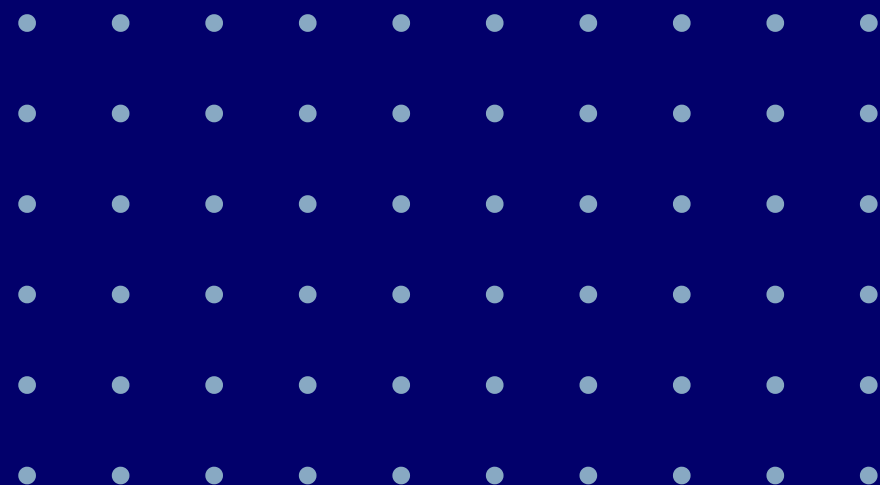




PARENT MEETING

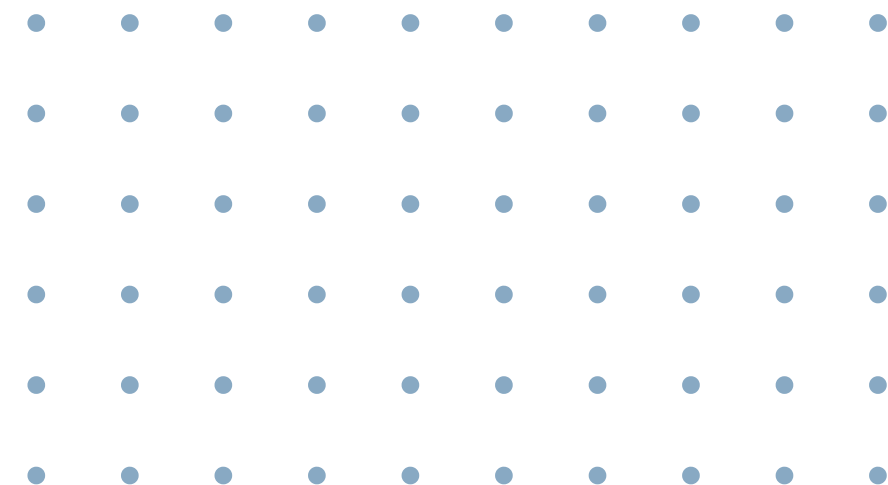
2023-2024 Club Season



VOLLEYBALL 101

We're excited to have you here and look forward to sharing our passion for volleyball with you. As parents, your involvement and understanding of the game can have a significant impact on your child's experience and development as a player.

This volleyball introduction aims to provide you with a solid foundation in the basics of volleyball, empowering you to better support your child's journey in this exciting sport as well as provide some clarity on some common misunderstandings.

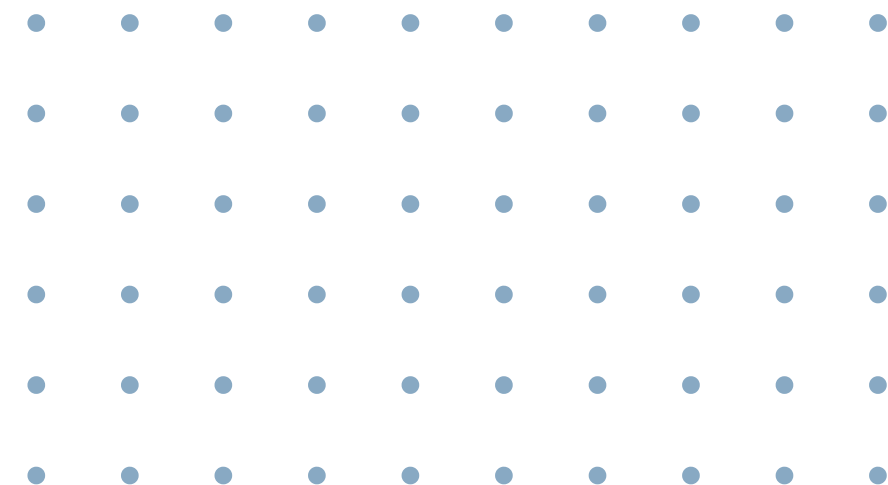
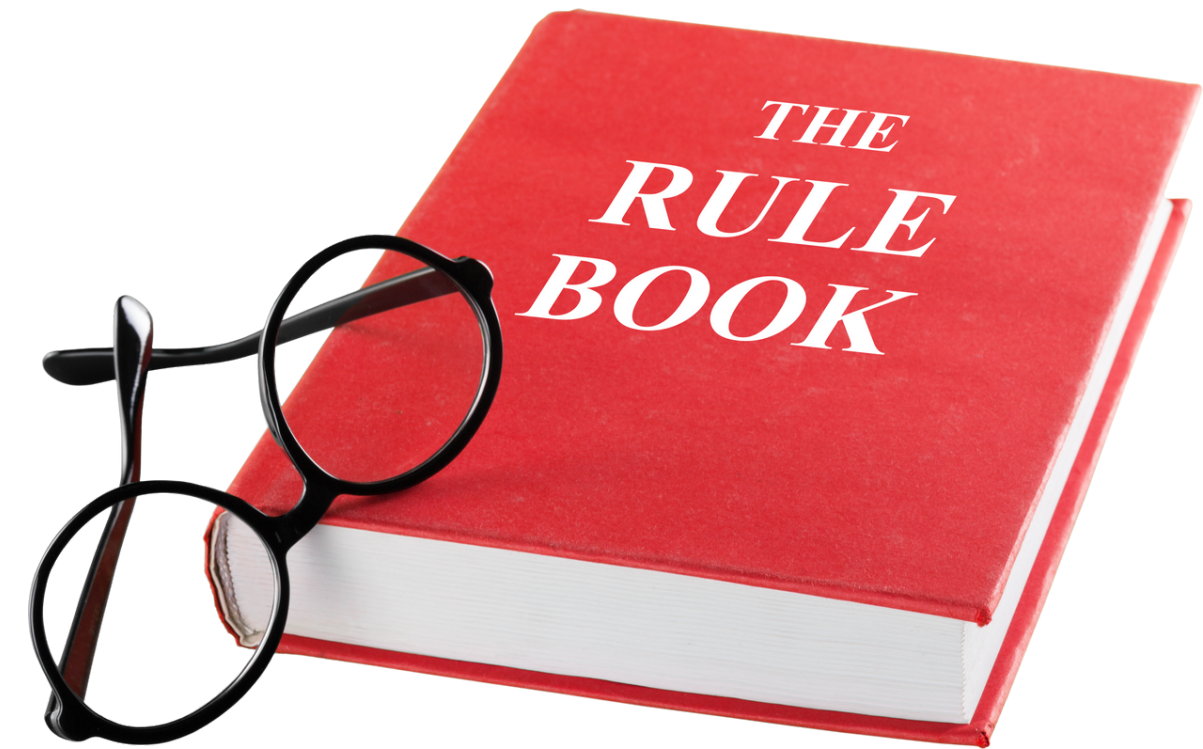


BASIC RULES & REGULATIONS

Games are rally scoring, two sets to 25 and if forced, a third set to 15.
Coaches have 2 timeouts, and 12 subs.

Violations

- Double touches: A player cannot contact the ball twice consecutively during a single play.
- Lifts or carries: A player cannot catch, hold, or throw the ball during play.
- Net violations: Touching the net while attempting to play the ball, either with the body or clothing, is not allowed.
- Foot faults: Servers must remain behind the service line when serving. Stepping on or over the line is considered a fault.



PLAYER POSITIONS & ROTATIONS

Positions consist of: Setter, Middle Blocker, Outside Hitter, Right Side Hitter, and Libero/DS. Each of these positions carries different roles and responsibilities. Some of these positions only play in the front row or back row, and some will play both front row and back row here we have clarified some of the roles and where they play:

Front Row Players: Middle blocker, outside hitter, right side hitter, setter

Back Row Players: Libero, defensive specialist, setter

Different Types of Rotations:

There are many different rotations that a coach can use, including a 5-1, 6-2, 4-2 etc., Coaches will pick their rotations, based on the needs of the team. Each rotation can benefit different aspects of the game, including offense and defense.

