

**Player & Parent Guide**

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<https://gcasportscomplex.com>

<https://xzonevolleyball.org>

**We are a 501c3 non-profit**

**updated June 2023**

Welcome to XZone Volleyball Club

This handbook gives each family, and player, information about XZone Volleyball Club. If you have any other questions after reading the information contained, please feel free to contact us, and we would be happy to answer any remaining questions you may have regarding the program.

XZone is a member of the Old Dominion Region Volleyball Association (ODRVB) <https://odrvb.org/> . The ODRVB is one of 40 regions of USA Volleyball representing players, coaches, officials, and other volleyball enthusiasts in the state of Virginia. Each travel player of XZone will be a registered member of ODRVB by registering through Sports Engine. Cost for a membership is approximately $60. Membership allows players to play in ODR tournaments, as well as USAV sanctioned tournaments. Classes are also required by all travel players to learn how to referee, line judge, and keep score during tournaments. The Old Dominion website has many tools and information links to help your family get acquainted with volleyball.

**Important Contact Information**

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Phone Number of Gym office: 804-566-9669 -please leave a message

Phone Number of Coordinators: 804-821-1173 -please leave a message

Address: 6851 Courthouse Road Chesterfield, VA 23832

Volleyball Association: Old Dominion Region Volleyball Association

Website- [www.xzonevolleyball.org](http://www.xzonevolleyball.org)

Email- [xzonevolleyballinfo@gmail.com](mailto:xzonevolleyballinfo@gmail.com)

Event Info- <https://gcasportscomplex.com>

Please like and follow us on Facebook –

<https://www.facebook.com/GCASportsComplex>

<https://www.facebook.com/xzonevolleyball>

Instagram- xzone\_va

**XZONE Mission Statement:** XZone is a 501(c)(3) non-profit organization whose mission is to:

***EMPOWER LIVES IN OUR COMMUNITY*.**

**Xzone Volleyball Club programs:**

1. **Junior Travel Volleyball program (travel)**
2. **Middle School Ignite Volleyball league (practice and scrimmage play)**
3. **Intramural Program for 16 yrs and up**
4. **Clinics and Camps throughout the year**
5. **Open Gyms**
6. **Recruitment Clinics**

**Frequently Asked Questions:**

**How long does the season last?**

Each program has a different time frame of season length.

* Middle School League runs alongside the high school volleyball season starting in early September and ends approximately late October for those in 5th through 8th grade. We do make exceptions and allow 4th graders & 9th graders to participate if it gets approval from the coordinator.
* XZone traditional travel volleyball begins mid November to early December and continues until the last team tournament is scheduled for the season which is usually the end of April.
* Intramural Program will be a 8 to 10 week program that continues throughout the year. First session will run from January through March. Intramural program will run like an open gym session but a membership to the program will be required to attend.

**Are there any volleyball programs in the summer months?**

XZone, and the GCA Sports Complex, carry volleyball into the summer by hosting summer camps, clinics and college prospect camp opportunities. Open gyms are also formed in the summer and continue throughout the year. All information can be found on our website at [www.xzonevolleyball.org](http://www.xzonevolleyball.org)

**How do tryouts work?**

A tryout is an assessment of the athlete's ability and skill level, how well an athlete learns from instruction, and how well he/she plays with others. In the Fall of 2023, XZone will hold tryouts on September 30th & October 1st from 9am-11am for girls 15 and older and 1pm-3pm for those 14 and younger. The Instructional Director, along with the Recruiting Director as well as the coaching staff take into consideration many factors during the tryout period. A few factors are skill level, attitude, ability to follow directions, eagerness to learn, and prior playing experience. It is not guaranteed that your player will make a team even if they made a team the previous year. Coaches assess and then make the best choices based on the players’ ability levels and desires. XZone desires and strives to place all players on a team that is appropriate to further their skill and the love of volleyball.

**What if I did not make a travel team?**

Unfortunately, not every player will make a traditional travel team. Those that are not ready for travel competition have options. XZone volleyball is developing clinics throughout the year for those that need more time to develop the skill set needed for traditional travel ball. These clinics will be shorter in length but will give players the tools needed to practice throughout the year on their own. Intramural program will be available for those 16 years and older to get on the court and continue to develop skill set as well as just get out and have a good time with friends.

