

Venom Volleyball Club

Parent & Athlete Handbook

Mission & Vision

Mission Statement

Venom Volleyball Club exists to develop disciplined, confident, and mentally strong athletes through elite volleyball training grounded in sportsmanship, accountability, and character. We are committed to teaching the game both **physically and intellectually**, while fostering maturity, teamwork, and respect on and off the court.

Vision Statement

Our vision is to build a competitive volleyball program recognized for excellence, integrity, and athlete development. Venom athletes will graduate from this program not only as skilled players, but as composed leaders, effective teammates, and positive representatives of the sport in their schools, communities, and future teams.

Our Philosophy

Venom = Controlled Power. Intentional Impact.

Venom Volleyball Club competes with intensity, precision, and purpose. Our athletes are taught to play fast and aggressive while maintaining composure, respect, and discipline. We believe true competitiveness is demonstrated through preparation, emotional control, and accountability.

Venom is not reckless. Venom is earned.

Program Values (V.E.N.O.M.)

- **V – Values First:** Character matters more than wins.
 - **E – Effort Every Rep:** Maximum effort in practice and competition.
 - **N – Next Play Mentality:** We respond, not react.
 - **O – Ownership:** We take responsibility for our actions and growth.
 - **M – Mastery:** Discipline leads to confidence and consistency.
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Expectations for Athletes

Athletes are expected to: - Show respect to coaches, teammates, officials, opponents, and facilities - Arrive on time, prepared, and focused - Demonstrate positive body language and communication - Accept coaching with maturity and effort - Represent Hellcats Venom with integrity in public, online, and in school

Disrespectful behavior, unsportsmanlike conduct, or repeated negative attitudes may result in reduced playing time or further disciplinary action.

Expectations for Parents

Parents play a critical role in athlete development. We ask parents to: - Support all athletes, not just their own child - Allow coaches to coach (no sideline coaching) - Communicate concerns respectfully and privately - Model sportsmanship toward officials, opponents, and staff - Trust the process of long-term development

Concerns regarding playing time, strategy, or roles should follow the **24-hour rule** and be addressed respectfully with coaching staff.

Playing Time Philosophy

Playing time is earned, not guaranteed. Factors include: - Practice attendance and effort - Coachability and attitude - Skill execution and game readiness - Team needs and game situations

At younger ages (10–13), development is emphasized. At older ages (14–17), competition and role accountability increase.

Communication Guidelines

Appropriate topics for parent-coach communication: - Athlete well-being or safety - Clarification of expectations - Scheduling or logistical issues

Inappropriate topics: - Playing time during or immediately after competition - Criticism of other athletes - Emotional or confrontational communication

Code of Conduct & Discipline

Violations of team values may result in: - Verbal warning - Reduced playing time - Suspension from practice or competition - Removal from the program (in severe cases)

Our goal is correction and growth, not punishment.

Team Commitment Contract (Parent & Athlete)

Participation in Venom Volleyball Club is a **serious commitment**. As a USAV/AAU-style competitive program, athletes and families are expected to prioritize team obligations and uphold all program standards.

By signing this contract, both parent and athlete acknowledge and agree to the following:

Commitment & Attendance

- Athletes are expected to attend **all scheduled practices, competitions, and team events**.
- Consistent tardiness, unexcused absences, or lack of preparation will impact playing time and athlete standing.
- Travel volleyball requires sacrifices. Conflicts should be minimal and communicated **in advance**.

Practices

- Practices are structured, high-intensity, and mandatory.
- Athletes must arrive on time, properly equipped, and mentally prepared.
- Missed practices may result in reduced playing time or loss of role.

Fees & Financial Responsibility

- All program fees are due according to the agreed payment schedule.
- Fees cover coaching, gym rental, training, administrative costs, and competition-related expenses.
- **Failure to remain current on fees may result in suspension from practices or competitions.**
- Continued non-payment may result in **dismissal from the team**, with no refunds issued.

Conduct & Accountability

- Athletes must demonstrate respectful behavior at all times.
- Unsportsmanlike conduct, repeated negative attitudes, or failure to follow team standards may result in disciplinary action, including dismissal.

Grounds for Dismissal

Venom Volleyball Club reserves the right to dismiss an athlete from the program for: - Repeated unexcused absences or lack of commitment - Ongoing negative behavior or poor sportsmanship - Failure to meet financial obligations - Actions that negatively impact team culture or reputation

Dismissal decisions are made in the best interest of the team and program.

By signing below, we acknowledge that participation in Venom Volleyball Club is a privilege, not a guarantee.