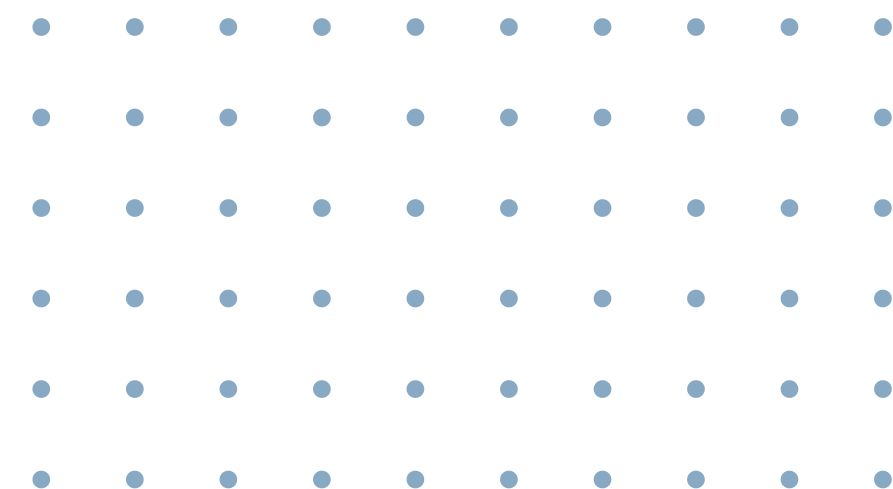


COMMON MISCONCEPTIONS

The Difference In Roles & What Their Rotations Look Like:

There are six players allowed on the court at one time and the players will rotate 6 times to get to the start of the lineup. Note, the libero is only a back row player. Middles are only front row players and only one middle is allowed to serve in a game, if using a libero for serving. Some positions like middle, only play 3 out of the 6 rotations. A defensive specialist, who is also a back row player, will typically only play 3 rotations out of 6. These are what the positions entail, and are not determined by the coach.

Some common misconceptions are “my daughter doesn't get to serve”. Only one middle gets to serve and they cannot change throughout the game or maybe the coach put in a defensive specialist for the hitter who plays back row and serves. Or “my daughter only plays half the time”, when in reality, her role as a middle blocker or defensive specialist are only 3 rotations in and of itself.



PLAYER ROLES & RESPONSIBILITIES

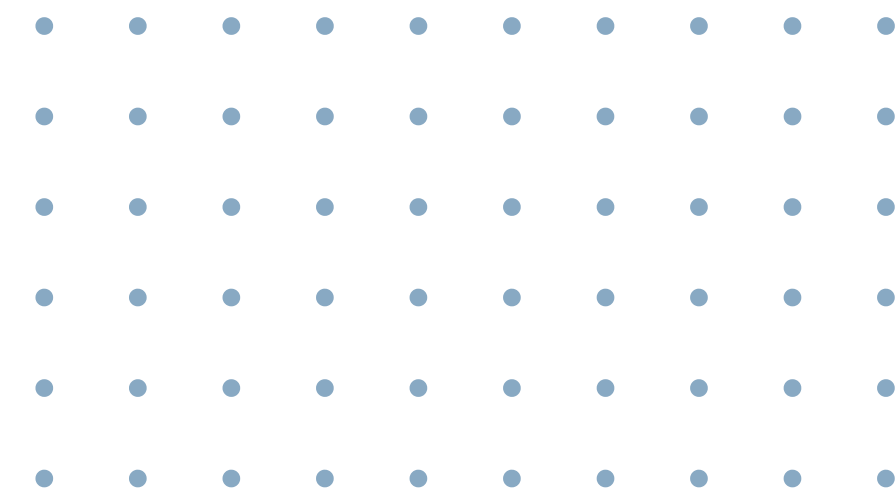
As the season progresses, player roles and responsibilities can change. No spot or position is ever solidified, and can be altered based on the needs of the team.

When our coaches determine the line up, they are focusing on a few things:

1. What is the current performance of my athletes?
2. What are the strengths and weaknesses of the opposing team?

Often times, the coach has to decide what the best match up is for their team, compared to who is across the net.

So, rest assured, every decision made is in pursuit of our shared goal: achieving victory as a united and well-coordinated team.

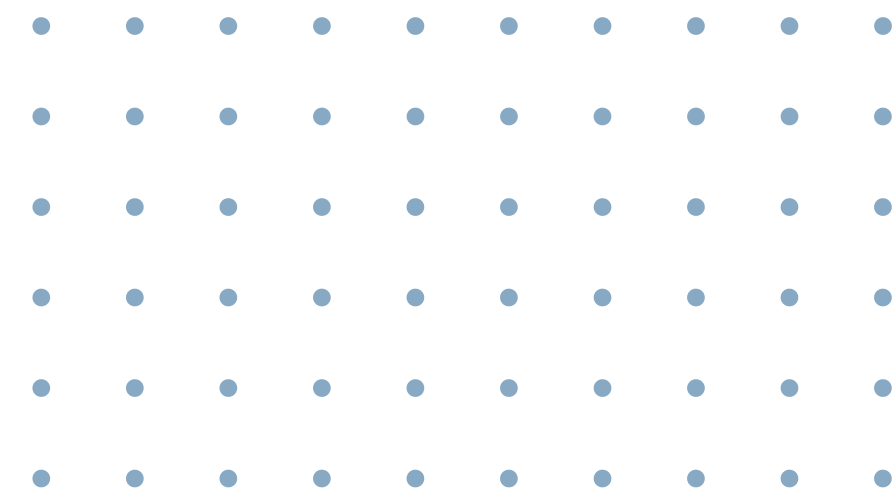


PLAYING TIME

Let's talk about something that's really important for everyone on the team to understand. When it comes to playing time, the coaches have the final say. We all need to accept that and trust that they're doing what's best for the team.

At TLVC, we're really focused on developing our skills and getting better during practice sessions. Tournaments are important too, but they're not our main focus. So, just keep in mind that playing time isn't something you can negotiate or dispute with the coaches.

During tournaments, our coaches will be doing everything they can to make sure everyone gets some playing time. But sometimes that might mean that some players get less time on the court so that the team as a whole has the best chance of winning. It's not always easy, but it's just something we need to keep in mind as we work together to make our team the best it can be.

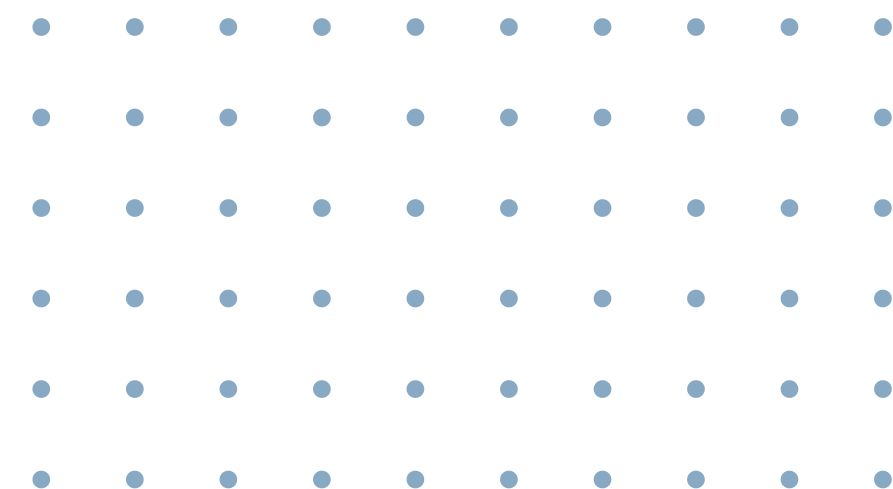
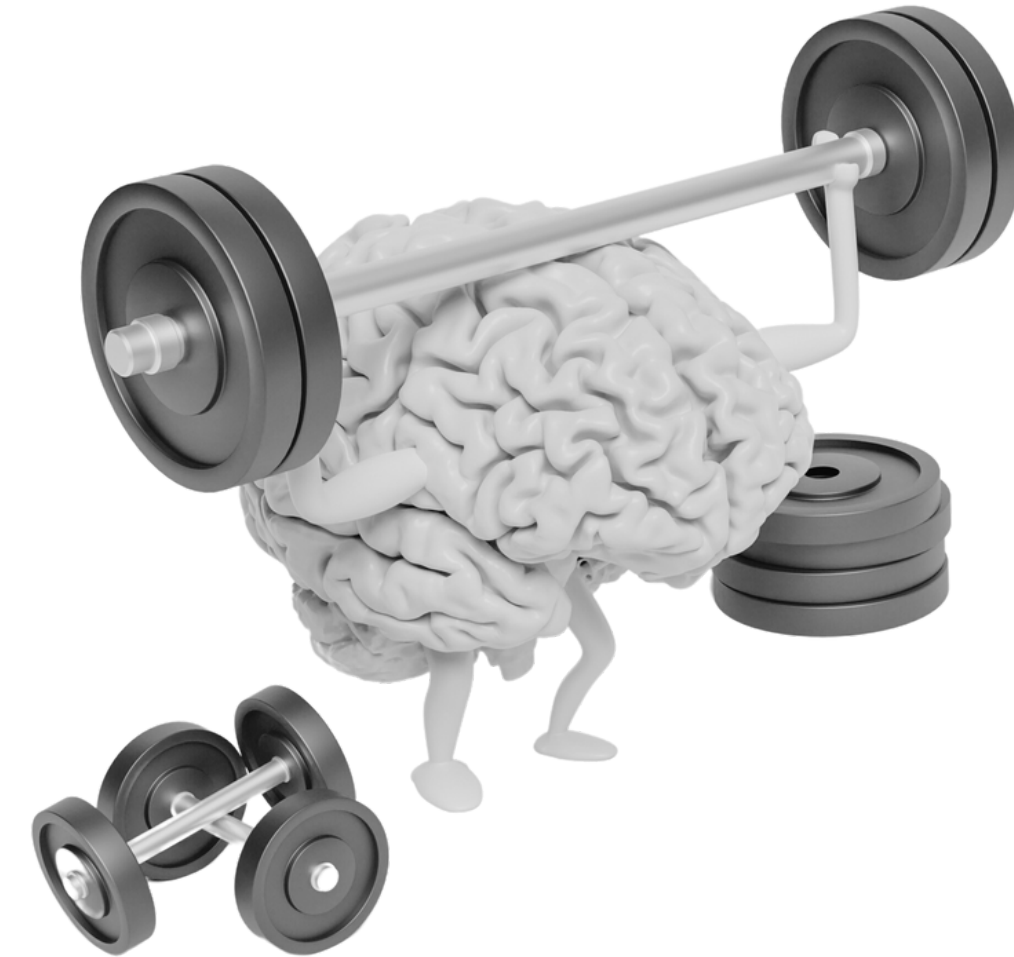