**Who makes the rules?**

USA Volleyball (USAV) is the National Governing Body (NGB) for volleyball for the United States and has 40 independently run regions throughout the country. As a Region of USA Volleyball, Old Dominion is the umbrella organization of the clubs in Virginia and operates as a 501(c) 3 nonprofit organization. ODRVB Region sets policy, implements USAV and independent education programs, provides insurance and operates various tournaments and championships. The clubs under ODRVB (XZone to name one) are also independent business organizations implementing their own policies and are in charge of their own finances. When a player becomes a member of an Old Dominion Region-sanctioned club they also become a member of Old Dominion Region, and USA Volleyball, along with XZone Travel Volleyball. XZone volleyball also has membership in Amateur Athletic union (AAU). Both USAV, ODRVB, & AAU memberships are required for each player. Cost for every player is handled by the club this year.

**Are coaches background checked?**

YES! We all have a role to play in providing a healthy setting for volleyball, mentally, physically, and emotionally. XZone requires all coaching staff and volunteers to be background checked, fingerprinted, as well as requiring all coaching staff to go through the Safe Sport Program conducted by USA Volleyball and each region.

**What are my payment options at XZone?**

**XZone MS League** payments are due in full when accepted into the program. There is no payment plan option available.

**XZone junior travel programs** have an installment plan to cut up the expense of our travel program. There is a $1500 deposit that must be made to accept your spot within a very limited period of being chosen to a team and then 2 equal payments made the first two months thereafter. All payments and accounts should be settled in full by the time the team starts tournament play. Please see the financial agreement for the 23-24 season payment guidelines. **There is no payment plan option different than this other than paying the total fee in full.**