Parent/Guardian Name: _____

Signature: _____

Date: _____

Athlete Name: _____

Signature: _____

Date: _____

Athlete Contract

By signing below, I commit to: - Represent Venom Volleyball Club with pride and integrity - Give my best effort in practices and games - Show respect to coaches, teammates, officials, and opponents - Accept responsibility for my actions and attitude - Maintain a positive and coachable mindset

I understand that my behavior on and off the court reflects my team and that consequences may occur if expectations are not met.

Athlete Name: _____

Signature: _____

Date: _____

Playing Time & Role Definition Addendum

Venom Volleyball Club follows a developmentally appropriate, competition-based playing time philosophy.

- Playing time is **earned**, not guaranteed.
- Athletes are evaluated on effort, preparation, coachability, execution, and team needs.
- Roles may change throughout the season based on growth and performance.

Age Group Focus

- **10–13:** Skill development, learning rotations, confidence building, and foundational volleyball IQ.
- **14–17:** Competitive execution, role accountability, situational decision-making, and leadership development.

Game-time decisions are made in the best interest of team success and athlete growth. Discussions about playing time will not occur during or immediately after competitions.

Social Media & Digital Conduct Policy

Athletes represent Venom Volleyball Club at all times, including online.

- No negative posts, comments, or messages toward teammates, opponents, officials, coaches, or other programs
- No sharing of internal team matters on social media
- Athletes are expected to demonstrate maturity, positivity, and respect online

Violations may result in disciplinary action, including suspension or dismissal.

Community Development & YMCA Partnership Initiative

Venom Volleyball Club is committed to giving back to the game and the community that helps develop young athletes.

Development Through Service

- During the off-season, **seasoned Venom athletes** may be invited to assist as youth coaches, skills trainers, or referees within local YMCA recreational leagues.
- Participation helps athletes deepen their understanding of the game while developing leadership, communication, and mentorship skills.

Coach Involvement

- Venom coaches will support this initiative by mentoring athletes who participate and helping coordinate opportunities when available.

Program Purpose

This initiative reinforces: - Respect for the game - Gratitude for developmental leagues - Learning volleyball from multiple perspectives (player, coach, official) - Positive community engagement

Participation in this initiative may be required or strongly encouraged for older athletes as part of leadership development.

Season Timeline & Commitment Overview

While specific dates may change from year to year, Venom Volleyball Club follows a consistent seasonal structure. Families should plan accordingly and understand that participation requires long-term commitment.

General Season Flow

- **Tryouts & Evaluations:** Late summer / early fall
- **Team Selection & Commitment:** Within one week of tryouts
- **Pre-Season Training:** Fall skill development and conditioning
- **Competitive Season:** Winter through early spring
- **Post-Season & Evaluations:** End-of-season meetings and feedback
- **Off-Season Development & Service:** Skills training, YMCA service initiative, leadership development

Once an athlete accepts a roster position, they are expected to commit for the **entire season**.

Leadership Pathway & Athlete Development

Venom Volleyball Club believes leadership is developed, not assigned.

Leadership Expectations (Primarily 14–17)

Athletes may earn leadership opportunities through: - Consistent effort and accountability
- Positive communication and team-first behavior - Respect for coaches, teammates, and officials - Willingness to mentor younger athletes

Leadership roles may include: - Team Captain or Co-Captain - Practice leader or drill demonstrator - Mentor for younger Venom athletes - Representative during community service initiatives

Leadership status is evaluated throughout the season and may change based on behavior and commitment.

Coach Standards & Accountability

Venom Volleyball Club holds its coaching staff to the same standards expected of athletes.

Coaches commit to: - Teaching fundamentals, systems, and volleyball IQ - Providing consistent, constructive feedback - Modeling sportsmanship and professionalism - Creating a safe, positive, and challenging learning environment - Continuing education and growth as volleyball professionals

Coaches are expected to communicate clearly, treat all athletes with respect, and prioritize long-term development over short-term results.

YMCA Partnership & Community Outreach (Extended)

Venom Volleyball Club values the role recreational leagues play in athlete development.

Athlete Involvement

- Older or experienced Venom athletes may assist as youth coaches, trainers, or referees during the off-season
- Participation helps athletes develop leadership, patience, and deeper understanding of the game

Program Impact

This partnership supports: - Stronger volleyball fundamentals at the grassroots level - Athlete appreciation for officiating and coaching roles - Positive relationships between competitive and recreational programs

Venom Volleyball Club views community engagement as an essential component of athlete maturation.

Closing Statement

Venom Volleyball Club is a developmental pathway built on discipline, accountability, teamwork, and service. Our goal is to graduate athletes who compete with confidence, think the game at a high level, and represent themselves, their teams, and their communities with integrity — on and off the court.