MENTAL TOUGHNESS FOR PLAYERS & PARENTS

In sports, and in life in general, things don't always go the way we want them to. We might lose a game, or get benched, or have a bad day on the court. And when that happens, it's easy to get discouraged or frustrated. But that's where mental toughness comes in.

For players, mental toughness means being able to keep your head in the game, even when you're feeling tired or discouraged. It means being able to stay focused on your goals and keep pushing yourself to improve, no matter what.

For parents, mental toughness means being able to support your child through the ups and downs of sports. It means being a positive role model and helping your child develop the resilience and grit they need to succeed both on and off the court.

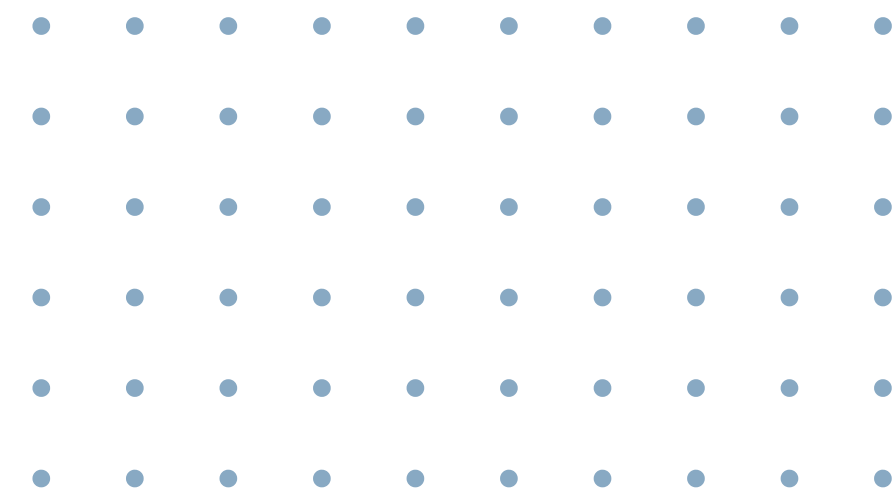


MENTAL TOUGHNESS PROGRAM FOR PLAYERS



Founder: Bo Hanson

- 4x Olympian
- 3x Olympic Medalist

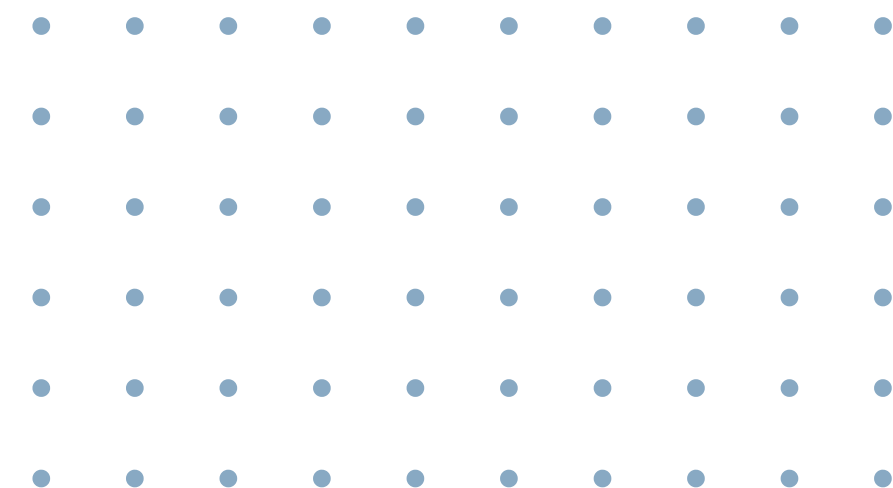
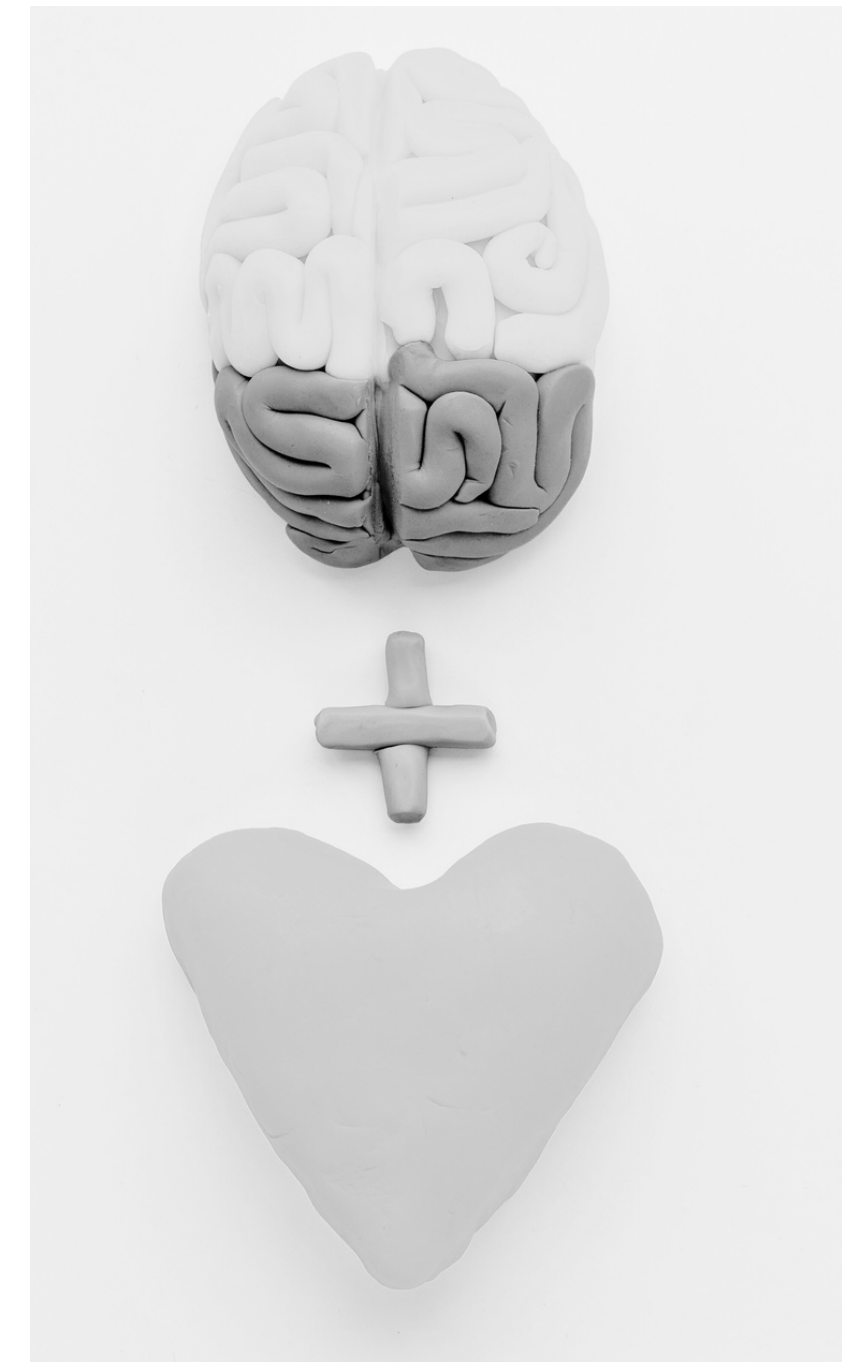


EMOTIONAL MATURITY FOR PLAYERS & PARENTS

In sports, and in life in general, emotions can run high. We might feel angry, frustrated, or disappointed when things don't go our way. And while it's okay to feel those emotions, it's important to be able to handle them in a mature way.