**Question Families May Want to Ask:**

1. **What is the travel team philosophy? To win? To improve? To have fun?** Age level has a lot to do with where XZone focuses its volleyball goals. Most come into a competitive setting assuming winning is our number one goal. Winning is a goal and one we enjoy but what creates a winning team is much more than skill level. XZone is aware that a winning team must give players the chance to further their volleyball skills, and nurture a love for not only volleyball, but a love for being on a team, supporting others, and nurturing a good attitude. We foster a very competitive spirit, and our goal is to win tournaments, but it is also to show young players how to support each other, be a good sport, and know that everyone on the team has a role. Each role may be different. Not all players will see their role on the court. Some may be exceptional at supporting, cheering, and leading the team. Others may be exceptional at the mechanics of volleyball. While still others may be pros at organizing and keeping the team camaraderie together.
2. **How many teams do you have at each age level?** XZone usually has multiple teams of the same age from 12U-17U. Our 18’s will be eligible to play in our intramural program.
3. **Who are the coaches at my age level?** To see the list of coaches and their experience, please visit our website at [www.xzonevolleyball.org](http://www.xzonevolleyball.org). Our coaching staff is an experienced group of coaches from the high school and collegiate level. Many of them have played in college and continue to play in adult leagues in their spare time.
4. **How is playing time allocated?** Play time is not guaranteed and will never be guaranteed by a coach or the club. Each coach determines player positioning and who will play in tournament matches. All our coaches are mindful that playing time is important to develop the love of the game, so every effort is made to allow all players the chance to play in matches during the volleyball season although this is not guaranteed. **A player gets the majority of contact and learning time while at practice. This is where skill and development are taught. Tournaments help put the skills to the test, but effort that is put in when no one is watching creates superb athletes.**  Playing time in a tournament whether you play consistently or for a few rotations each game is a very small amount of each player’s time on the court.
5. **Parents and Play Time?** Please be aware that parents do not dictate play time.
6. **What are your travel fees?** XZone team travel fees incorporate the following expenses. Tournament fees, coaching salary, coordinator salaries, education, club and coaching membership dues, coaches travel costs, facility fees, equipment fees, jersey uniform costs, admin fees, insurance, and maintenance of equipment.
7. **Fees: Once you commit to a team you are required to pay the fee in full. There are no refunds once the commitment has been made.** 
   1. **What’s not included in the team fees?** Shoes, pads, spandex shorts, tryout fee (non refundable), travel costs including food/ transportation/ hotel costs and admissions for families (player admission is paid for).
8. **Are there any other obligations?** **Parents must commit** to the expenses associated with travel ball. It can be a wonderful experience for players and families, but it can be costly, so please make sure you are 100% committed and have the funds available to pay for the expenses associated with the sport. Parents must support the player by getting the player back and forth to tournaments and practice. **Players must obligate and commit** a considerable amount of time to travel volleyball and be at tournaments and practices on a consistent basis. The commitment level of a player must be 100% . Please have a serious discussion with your child before committing to travel. Once you commit, you are obligated to pay the fees no matter what. **If your family is not dedicated, travel ball may not be the right decision for you.**
9. **Where, when and how often do you practice?** Practice for teams is located at the GCA Sports Complex at 6851 Courthouse Road (behind the main building) and is held approximately two times a week (except during school holidays-we follow the chesterfield county public school calendar) for approximately 1.5 to 2 hours depending on the team. Practice sessions may take place at any time from 5:45PM up to 10PM. A third practice day is possible on Saturdays for the entire club. Practices can be added to team schedules if the coach feels it is necessary and there is scheduled court time available. Each travel team will be given a schedule of what days and times their team will practice.
10. **Are practices mandatory? What if my child misses a practice? Misses a tournament?**  We would like to think that no one would miss a practice, but we know life can get in the way. If a player needs to miss a practice, **it is the player’s responsibility to notify the coach and assistant coach immediately**. We do not expect any players to miss tournaments. Tournament dates are well in advance of season starting so please make sure you can go to each tournament listed. Please make note that if a player misses a practice directly before a tournament that player may not start at the tournament in most cases. The coach will have the final decision regarding his/her team and mandatory practices and/or tournament participation. Excessive absences will reflect on tournament play time. If a player is not practicing with the team the coach will offer play time to the players that are putting in the work during practices.
11. **Are players allowed to play other sports during the travel volleyball season?** We know some players play multiple sports. However, please understand that it is crucial for players to attend practices and tournaments. The player has taken a spot on the team, which means someone who also wanted to be on the team did not make it. Teammates count on each other to be at all tournaments and practices unless an emergency situation arises. Also, travel is a financial commitment and if the player is not committed it is best not to have them play at travel team level.
12. **How long is your travel season?** Our tournament season runs from January to approximately the end of April.
13. **How far will the team be traveling?** 1st teams will travel to several two day tournaments and a handful of one day tournaments throughout the season. Travel may include Washington DC, anywhere in the state of Virginia, and NC. One day tournaments may be up to 2 hours away from Chesterfield. 2nd teams will travel to one 2 day tournament at the end of the season and the rest of the tournaments will be one day tournaments within a 2 hour drive from Chesterfield.
