo, Ft. Worth and surrounding areas. Their practice location is Aledo Volleyball Club (425 FM 1187, Aledo, TX 76008).

TAV South/Burleson: This is designed for the athletes who want to play for TAV but just cannot commit to the drive to Carrollton. The staff is trained with TAV coaches and they offer the resources that TAV provides to Mansfield, Burleson, and surrounding areas. TAV South practice location is Fieldhouse USA Mansfield (650 U.S. 287 Frontage Rd, Mansfield, TX 76063). TAV Burleson practice location are at various Burleson HS and MS.

TAV PROGRAM DIRECTORS

Corinne Atchison-Club Director
LJ Sariego-Senior Associate Director
Lee Wisener-Facility Operator/Director
Carlos Ramos-Satellites Programs Director
Lee Wisener-Facility General Manager
Jon Nasgowitz-Technical Director
Arthur Stanfield-Technical Director
Kathy Stanfield-Coach Advisor and Director
Christi Phillips-Media Director and Beach
Nick Gay-TAV West Director
Linda Alfaro-TAV South Director
Jessica Tyler-TAV South/Burleson Director
D'Anna Newton-TAV Burleson Director
Joe Jablonski-Recruiting Director
Emily Hill-Uniforms

catchison@tavvolleyball.com
lsariego@tavvolleyball.com
lwisener@tavvolleyball.com
cramos@tavvolleyball.com
lwisener@tavvolleyball.com
jnasgowitz@tavvolleyball.com
artsmcvb@aol.com
kmsmcvb@aol.com
cphillips@tavvolleyball.com
ngay@tavvolleyball.com
lalfaro@tavvolleyball.com
jtyler@tavvolleyball.com
dnewton@tavvolleyball.com
jjablonski@tavvolleyball.com
ehill@tavvolleyball.com

CONNECT WITH TAV

The MAC (200 Continental Dr, Lewisville, TX 75067) is home to TAV Volleyball.

Make checks out to 'TAV Sports, LLC' and mail in to:

TAV Sports
Attn: Lee Wisener
200 Continental Dr
Lewisville, TX 75067

Website: www.tavvolleyball.com
Facebook: Texas Advantage Volleyball
Twitter: @TAVVolleyball
Instagram: @TAVVolleyball

We love seeing our TAV athletes represent! Have some great team photos, action shots, or video to post on social media?
Email Christi Phillips (cphillips@tavvolleyball.com)

ATTENDANCE POLICY

Every effort should be made to attend ALL tournaments and practices, including Performance Training. TAV players are held to a high standard and we trust that you understand the importance of your commitment to the club. All players are accountable to their coach and teammates. Coaches put a tremendous amount of time and effort into planning for each practice and it is vital to keep an open line of communication with the head coach. However, we understand that extenuating circumstances do occur, and in such cases, players should adhere to the following regarding absences:

- **WHENEVER POSSIBLE, CALL YOUR COACH 24 HOURS IN ADVANCE IF YOU WILL MISS A PRACTICE.** If a player becomes sick the day of practice, please email/text the coach. Please do not email or text the coach without a parent or guardian on the message as this is a SafeSport Violation.
- **NOTIFY YOUR COACH AT LEAST 1 WEEK IN ADVANCE IF YOU WILL MISS, COME LATE, OR LEAVE EARLY FROM A TOURNAMENT.** If the last match of the day is an officiating assignment, all players will be required to stay, even if she is "off" for the match.

Absences from practices or tournaments for the following reasons will be excused without penalty:

1. Death in the family;
2. Illness involving fever or vomiting;

3. Undergoing treatment for injury at a medical facility; or
4. Family emergency (as determined by coach's discretion)
5. Mandatory school event (for a grade).

INJURY AND CONCUSSION

During every practice, we have a licensed trainer on site with the ability to not only handle injuries, but also prevent injured athletes from returning to the court too soon.

If an athlete becomes injured during a practice or performance training session, we will direct them to the training room to visit with our trainers from Vitality Sports Medicine. The trainers will evaluate the athlete and provide information on what to do next. We depend on them to keep our athletes healthy and they will provide a treatment plan in order to get our TAV athletes back on the court as quick as possible.

If you need to contact them or visit them at their location, they can be reached at:

Vitality Sports Medicine

4020 W Plano Pkwy
Plano, TX 75093
972-867-2900

Regardless if an athlete can participate in practice or not, they are expected to be at TAV during their designated practice time to receive treatment from the trainers, unless under the direct medical care of another doctor and can provide documentation to be excused.