For players, emotional maturity means being able to handle setbacks and challenges with grace and composure. It means being able to keep your emotions in check and stay focused on the game, even when things are getting intense.

For parents, emotional maturity means being able to support your child in a positive way, without getting too wrapped up in the emotions of the game. It means being able to provide constructive feedback and guidance, without letting your own emotions or frustrations impact your behavior.

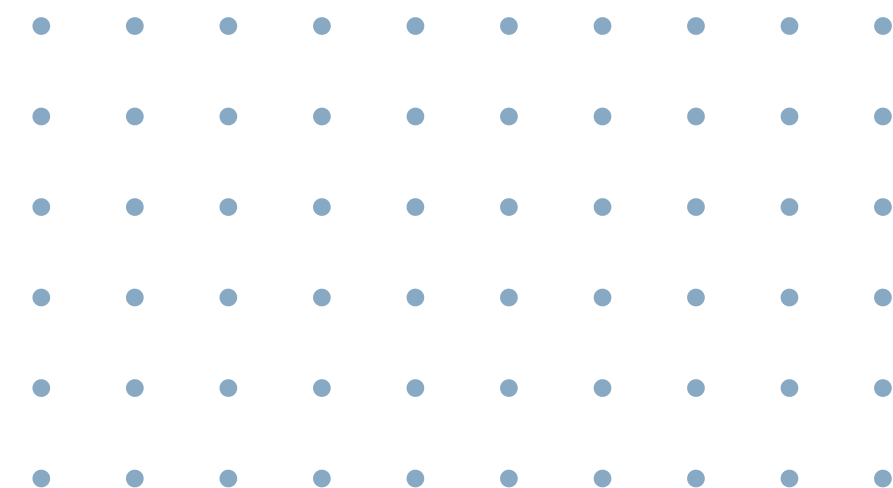


GRIEVANCE PROCEDURE

Hey parents, we want to make sure that everyone feels comfortable coming to us with any concerns or grievances they may have. That's why we've put together a grievance procedure to help address any issues in a respectful and productive way.

We do ask that families wait 48 hours after a match before contacting a coach with any concerns. This gives everyone a chance to cool off and approach the situation in a more constructive manner. And coaches won't engage in any controversial discussions during or immediately after a tournament, to help maintain a positive and respectful environment for everyone involved.

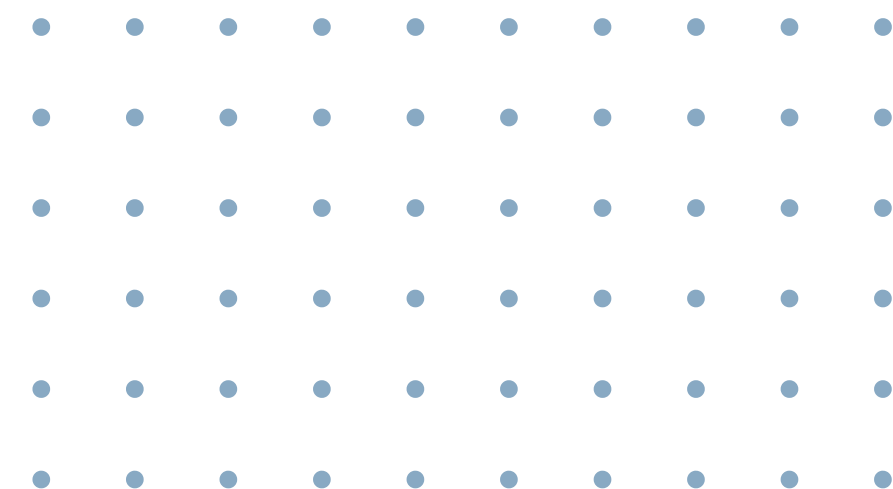
If the athlete has an issue that they can't resolve with the coach, we encourage parents to email the coach, copying a director. And if the issue still can't be resolved, the parent can request a meeting with the coach, parent, and a director.



GRIEVANCE PROCEDURE

We do ask that everyone involved in the process maintains a positive and respectful attitude, as negative or argumentative behavior can impact the athlete's opportunities in the future. And while we encourage everyone to speak up if they have concerns, we do ask that coaching decisions aren't called into question. That includes things like specific match decisions and player substitutions. Coaches aren't required to defend their thought process in these situations, and it's not appropriate for parents to request it.

Remember, involving uninvolved parties in any disputes isn't fair to them or the club, so we encourage everyone to follow this procedure if they have any issues to address. Thanks for your cooperation, and let's work together to create a positive and productive environment for our athletes.

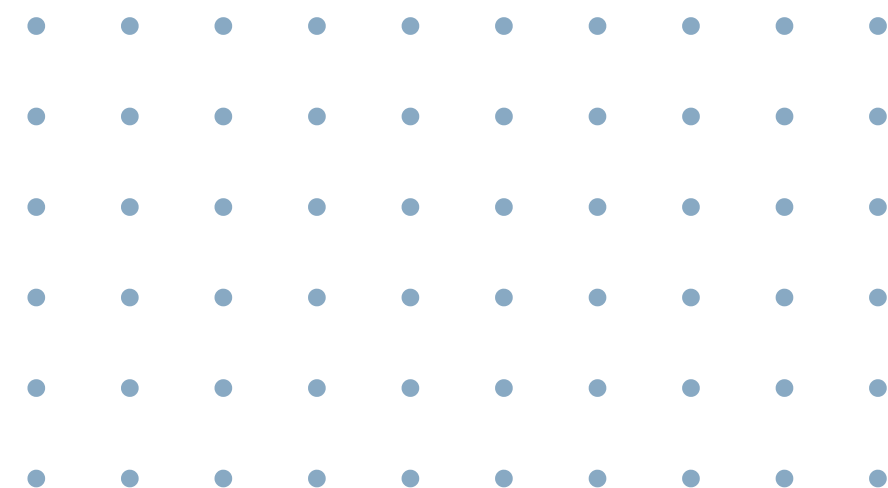


ATTENDANCE

If you're going to miss practice, you need to let your coach know at least 24 hours in advance. And for tournaments, we ask for at least three weeks' notice if you won't be able to attend. If you have more than four unexcused absences during the season, we may need to evaluate your participation on the team.

Each player's role is pivotal, not only for our team's success but also for their personal growth. Missed practices not only affect the coach's planning but also impact the entire team. Team chemistry and unity are forged during practice sessions, underscoring the significance of our collective commitment to each other.

Also, please be aware that failing to inform TLVC of your absences may result in your membership being withdrawn without a refund. It's important that you prioritize TLVC after schoolwork and school sports, but we understand that sometimes things come up.

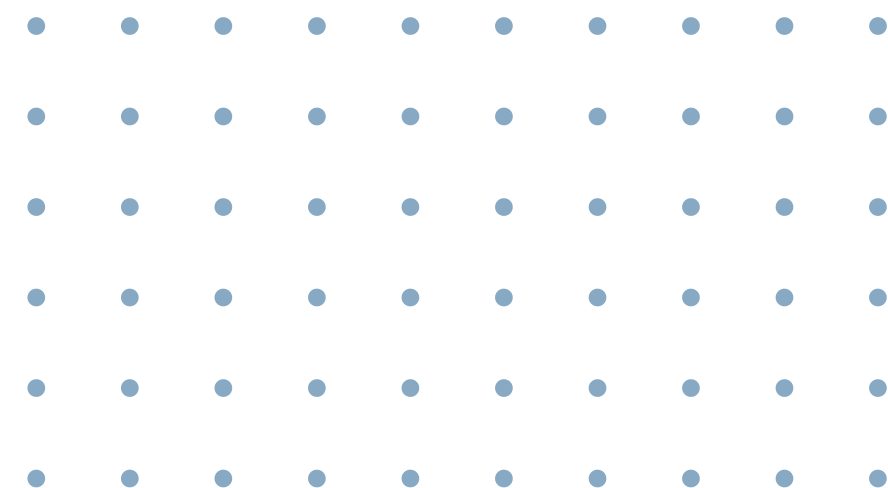


TEAM TOURNAMENT & PRACTICE SCHEDULES

All schedules will be posted on our website as soon as we can. They will also be found on your LeagueApps calendar.