14. **What does my child want to get out of the travel (club) experience?** Before your child accepts a spot on a travel team (club), please make sure you discuss what his/hers goals are. Is playing volleyball for fun, to develop skills, to further the volleyball career to the college level, to socialize? Both the parents and player should discuss this question before accepting a spot on a travel (club) team. XZone expects all player who take a travel position to be committed and take the game seriously. We expect all players to understand that court time is earned and not given to all. If these are things that you do not feel are fair or your child will have trouble with, the best approach is to join the intramural program where playing is more for fun and a social activity to keep in shape and make friends through a mutually liked sport.
15. **Can we afford the program?** **TRAVEL CLUBS ARE EXPENSIVE –** Please know that volleyball is an expensive sport and each player on a team shares the entire teams costs. Before accepting any placement, please make sure your family can afford the financial expense of a travel program. Expenses that many do not think about are the travel expenses the family must pay in addition to the club fees.
16. **How can I best prepare my child for tryouts?** Tryouts can be a very stressful experience as dozens of players may be trying out for teams that will only have 9-11 open slots. Our best advice is to have your child well fed, hydrated, and rested before tryouts begin. Coaching staff is looking for a variety of skills during tryouts, and all are not merely looking at technique, but attitude, attention to details, ability to follow instructions, and a natural ability to lead are a few other qualities coaches really look at during tryouts. **Attitude and coachability are biggies** that are looked at during tryouts! If a player does not make a travel team, XZone has in place other alternatives for players who want to participate. League play, XZone Elevate, and open gyms are a few of the options available if a travel team is not made. Anyone who wants to be a part of XZone Elevate teams must come to tryouts.
17. **Once my child chooses a club, can he/she change her mind and join another club?** **Club Jumping?** Once a player is chosen to a team, a commitment form will be needed, as well as a nonrefundable deposit of $1500. The form will be signed by the player and parent/guardian. Once this form is signed, **the player has made a season-long commitment to XZone**. XZone is under no obligation to release the player until all financial obligations are met if they choose to go to another club after signing the commitment form. Once commitment is made, the travel team (club) relies on that player not only financially, but also relies on them to support their teammates and help the team the entire season. There is a reason a player has been chosen to a certain team. That reason is that the coaching staff feel the player can help the team have a competitive, winning season. It is important if a commitment is made at the beginning of season the player follows through for the entire season.
18. **What happens if my child gets injured at practice or at a tournament?** The coach will report the injury immediately (or as soon as possible) to the XZone volleyball staff, or tournament director, and seek medical attention if warranted. The coach or assistant coach will complete an incident/accident report form if necessary and make sure parents are aware of the situation. Parents are required to go to all tournament games or have a guardian attend in case an injury does occur the player will have the support she needs at the venue. It is important that the director of the tournament or trainer sees a player that has been injured and fills out an injury report.
19. **What are USA Volleyball Age Definitions?** Teams in the Old Dominion Region are categorized by using the USA Volleyball Age Definitions for 2023-2024.
20. **Can my child “play up” in an older age division?**  If your child is selected to play on an older team because of skill level, then he/she can “play up” a year. All rules and regulations of the team age level (ball used, net height) will be followed regardless of the age of the players.
21. **Why does my child have to keep score and line judge?**  USA Volleyball believes in teaching players the entire game, and that includes officiating. When they are not playing, players will develop leadership skills and knowledge of the game when they assist in officiating. Prior to any competition, clubs are required to instruct their players on proper techniques in refereeing and scoring.
22. **What happens if I don’t pay my child’s club fees?**  Upon acceptance to an XZone team the financially responsible party of the player must sign a financial agreement that assures payment of travel team related expenses and fees. At this time a $1500 nonrefundable deposit will need to be put into the player’s account. The deposit goes to upfront costs each player and team has and the money cannot be refunded for any reason. Unfortunately, if fees are not paid as promised when the agreement is signed, that player's team suffers because they will not have the funds in their team accounts to participate in activities and planned practices. It is crucial that if you accept a spot on the team, you understand payment is mandatory even if your child decides not to play. XZone hands any delinquent accounts over to their billing department and they take the necessary actions needed to reconcile the balance with the family.
23. **My child says there is drama on her team. How is that handled?** When dealing with teenagers, there are always situations that may be perceived as drama on a team. XZone does not tolerate players who are not welcoming to all members of the club. XZone holds each player to a very high standard of conduct and does not tolerate players acting in a selfish or arrogant way. A team must function in unity to be successful. Coaches will hold team meetings throughout the season to discuss any issues they feel are getting in the way of team unity. Typically, these meetings allow the team to refocus.
24. **Hotels?** Players must stay with parents for the 23/24 season if you are on a 12U to 15U team. Those on 16U and 17U teams will be provided hotels for players.
25. **Memberships?** Each player must get a USAV membership and take the USAV online judging classes in order to play. Membership costs approximately $60. Team parents also need a membership in order to be put on the formal roster for the team. The cost to the parent is also $60 for their USAV membership. An AAU membership may be necessary for each player. The price for AAU memberships is approximately $25.