With respect to concussions, TAV will adhere to the CDC recommendations due to USA Volleyball not having an official concussion protocol because of the challenge of developing a policy that conforms to individual state laws. More information can be found here: <https://www.cdc.gov/headsup/index.html>

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child or teen's concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

If a player appears to have suffered a head injury, TAV will follow the CDC rules:

- Remove the athlete from play.
- Keep the athlete out of play the day of the injury and until a medical provider, experienced in evaluating for concussion, says he or she is symptom-free and it's OK to return to play.
- Will have them call their parent if not at the gym to be alerted.

If a player is diagnosed with a concussion, an athlete should only return to practice with the approval and under the supervision of their health care provider. When available, the TAV athlete should work closely with our trainers to help their return:

- **Step 1: Back to regular activities (such as school)**
Athlete is back to their regular activities (such as school) and has the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms.
- **Step 2: Light aerobic activity**
Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

- **Step 3: Moderate activity**

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting (less time and/or less weight from their typical routine).

- **Step 4: Heavy, non-contact activity**

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

- **Step 5: Practice & full contact**

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

- **Step 6: Competition**

Young athlete may return to competition

PURSUE PERFORMANCE

Through training with Pursue, athletes will develop a firm understanding of what makes a strong athlete as it applies to their sport as well as their position. Any athlete who wants to continue their athletic career beyond high school must realize that performance training will be a huge part of their daily routine. Therefore, at Pursue we believe the importance of teaching the proper training fundamentals to each of our athletes so that they can develop better habits that will carry them throughout their competitive athletic career.

Pursue Performance will create custom designed activities for the athletes at TAV. Working within their team training session, a blend of strength training and conditioning methods will be used to enhance performance and promote injury prevention.

If you have any questions or need additional information, please contact:

- Mike Coleman or Mario Coleman (pursueperformancesports@gmail.com)

INCLEMENT WEATHER

If at any time practice must be cancelled due to inclement weather, TAV will make the call by 4:00pm and will alert the head coaches to communicate with their teams. If you have signed up for Notifications through your League Apps account, we will send out a club-wide text. TAV will also post on social media (TAVVolleyball.com, Facebook, Instagram, and Twitter). If you do not feel safe or comfortable driving with the weather conditions near you, please make your own judgement call.

PRACTICE GUIDELINES

Please arrive early for practice. If you need treatment or tape, allow enough time beforehand.

Players must wear TAV practice shirts. Team shirts may be worn once a month if coordinated by your coach.

Players must wear warm-up pants or cover shorts arriving and leaving the courts.

Players will need to bring their own water bottles to practice. The concession stand may not always be open, so bring extra in case.

No gum.

Bags must be stored in the appropriate areas.

Players are responsible for taking care of equipment used to facilitate the practice plan. This includes storing the ball carts in the appropriate bay and picking up any loose balls around the gym, under the bleachers, and in the storage rooms.

Clean up all trash at the conclusion of practice.

TOURNAMENT GUIDELINES

All players must arrive at the tournament site at the time specified by their coach.

Players must bring their bag with ALL UNIFORMS in case an unexpected event occurs and cause a need to change jersey.

Players must wear warm-up pants or cover shorts after leaving the court. Please do not walk outside the gym wearing only spandex.

Scorekeeping: Each team should have a schedule so the responsibility is shared equally among all players.

Players should remain together as a team at all times. During a match when the team is refereeing, players not working will remain together. Players may be allowed limited, brief contact with their parents during the competition day, with prior approval of the coaching staff.

At the conclusion of play, every team member must stay until all ref and play duties have completed.

Before the tournament site is left, the team's area will be cleared of any and all trash. The area must be left as it was found, if not better.

A Volleyball Tournament is an athletic event and food choices should reflect the need for your body to be properly fueled. Each coach may decide how to do food for the players (provided as a group or brought individually) but all teams should follow the guidelines provided by the club. *Due to COVID-19, this may be TBD.

PLAYER ISSUES

The team's head coach is responsible for the composition of the team and determining playing time. Each player will receive equal training time in all practice sessions, but we cannot and will not guarantee playing time to anyone. Playing time will be based on the coach's assessment of the team and players which include but not limited to the level of competition, each player's individual skills, attitude, and their ability to consistently contribute to the team's performance and chemistry.

If a player is having frustrations or concerns of any kind, TAV has set up the following protocols to follow:

- At any time before or after practice, a player may meet with the head and assistant coach for discussion.
- If after speaking to the coach, she does not feel like the problem has been resolved, then the parent may send a documented email with their concern to the coach.
- If needed, a meeting in person may be arranged with the parent, coach, and athlete. All meetings must include the athlete and discussions will only be about the documented concern and your player.
- A TAV Director will be informed of any concerns and meetings with the coaching staff. If warranted, a TAV Director will be asked to sit in and help facilitate.

If the matter is related to the safety and well-being of that player or any TAV player, please alert the coach immediately. Safety is the number one priority and if there is a situation that needs immediate attention, please let someone know.