We'll make sure to post the schedules as soon as we have them, so you can start planning accordingly. And if you have any questions or concerns, feel free to reach out to our team – we're here to help.

Thanks, and let's get ready for a great season ahead!

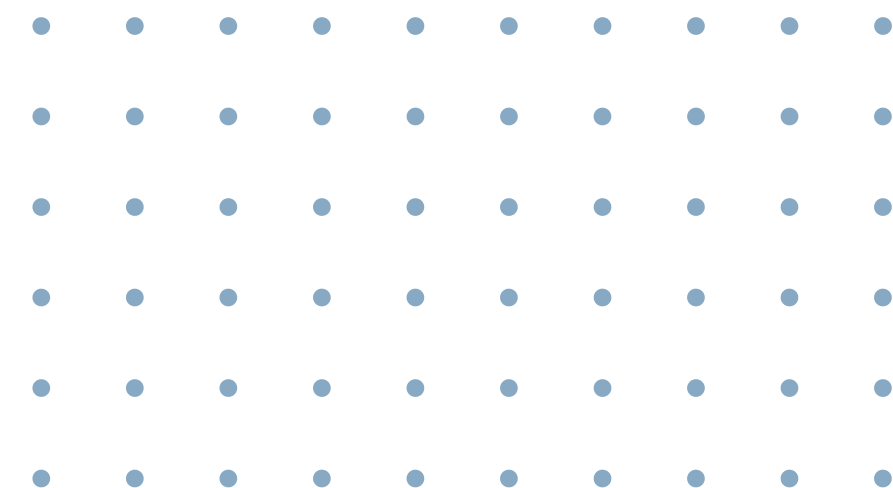


CLOSED PRACTICES

Closed practices are important because they allow our athletes to focus without distractions, give our coaches more effective training time, and build a stronger team dynamic. Unfortunately, space limitations and contract restrictions do not allow for spectators. Thanks for understanding the benefits of closed practices in helping our athletes succeed!

We know it can be tough for parents not to be able to watch practices, but we hope you understand that closed practices are really beneficial for our athletes and teams. We're all working together to help our athletes succeed, and closed practices are an important part of that process.

At LSC, we do have limited seating upstairs, if you drive a good distance and would like to sit inside rather than your car. However, you must stay upstairs and out of the gym and lobby. Please keep in mind that the dividers are down during practices and the view of your player's practice will be limited.

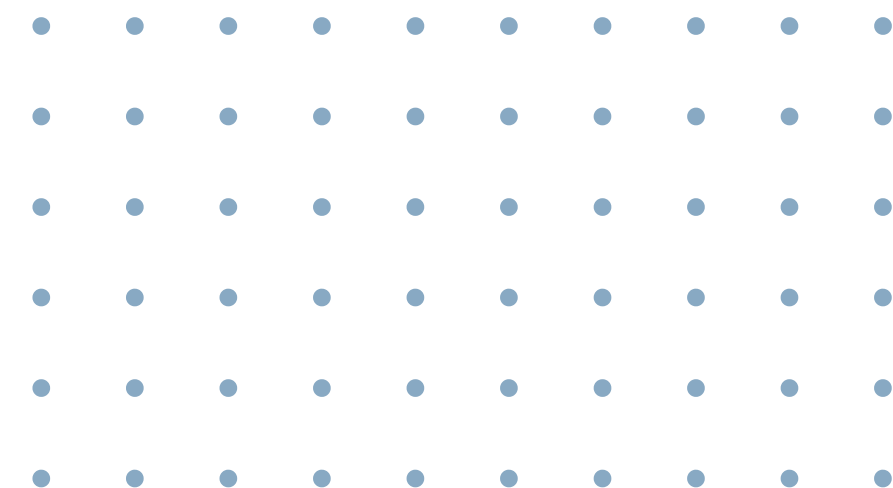


INCLEMENT WEATHER

At TLVC, we take inclement weather seriously and will always put safety first. If we need to cancel a practice or competition due to weather, we'll notify parents and participants as soon as possible. We know how valuable practice time is and we don't make cancellations lightly. If at all possible, we'll try to hold practice.

When we make the call to cancel due to weather, we'll wait until later in the day to see how things are shaping up. Sometimes the forecast changes or the weather clears up unexpectedly, and we want to make sure we're making the best decision possible.

We appreciate your understanding and flexibility when it comes to inclement weather. We want to make sure everyone stays safe and healthy while still getting the most out of our practice and competition time. If you have any questions or concerns, please don't hesitate to reach out to us.



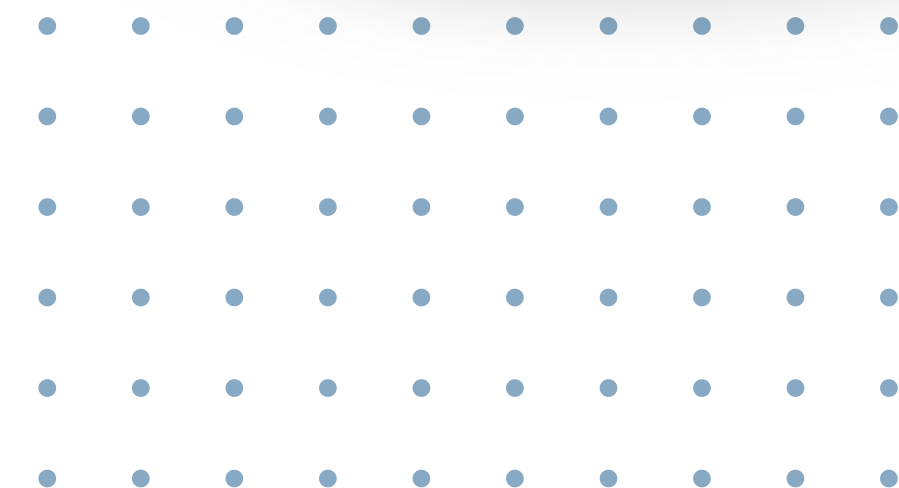
TOURNAMENT SCHEDULE COMMUNICATION

As a club, we release the schedule for the weekend tournament on the Thursday prior to the tournament. This is because tournament hosts are allowed to make changes up until Friday night at 6pm.

We realize that some tournaments may publish their schedules before the Thursday prior to the tournament and you are free to take a look ahead of time. We do ask that you not send out any tournament information to other parents or post it online, to help us prevent any confusion. This information has not been verified by TLVC, and the tournament directors can still change the schedule up to the day prior.

So, please be patient and wait for a TLVC staff member to send out the official schedule. We work really hard to make sure everything is accurate and sent out on time.

And a quick PSA – please do not email or ask on team chat groups what times you play. We will send out the tournament information on Thursdays, so just sit tight and wait for us to send it out.



WORK TEAM DUTIES

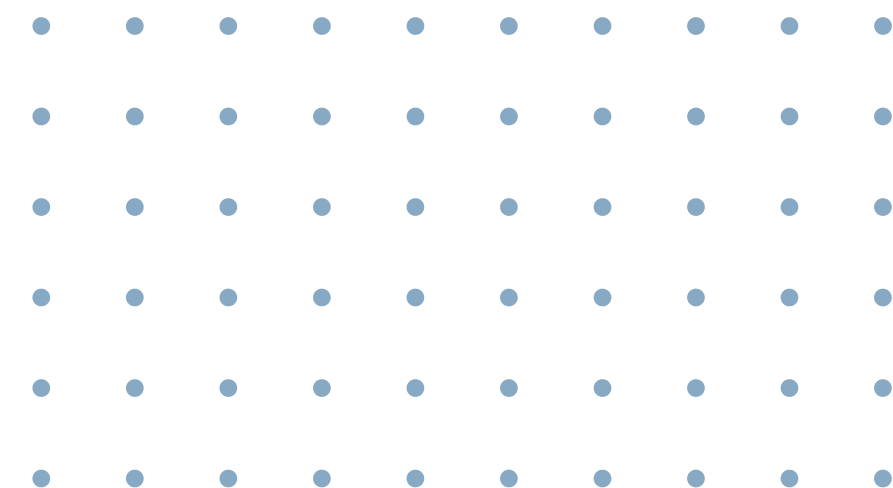
Our teams will have work assignments during tournaments, which means that our coach may need to help referee a match between other teams, and our players will need to keep score.