**Team Helpers:**

Coaches need help organizing tournament activities. We ask that the parents arrange any team meals or team building activities and let the coaches focus on the tournament. Each team will need 2 possibly 3 parent volunteers to communicate and set up any team building function including dinners at tournaments or “picnic” lunches. Communication is key to making this work for your families if you plan to help out. Team helpers are required to have a USAV membership so they can be entered officially on the team roster at tournaments. The cost for membership is $60 but allows the parent to be on the roster and enter the facility with the team if appropriate.

**Tournament Don’ts for Team Helpers:**

1. Do not schedule a team building or dinner on the day people arrive at the tournament. Parents have different schedules and no one is 100% sure of when they will show up to the hotel. Please plan activities or dinners on Saturday if a 2 day tournament and plan a pot luck picnic lunch as a team if a one day tournament is booked.
2. Team building can be on a non-weekend tournament if the coach is available and agrees to it.
3. All plans should be discussed with the coach before being sent to the team as he or she approves all plans in advance that are team functions.

**Tournament Don’ts for ALL PARENTS**:

1. Parents need to understand that tournaments are not a time to cause conflict with coaches or other parents. It makes the parent look unprofessional and normally does not give credibility to the parent. Please think before acting out at a tournament.
2. Do not argue with judges during games
3. Do not argue with other parents during games.
4. Do not talk to, badger, or belittle the work staff. The “working teams” are players learning to develop leadership skills and take initiative. It is not appropriate for a parent to ever talk to yell at the work staff over calls made.

Directions to Register for ODRVB and USA Volleyball Memberships:

**Member Registration:**

**This year XZone will be supplying all of our players with their USAV and AAU memberships.**

**Communication:**

Each team will communicate with the BAND app. No other communication is allowed other than a parent to coach phone call if needed. The app allows the team to share calendars, communications, pictures etc all in one place. Both parents and players will be on the app and will have access to all discussions. No “unauthorized” team chat group will be used for any of our XZone teams.

**Tournaments and Traveling**

* Once the season gets under way, you will be responsible to get your child to and from practices and tournaments. Being on time is being late in the volleyball world. Being 15 minutes early means you are on time. Travel team coaches are responsible for the care and safety of your child until practice is over. Tournaments require the parent to always supervise their player except when the player is on the court. Coaches are not responsible for players at tournaments unless they are on the court.
* Encourage your child to speak to their coach if they are concerned about practice drills, skills, and/or playing time. This promotes responsibility, and it shows the player that the coach is interested in what they have to say.
* **Parents should always allow the coach to conduct practices and tournament play without parent interference. If you need to speak to the coach please make an appointment privately to handle any concerns or questions. We ask for a 24 hour period between request and the meeting taking place. Not all players get play time for varying reasons. Play time is not something a parent should ever discuss with a coach. The player is aware that to increase play time she needs to have conversations with the coach and fulfil whatever recommendations the coach gives her to increase play time. Parents should not be the ones communicating with coaches regarding play time at a tournament.**
* If parents would like to save on travel expenses, some families room share, and most families will pack food for hotel consumption such as snacks and drinks. This helps save on food costs when traveling.
* Tournaments normally have an admission fee attached. Typically, this fee runs between $25 to $30 for weekend play.
* Usually there is a parking fee at tournaments from $5 to $30 depending on area and venue.

**Stay and Play Tournaments:**

* **Almost all XZone 2 day tournaments are what the volleyball world calls “stay and plays”.** These tournaments require **ALL** XZone team players to stay at a specific hotel that we as a club do not choose. The tournament directors choose the hotels for each club and these hotels can be at different locations for teams. The quicker you book your room the more likely your child’s team will meet the requirements to play in the tournament.

**First Aid**

Not all tournaments will have a certified athletic trainer available. All XZone travel team coaches will carry a team first aid kit with very limited supplies. **It is a good idea to have your own first aid case just in case.** Some suggested items: Band Aids, athletic tape and pre-wrap (in case of ankle or finger sprains), antiseptic wipes/ spray, cold packs, elastic bandages (to wrap ice on sprains), blister pads, pain relief (Advil, Aleve, etc.), large Ziploc bag to hold ice, lip balm, and hand sanitizer. Please note coaching staff is not allowed to give players medication including over the counter headache medicines.