If the matter is related to change in position or playing time, then the athlete and parent should wait 24 hours after the tournament has completed before contacting the coach via email. Issues to discuss with coaches include but not limited are ways to help your child improve, concerns about your child's behavior, and other areas that are specific to your player's development as an athlete. Issues that will not be addressed include but not limited to: coaching decisions, line-ups, and other athletes.

Parents should not approach the coaches during a tournament about playing time issues. It is disruptive to the team and consequently, the parent's child and parent will face immediate disciplinary action. If a parent approaches a coach during a tournament regarding playing time, TAV has set up the following protocols:

- The first incident of a parent approaching or contacting a coach at a tournament regarding playing time or line up decisions, the parent's child will sit immediately for the remainder of the tournament.

- The second incident of a parent approaching or contacting a coach at a tournament regarding playing time or line up decisions, the parent's child will be immediately removed from the team and all monies paid will be forfeited.

TRAVEL GUIDELINES

Players are expected to adhere to all club and team rules at all times, even if parents/guardians, family members, or friends are in attendance. This includes participating in all team functions and team meals.

Players are required to be on time for all scheduled meetings, meals, and team functions. Failure to arrive on time for a team function, regardless of the reason, player may be penalized.

TAV does not provide transportation to any tournaments for their players. It is the parents' responsibility to find transportation for their athlete to and from all travel events. Individual players may no longer fly with coaches due to Safe Sport Regulations. If you cannot attend a travel tournament with your athlete, please make arrangements with another family.

Flight Time Recommendations:

- Departure DFW: Leave the day before tournament begins and allow time for flight delays or cancellations.
- Arrival DFW: Plan for flights 6pm or later. Most tournaments have their last matches scheduled for 2 or 3pm and they almost always run behind schedule.

Please be sure to pack all uniform needs in the athlete's carry-on bag. Include all jerseys, spandex, shoes, ankle/knee braces.

TAV will distribute hotel information for parents in advance on the web page and by email. Players will room with their parents. Tournaments will still follow the "Stay to Play" policy. This means that in order to compete in the tournament, majority of players and coaches must be staying in one of the official room blocks set up by the corresponding housing company.

Coaches will communicate curfews and "lights out" for the players. Please support your team by following these guidelines.

Swimming and sunbathing will not be allowed unless coach approves.

COVID-19

The coronavirus threat and the ultimate impact on society and the sports community is still unknown at this time. The situation is fluid with new information being released almost hourly regarding the progression of the COVID-19 outbreak and what steps various sports organizations are taking to address the situation.

TAV will continue to follow the Federal, State, and Local government policies regarding COVID. We will continue to follow the guidelines and rules set forth by USA Volleyball. We have also put together a protocol that TAV will follow if a player or coach should test positive for COVID.

Before attending any TAV event including but not limited to practice, performance training, recovery, tournament, team function, and more:

- Self-Check for Symptoms: shortness of breath, dry cough, sore throat, headache, runny nose or nasal congestion, nausea, vomiting, diarrhea, loss of sense of smell/taste, dizziness, muscle aches, general weakness, fever of 100 or more, chills, shaking, and/or recent unprotected contact with a known positive COVID-19 patient.
- Masks must be worn wherever government and facility rules apply.

Quarantine if you have been in close contact (within 6 ft. of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who has COVID-19 unless they have symptoms.

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person. However, anyone who has had close contact with COVID-19 and who meets the following criteria does NOT need to stay home:

- Someone who has been fully vaccinated and shows no symptoms of COVID-19.
- Someone who has had COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example: cough and shortness of breath).

If you think or know you had COVID-19 and had symptoms, you can be around others 10 days since symptoms first and appeared and 24 hours with no fever without the use of fever-reducing medication and other symptoms of COVID-19 are improving. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine:

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

SOCIAL MEDIA AND CELL PHONE

TAV Volleyball recognizes the prevalence of electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While TAV acknowledges the value of these methods of communication, we also realize it can be detrimental to the team success on and off the court.

Cell phone and social media usage may be restricted during practices, tournaments, and team bonding events. Cell phones and other forms of technology used during restriction times that cause an interruption or separation from the team will result in the player losing privileges using these items while with the team. If cell phones are used during team bonding activities, it must be in a positive manner towards the entire team and not used to separate one or more players.

Please be advised that players, parents of players, and coaches using social media (Twitter, Facebook, Snap Chat, and similar media) to voice unsolicited comments, pictures, or personal attacks on TAV, other players or parents, and members of the coaching staff or their families may result in the related player and/or coach being dismissed from the team, and all team activities associated with the team.