That's why it's important for every player to get certified to keep score. This will help us make sure that we have enough scorekeepers, and it'll also help us avoid any problems or mistakes during the tournament.

To get certified, players will need to attend a scorekeeping clinic, which costs \$25 per player. We'll be sending out a list of opportunities for you to sign up your player, so please make sure you do that as soon as possible.

Also, we need to make sure that everyone on the team is present until the very end of the match, including the last officiating duty. If someone leaves early or doesn't stay until the end, there could be consequences at the next tournament.

Remember, we're all in this together, and we all need to do our part to make sure the tournament runs smoothly and everyone has a great time. Thanks for your help!

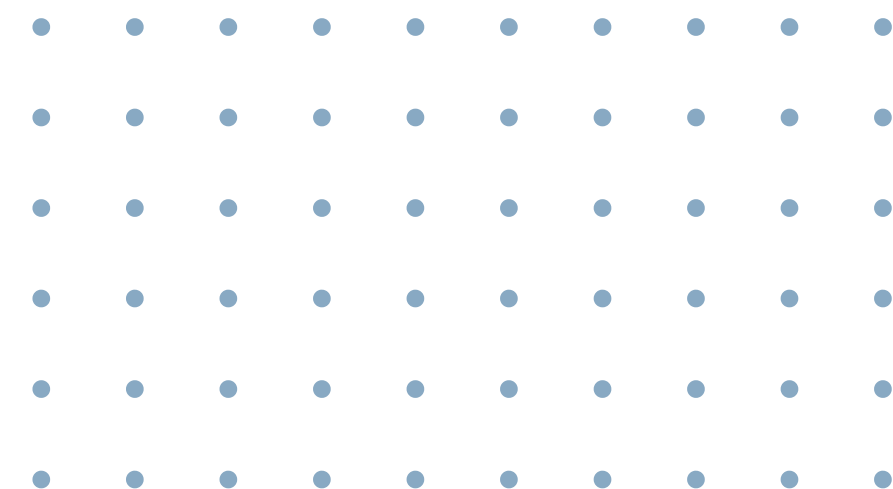


STAY-TO-PLAY (STP) TOURNAMENTS

Basically, "stay-to-play" means that teams are required to book their hotel accommodations through a specific housing service, in order to be eligible to participate in the tournament. This policy is becoming increasingly common across the country, and it's designed to help tournament organizers manage hotel inventory and ensure that all teams have access to affordable accommodations.

While we understand that "stay-to-play" policies can be frustrating for some families, we want to emphasize that this policy is in place for multi-day qualifiers and large tournaments as directed by the tournament host.

If you have any questions about "stay-to-play" policies or need help booking your accommodations, please don't hesitate to reach out to us. We're here to help make the tournament experience as smooth and enjoyable as possible for everyone involved.

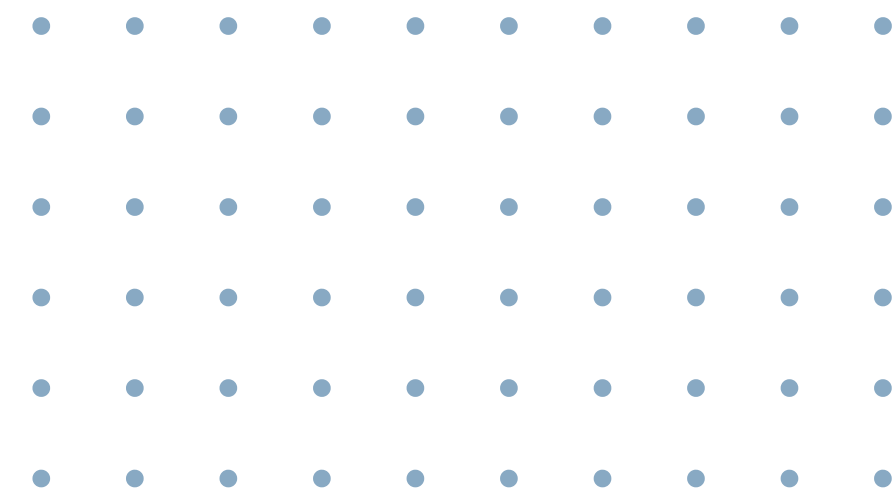


STAY-TO-PLAY (STP) TOURNAMENTS

If your team is participating in a STP tournament, every athlete on the team is required to stay in a designated STP hotel. TLVC staff will email out information for making your room reservations as soon as it's received. Once you receive that email, you'll have 48 hours to reserve your room.

It's really important to make sure you reserve your room within that 48 hour window, because team acceptance in STP tournaments is dependent on completing room blocks. We want to make sure that every team is able to participate, and completing the room block is a crucial step in that process.

If you have any questions about the STP policy or need help reserving your room, please don't hesitate to reach out to us. While we're unable to make individual reservations for each athlete, we're here to support you and answer any questions you may have.

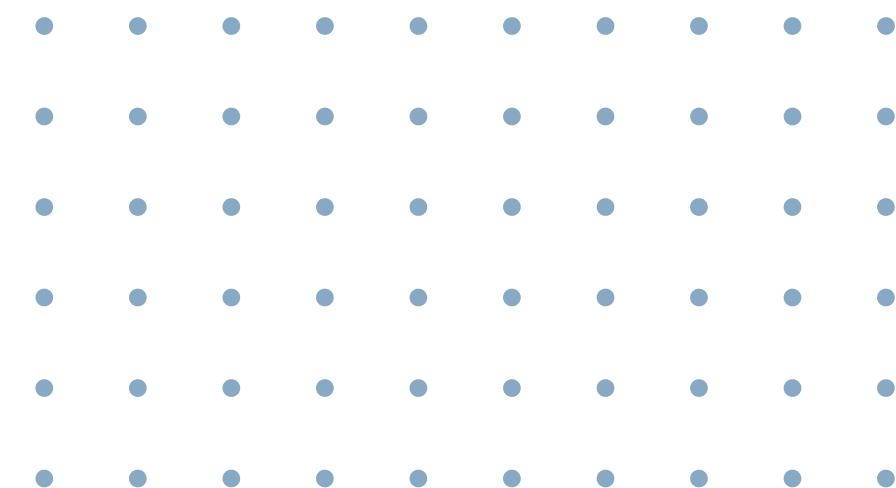


FINANCIAL OBLIGATION

When you signed the agreement, you committed to paying a predetermined fee for your child's participation in the program. We understand that this can be a significant financial obligation, so we offer payment plans to help make it more manageable for families.

It's important to note that unlike some other activities where you pay for the months that you attend, TLVC's contract requires payment regardless of whether your child completes the entire season or not. We just wanted to make sure everyone is aware of this policy and that it's part of the commitment you make when signing up for TLVC.

We appreciate your understanding and your commitment to the program. If you have any questions or concerns about the financial agreement or payment plans, please don't hesitate to reach out to us. We're here to help in any way we can.

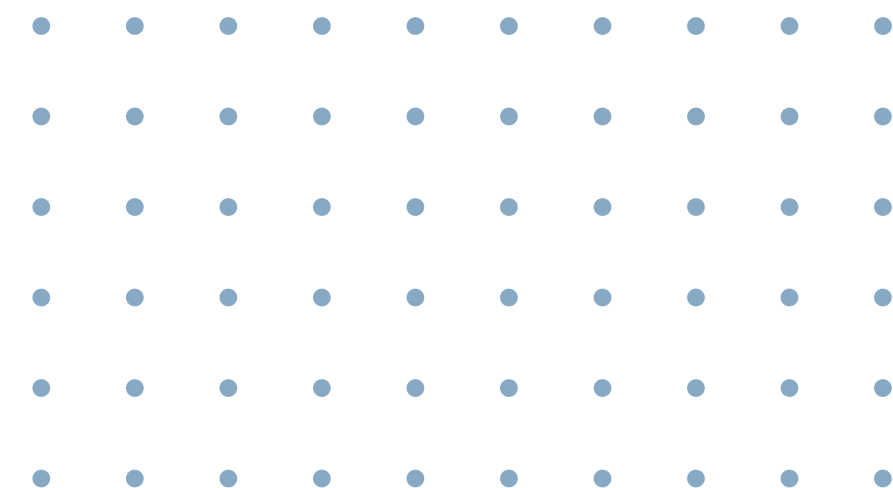


RECRUITING

Kelsey, our Director of Recruiting & Programming brings a wealth of experience and knowledge to our team. Kelsey holds a Master's of Sport Pedagogy from Baylor University, where she worked as a graduate assistant with the Women's team, gaining valuable insights into the recruiting process. As our full-time Director of Recruiting, Kelsey is committed to helping athletes achieve their college athletic dreams.