**Nutrition**

Prepare your child with healthy snacks and plenty of water for practices and tournaments. **Most tournament locations will not allow food in the venue (GCA Sports Complex is one of these venues.)** Please adhere to the rules of these venues. However, most locations **allow athletes** to bring fruit snacks and/or granola bars etc in their bag. Please be mindful of the rules at each location and follow them.

**Where And When Is the Team Playing?**

The coach is responsible for notifying parents of tournament and practice details. Parents can find schedules and information about the tournament by googling the tournament name and city or by going to the AES system and looking up the tournament date and city.

\*\*\*Schedules rarely come out before the Wednesday before the tournament. Please be patient!

**Work Crews for Each Team**:

\*\*Please note\*\* that the work crews (the team line judging, reffing, and working the score table) are NOT professional officials, so treat them with the respect you would wish for your own child. Especially at the younger age groups, players are still learning how to perform the various tasks. We encourage parents to become trained in order to help out, or at least have knowledge of the rules.

**Please know if your team does not show up for “work” they will be disqualified from the tournament they are playing at. Please do not leave the tournament until your coach has released the team.**

**Club-Hosted Tournaments**

XZone from time to time will host a tournament. These are called “club-hosted” tournaments. While ODRVB Region sanctions (approves) these events, the club coordinator hosts and organizes these tournaments. In 2022-2023, the GCA Sports Complex may be hosting tournament events. We are excited about the possibilities this brings to our club.

**Old Dominion Region / USA Volleyball Spectator/Parent Code of Conduct**

All parents should be familiar with the code of conduct and abide by it at all times.

I will:

* I will abide by the official rules of USA Volleyball.
* I will display good sportsmanship at all times.
* I will encourage my child and his/her team, regardless of the outcome on the court.
* I will educate myself on the unique rules of this facility.
* I will honor the rules of the host and the host facility.
* I will generate goodwill by being polite and respectful to those around me at this event.
* I will direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear. I will redirect any negative comments from others to the respective event director or program administrator. I will direct all concerns regarding officials to the head coach or club director for my team/club as opposed to the head official directly.
* I will immediately notify the event director and/or program administrator in the event that I witness any illegal activity.
* I will support the policies and guidelines of the team/club that I represent.
* I will acknowledge effort and good performance remembering that all of the players in this event are amateur athletes.
* I will model exemplary spectator behavior while attending this event.
* I will respect the history and tradition of the sport of volleyball by being a good ambassador.

I will not:

* I will not harass or intimidate the officials.
* I will not coach my child from the bleachers and/or sidelines.
* I will not criticize my child’s coach or his/her teammates.
* I will not participate in any game, or game-like activities, (including on-court ball shagging) unless I have a current membership card with USA Volleyball.
* I will not bring and/or carry any firearms at any region event.

\*\*\*Event management may refuse admission to, or eject without refund, anyone who is deemed disorderly, or who fails to comply with these guidelines or any and all security measures and laws.

\*\*\*Spectators assume all risks incident to the game, or related events and activities, including the risk of lost, stolen, or damaged property or personal injury.

**GCA Sports Complex:**

XZone Volleyball is hosted by the GCA Sports Complex. The facility is the responsibility of XZone players and staff when in use for practice or tournaments. Please make sure you follow all rules and regulations of the complex.

**Closing Comments:**

In closing, club volleyball can be a fun experience for the entire family. It is a time for parents to watch their child become a seasoned athlete and leader. It’s their road, but parents can enjoy the ride! We want your child to have a great experience this year, and hopefully continue to play the sport we all love for a lifetime.

If there is information that you feel would aid other parents in navigating the travel (club) volleyball world, please email the ideas to [xzonevolleyballinfo@gmail.com](mailto:xzonevolleyballinfo@gmail.com) .

For additional information, please visit our website [www.xzonevolleyball.org](http://www.xzonevolleyball.org)



I have read the XZone player and family guide and understand the rules and expectations of the travel volleyball program for my child and also myself. I have also had the opportunity to ask any questions I may have on the policies and procedures of the volleyball club as well as the policies and procedures of the GCA Sports Complex. I agree I will abide by all the information provided in this handbook.

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Parent/Guardian Signature Date