- I will not post any negative comments about TAV, coaches, or teammates
- I will not have any inappropriate pictures posted of myself or teammates
- I will not encourage peer mistreatment through social media or any aspect of life

TEAM SHIRTS AND SPIRIT WEAR

The TAV logo is trademarked so any team use of the logo on team shirts and spirit wear must go through TAV-appointed vendors. Design ideas may be submitted to the vendors who will review and provide the TAV logo where needed, and then submit back for approval. Orders and payments will be made directly to the vendors.

This includes but not limited to water bottles, towels, lunch bags, blankets, etc. Our TAV Online store provides everything you need with the TAV logo and will make customary for the individual and team. If you have items you wish to provide your team and will not be using the TAV logo, you may do so on your own.

If you wish to have team items made, please contact Stefanie Wacker (dallasscreenprinters@gmail.com).

PROM POLICY

We understand the importance of an event such as Prom, therefore, in the case of Prom falling on the weekend of a tournament, TAV has adapted the following to guidelines to allow seniors to attend their senior prom if they choose to go:

Each senior will be allowed to attend prom without punishment if:

- They will be present the day prior and the morning after the Prom event.
- They will be present the day of the event until 2:00pm or if play concludes before then.

PLAYERS' COMMITMENTS

Academic performance is a priority. Each player is encouraged to strive for continued outstanding academic achievement. Practice times, tournament schedules and meetings are announced in advance and players are expected to manage their time carefully and plan their studies and practice times accordingly.

Smoking, drinking, or taking drugs is prohibited at all times.

All equipment must be properly cared for. Players are expected to help set up and take down equipment at every practice (jump boxes, cones, blocking arms, etc.). Players are expected to assist in collecting volleyballs at practices and at tournaments.

Concerns between players should never be left unresolved. Players should first attempt to solve the situation by talking with one another; if players are unable to resolve the problem, they should set up a meeting with the head and assistant coach.

If any player has concerns regarding playing time, she should set up a time to meet with her coaches before or after practice. This should never be done during a practice or a tournament. *Playing time is not guaranteed for teams trying to win a bid for Nationals.

Players agree to abide by all travel and tournament guidelines when participating in out of town tournaments.

Players must immediately report all injuries or illnesses to the coach.

All players are expected to participate in practices unless excused by the coach. Even if injured, a player should still attend AND dress for practice. It is important for the player to continue to participate in the practice by listening and learning during the injury period. This includes performance training with Pursue Performance.

Players must have cell phones turned off and stored in bags during practice. While at tournaments, players need to be engaged with their team. Coaches will restrict phone time if they feel it's detrimental to the team.

PARENTS COMMITMENTS

Be supportive and cheer for all players. Respect and support the coaches.

The attitude of the players in many situations is representative of their parents. TAV asks that each parent display a positive attitude at all times, including conversations with their daughter after a practice or match. Parents will place the emotional and physical well-being of their child ahead of a personal desire to win.

In the event of any difference of opinion or perceived problems between players or a player and a coach, the parents agree to let the player try first to resolve the difference with the teammate or coach before becoming involved.

Parents will encourage their daughter to go directly to the coach on her own if she has concerns about playing time, teammates, or anything that has to do with the team. Playing time issues must be discussed between the player and her coach before the parent requests a meeting with the coach. *Playing time is not guaranteed for Elite level teams.

Parents of younger players not of driving age are expected to support their daughters' commitments to the club by making sure they arrive to practices and tournaments EARLY.

Parents may NOT pay their respective coaches for additional training outside of practice during the term of the club's season. Additional paid training by other TAV coaches may be arranged by contacting those coaches directly.

Parents are not to be on the court before, during practices, or after practices. This means no "warming up" with the kids at any time. This is a liability per insurance regulation and only players, coaches, and registered adults are permitted on the

courts. We also ask that you please keep your children that are not TAV players with you and supervised at all times while in the facility. They are not allowed to be out on the courts playing unless they are a TAV player and there for practice. Please stay in the designated area for watching.

Please do not discuss players who are not your children with other players or adults. Coaches are not permitted to discuss other players with anyone other than their player.

Do not yell out instructions. Support but do not coach or interfere with players and/or coaches during practice and tournaments.

Please help us in making this an enjoyable experience for everyone; players, parents, and coaches alike.

PLAYER AND PARENT ACKNOWLEDGEMENT

In consideration of the right and privilege to participate in one or more activities sponsored or sanctioned by the TAV Volleyball Club and/or the United States Volleyball Association (“USAV”) including, without limitation, practices, training sessions, scrimmages, and/or competitions, by signing this Agreement, I certify that:

I have read, understand and agree to be bound by the terms and conditions set forth in the TAV Volleyball Club Player and Parent Handbook;

Printed Player Name

Player Signature

Date

Printed Parent/Guardian Name

Parent/Guardian Signature

Date