She has created a Google Classroom to track and assist athletes in their recruiting journey.

To join our Google Classroom, simply fill out the form at <https://www.texaslegendsvb.com/recruiting.html> and let Kelsey guide you every step of the way.



COMMUNICATION

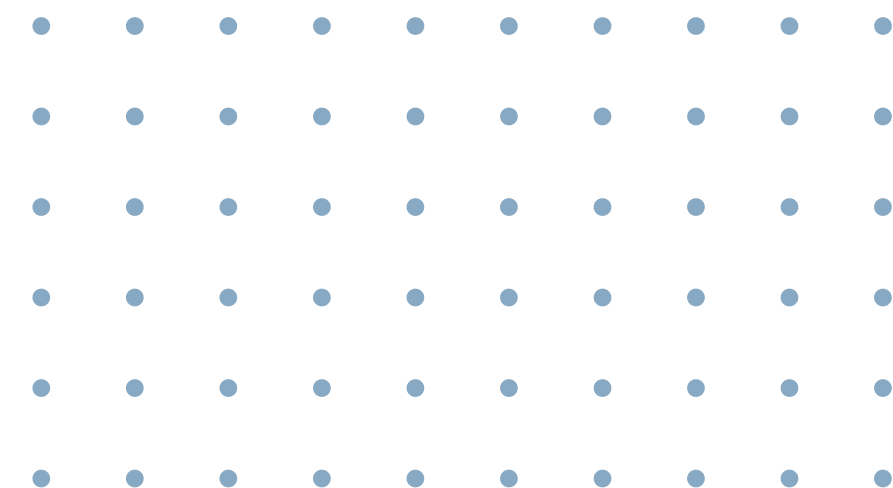
If you're sending an email or direct message on LeagueApps, please make sure you include your athlete's name and team. It'll help us respond to you more quickly and accurately.

If you have a simple question, it's always a good idea to check our website first. Most of the information you need is probably already there.

When you do send an email, please give us at least 24 hours to respond. We have a lot of athletes and families to keep track of, so it may take us a little while to get back to you.

And finally, I want to make it clear that we won't tolerate any negative comments or behavior. If you have an issue or a concern, please bring it to us in a respectful way. If we receive any negative comments or behavior, we may need to take action, including possibly removing someone from our communication lines.

Thanks for your understanding and cooperation!



SOCIAL MEDIA

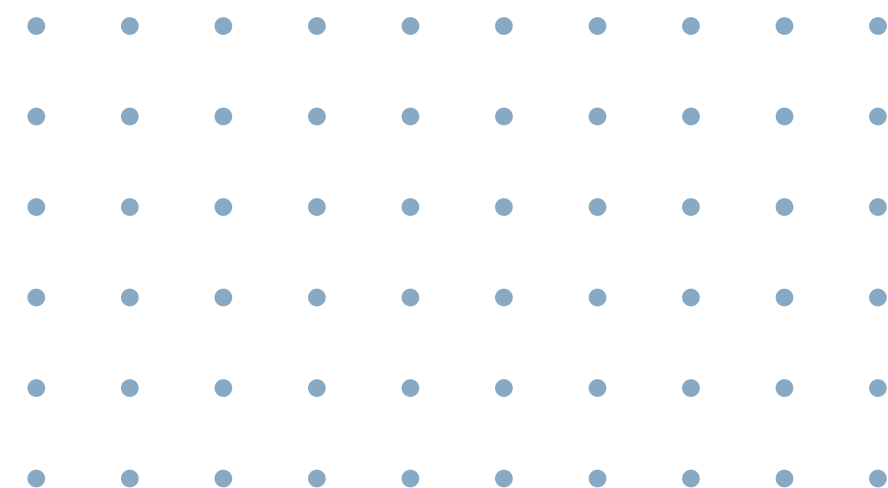
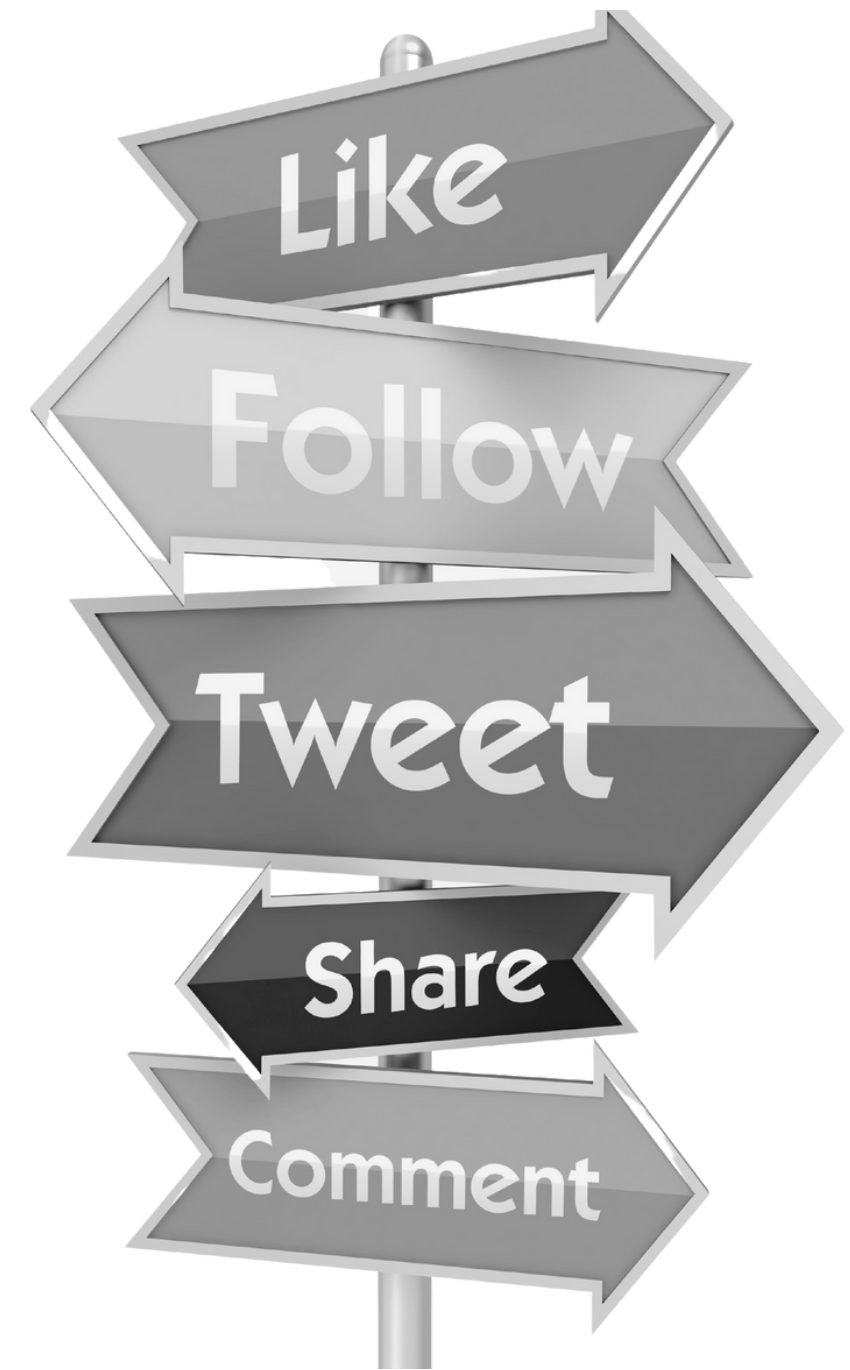
Ways that you can stay connected with us and keep up with what's going on at TLVC.

Make sure you follow us on Facebook and Instagram. We post updates, pictures, and other fun stuff, and we love it when you like, share, and comment on our posts.

Sign up for our Legendary News. You'll get a list of training opportunities and all the latest news about TLVC delivered right to your inbox.

We love it when you send us pictures and videos of your athletes throughout the season. But please keep in mind that we can't use filtered pictures or videos that are formatted for TikTok, Reels, or other platforms like that. We just need raw pictures and videos that we can use on our social media channels and other promotional materials.

Thanks for staying connected with us, and we can't wait to see you at our next event!

