



PLAYER & PARENT HANDBOOK

MISSION STATEMENT

LGS Volleyball Academy aims to use teachings and philosophies of the highest level of volleyball to show young athletes the importance of dedication, teamwork, commitment, work ethic, respect, and character.

PROGRAM GOALS

1. Prepare players for the highest level of volleyball possible
2. Build community around the love of the sport
3. Provide young players with a positive and encouraging environment to learn and excel at the game
4. Teach life lessons and skills through volleyball such as respect, discipline, focus, work ethic, teamwork, and most importantly character
5. Build a positive and supportive team culture. We want players to celebrate each other's successes and learn together through challenges
6. Develop a driven & winning mentality

TEAM RULES

Rules should be strictly abided by to avoid penalties that include not starting, not playing, or dismissal from the program.

- No drug or alcohol use
- No cursing at any time
- Players must be dressed appropriately for practices and games
- Players should be dressed and ready to go, on site, 10 minutes prior to practices & 30-60 minutes prior to games
- Players/Parents must notify coach of any absences
- Players, parents, and spectators must treat referees, opponents, coaches, and teammates respectfully always. Complaining, taunting, or negative gestures towards officials will not be tolerated.
- Players on bench must high-five/fist bump any player coming out of a game to the bench
- Players will shake/high-five/fist bump the hands of coaches and players at the end of every game

COMMITMENT LEVEL

Players and parents are expected to fully commit to team practices, tournaments, and program events throughout the season.

Building a successful and competitive volleyball program requires consistency, accountability, and dedication from every athlete. Regular attendance helps players:

- Develop good habits and discipline
- Learn team systems and philosophies
- Build chemistry and trust with teammates
- Improve individual and team performance
- Strengthen relationships within the program
- We understand student-athletes balance academics and athletics. School responsibilities always come first, but athletes are expected to manage their schedules responsibly and communicate conflicts in advance.

TEAMSNAPE ONE

TeamSnap One is the primary communication platform used by LGS Volleyball Academy. It allows coaches, players, and families to stay informed and connected throughout the season.

Through TeamSnap One, families can:

- View practice and tournament schedules
- Receive important updates and announcements
- Mark player availability
- Access gym locations and event details
- Coordinate carpools and team activities

Expectations for TeamSnap One

- Please accept the TeamSnap One invitation promptly and complete your player profile.
- Families are expected to regularly check TeamSnap for updates and schedule changes.
- Downloading the mobile app is highly recommended, so notifications and calendar syncing work properly.
- TeamSnap One is intended for team communication only and should always be used respectfully and professionally. It is not a social media platform for personal opinions and unrelated discussions.

PRACTICES

Practices are typically held two nights per week throughout the season and are designed to be high-energy, challenging, and competitive.

Our philosophy is simple: practices should prepare athletes so thoroughly that games feel comfortable and confident. Practices may include:

- Skill development
- Team drills
- Rotational training
- Competitive gameplay
- Conditioning and movement work
- Scrimmages and situational training

Attendance and Practice Guidelines

- Attendance at practice is expected and considered essential to player development and team success.
- Parents should notify coaches in advance of any absence through TeamSnap One or the coach's preferred communication method.

- Families should update player availability for all practices and tournaments in TeamSnap One as early as possible.
- Rotations, systems, and lineups are developed during practice. Missing practice may impact playing time and team roles.
- Parents are welcome to observe practices if it does not interfere with instruction or the training development.

COMMUNICATION & CONFLICT RESOLUTION

LGS Volleyball Academy values respectful and professional communication between players, parents, and coaches. Concerns should be addressed calmly, appropriately, and through the process outlined below

48-Hour Rule

Parents/guardians and players may not approach coaches during tournaments, immediately after matches, or through TeamSnap One regarding:

- Playing time
- Lineups
- Coaching decisions
- Tactics or strategy
- Individual or team performance

Families must wait at least 48 hours after the conclusion of the tournament before requesting a conversation with a coach.

Coaches have been instructed not to engage in emotional or confrontational discussions during tournament or immediately following matches.

Player-First Communication

Players are encouraged to communicate directly with their coach regarding questions about playing time, roles, or improvement opportunities. These conversations should take place outside of practice and competition times.

Parent Meeting Process

If concerns remain unresolved after player communication, a parent/guardian may request a scheduled meeting with the coach while athlete is present.

Administrative Review

If a resolution still cannot be reached, families may request a meeting with Academy administration. Decisions made by Academy administration are final.

TOURNAMENTS

- Each girls team will participate in NCVA Premier League, which includes scheduled weekend tournaments.
- Each boys team will participate in WCVBA Power League, which includes scheduled weekend tournaments.
- Players should plan to be onsite 45-60 minutes before a scheduled competition time unless otherwise communicated by their coach.
- LGS Volleyball Academy has no control over outside tournament schedules, opponents, venues, or match times. Tournament schedules are typically released during the week leading up to the event.
- Most tournaments are either one-day or two-day events. Two-day tournaments generally take place on both Saturday and Sunday.
- Tournament schedules and end times can be unpredictable due to match length, tournament format, officiating, and facility operations. While tournament directors strive to keep events running on schedule, delays are common. Teams are typically assigned either an AM or PM wave.
- Spectator admission fees are required at most tournaments. Entry fees generally range from \$10-\$25 per person, depending on the event, venue, and spectator age. Some tournaments offer weekend passes, while others require daily admission. Spectators may also be required to wear a wristband or credential throughout the event. Most tournaments are cashless, and some venues may charge additional parking fees.
- Tournament days may include multiple matches spread out over several hours. Since not all venues offer concessions, families should ensure athletes bring adequate snacks, meals, and water for the day. At some events, families may choose to organize shared tailgate-style meals or snacks between matches.
- Parents and players are expected to follow the Academy's Communication & Conflict Resolution Section regarding discussions related to playing time, coaching decisions, tactics, team performance, or other game-related matters.

PLAYING TIME

- Playing time is not guaranteed and is earned through practice habits, attitude, effort, teamwork, attendance, and game performance.
- Coaches will make lineup and substitution decisions based on what they believe best supports player development and team success.
- Every athlete will have opportunities for development throughout the season; however, match participation may vary depending on competitive situations.
- Questions regarding playing time should follow the Academy's Communication & Conflict Resolution Policy.

EXPECTATIONS OF PARENTS

- LGS Volleyball Academy expects a commitment from our parents to be good role models to all of our athletes. Parents who set poor examples and display undesirable traits or language send the wrong messages to our athletes. Parents should refrain from criticizing coaches, officials, teammates, or other parents.
- Parents should leave the coaching for our coaches! Often during the excitement of a game or practice, parents can unintentionally give a player advice or instructions that are contrary to those of the coach, which leaves the player confused. Parents should instead focus on offering encouragement by cheering and supporting the team.
- Our coaches are giving their time and energy to teach the sport of volleyball, and we cannot tolerate the condemnation of coaches. The easiest way to disrupt a team's progress is to undermine the authority of the coach. Parents should enter the season understanding that you will not agree or like every coaching decision or tactic, but this does not warrant or deserve criticism. All Coaches have the best interests of your child at heart.
- Officials are a part of every game, and like every other person they can and do make mistakes. Parents are expected to focus on the team and the game, not berating officials. We believe strongly in leading by example, and if any parent is ejected from a tournament or game, their athlete is automatically suspended for the rest of the tournament. Officials have no preference to any team winning any game; allow them to do their job as best as they can.