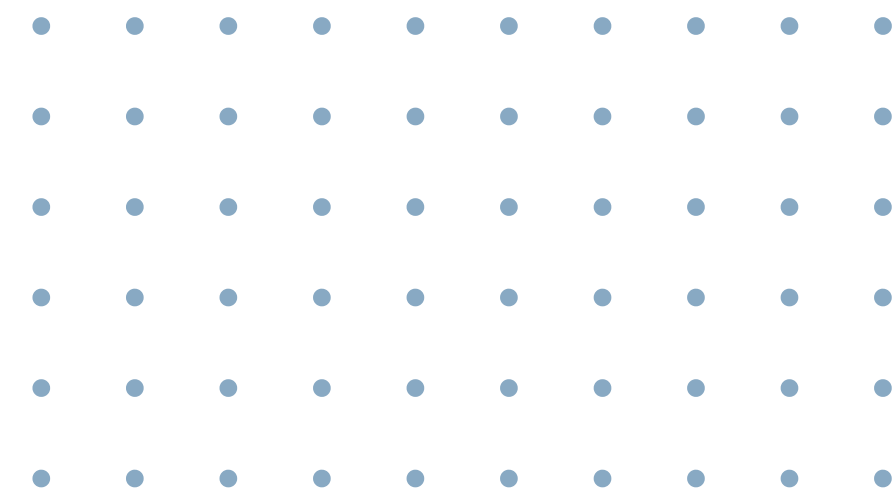
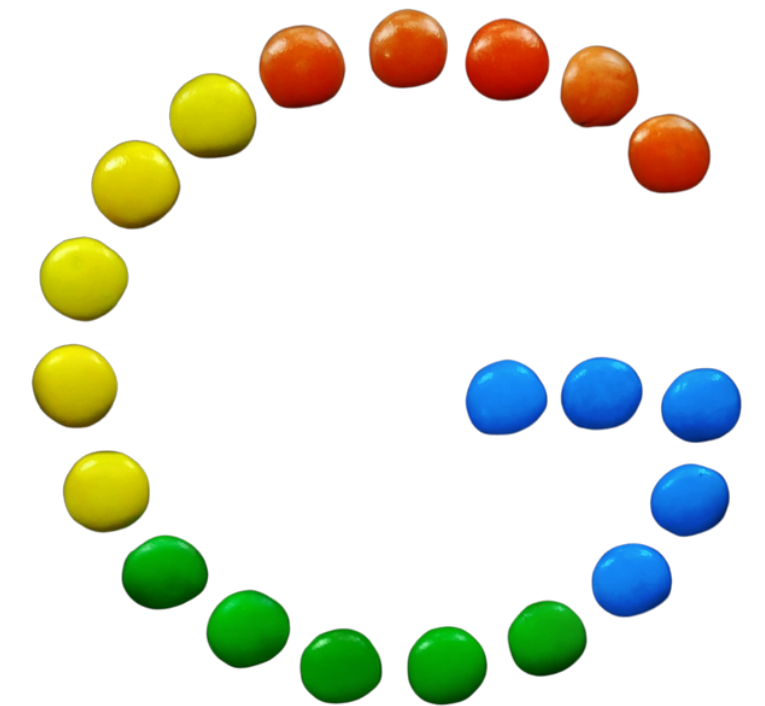


GOOGLE CLASSROOM

Please make sure you're connected to your athlete's Google Classroom, as all task-driven activities, such as USAV membership and STP options, are managed there. It's important to note that your athlete cannot attend practice or the scorekeepers clinic without USAV registration.

Sean has been diligently sending emails for connectivity; please check your spam folder if you haven't received them. If you're still not connected, reach out to Sean at sean@texaslegendsvb.com.

Let's work together for a successful season!



TEAM SHOP

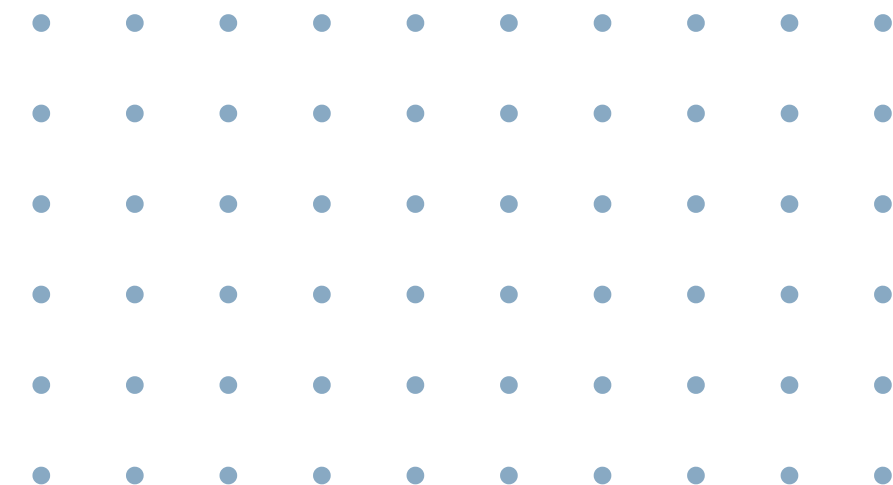
We will be opening our BSN Team Shop in the next few weeks. A couple things to note:

- Your uniform package includes 2 jerseys, 1 practice shirt, 1 pair of kneepads, 1 pair of navy spandex, and 1 backpack. If you should inquire about any other item or receiving multiple, we suggest the team shop!
- Our BSN Team Shop is approximately 20% off retail prices that you will find
- We have included some items for parents and players including the above, and blankets, tumblers, shoes, socks etc.

What are the perks?

- They ship it to your home, no need to worry about picking it up
- It is a one stop shop for everything TLVC

Once the deadline has passed, that is when all orders will be shipped. It is open for a 2 week period. After the two weeks is past, the shop will be closed.

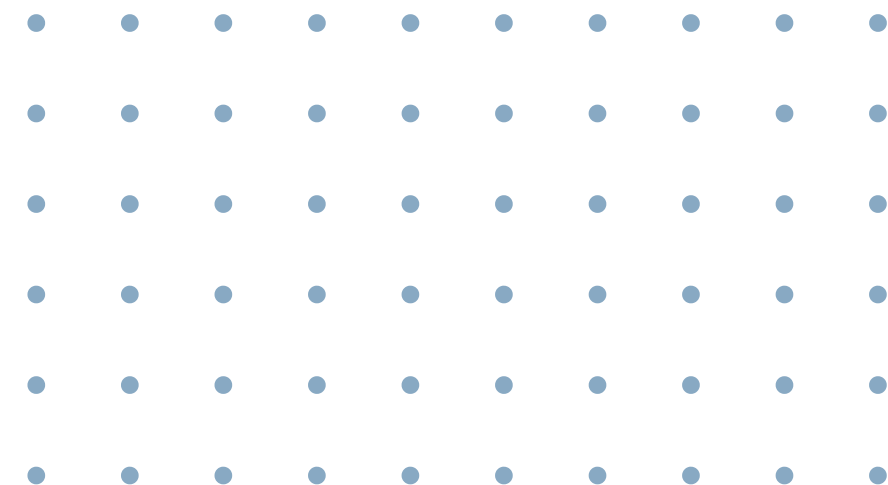


THE PERFECT FOMULA FOR SUCCESS

When we think of our athlete's team, we tend to think of this.



**ATHLETES
+
COACHES**

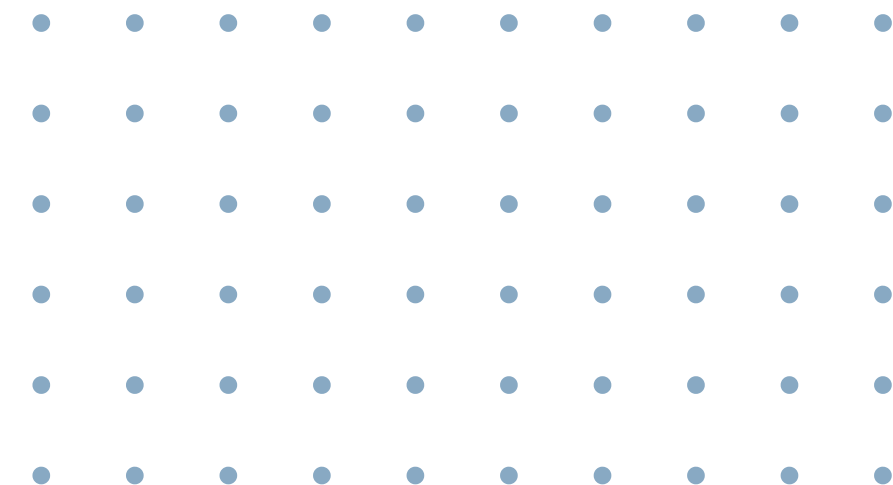


THE PERFECT FOMULA FOR SUCCESS

When in reality, it is this.



ATHLETES + COACHES + FAMILY





THANK YOU

Have any question?

254-732-4511

admin@texaslegendsvb.com

www.texaslegendsvb.com

