



Central Jersey Volleyball Academy

Girls and Boys
USAV & AAU Junior Olympic Volleyball

PARENT/PLAYER HANDBOOK

2 Training Sites:
Flemington / East Hanover

info@cjva.org / www.cjva.org

About Us:

Central Jersey Volleyball Academy began in 2005 with 1 National team and 3 regional teams. Our first 2 years were out of Somerville YMCA before moving to the RAC, a three-court facility in Flemington. In 2014 we opened a second location out of Kent Place School in Summit with 6 teams. In 2018 we opened our newest facility, Diamond Sports in East Hanover.

CJVA Mission Statement:

CJVA's mission is to develop and promote the sport of volleyball in New Jersey. We are committed to teaching and training volleyball players of all ages, as well as educating coaches to be teachers of our sport. We believe teaching positive lifelong character traits including sportsmanship, leadership, and cooperation are important to the success of our teams and the growth of our players. We pride ourselves in creating a unique atmosphere that fosters a true sense of family. The idea of hard work and family are what makes CJVA Stronger.

Our Goal:

We thrive on training athletes from the entry level player to the elite athlete. We want our players to be able to compete at the highest level possible, whether it is working to make their middle school team or aspiring to play in college and everything in between.

2 Training Sites:

Raritan Athletic Center

97 River Road, Flemington, NJ

Diamond Sports

149 Ridgedale Ave, East Hanover, NJ 07936

“Every Day We Get Stronger....”

Team Selection:

Teams are comprised of selected players who are willing and able to contribute and subscribe to the rules, philosophies and goals of each team. An average of 10-12 players will be chosen based on skill level, athletic ability, attitude and ability to understand roles as well as the concept of being a team player.

Fee Structure:

The cost for membership on a team varies depending on the level and age of the team. The fee covers almost everything related to the operation of the team and entry into tournaments. When your child is selected to represent a team, the parents are required to submit payments to the club to cover this fee. The fees and payment schedule can be found on the CJVA web site under CLUB INFO.

CJVA bases its fee on the expected cost of running a successful club volleyball program in a given year. The membership fee covers the following:

- GEVA club and team registration fees (does not cover individual USAV or AAU fees)
- Tournament entry fees (regular season)
- Facility rental costs
- Training equipment
- Salary for coaches
- Training for coaches
- Travel, rooming and food expenses for coaches
- Administrative costs, salaries, and supplies
- Web site maintenance fees
- Miscellaneous expenses

In addition to membership fees, players will be required to purchase:

- Uniform (2 Jersey's, 2 pair of spandex/shorts, 2 practice t-shirts, and 2 pair of socks).
- Personalized warm up jersey, jacket, backpack, and player ball w/bag
- USAV membership; www.geva.org
- AAU membership; www.aau.org (club code is required)

Fees do not cover the travel, hotel accommodations or food a player may need during a tournament.

Coaching Staff:

Teams will be staffed with coaches who promote fairness, high work ethic, integrity and good sportsmanship. Coaches and mentor coaches are responsible for establishing this environment and supporting the enhancement of players' volleyball skills, leadership abilities, teamwork and individual development on and off the court. It is the intent of CJVA to provide an on-going learning environment for its coaches. The club provides educational opportunities for all coaches including coaching clinics; one-on-one development with our mentor coaches, online training, and opportunities to attend out-of-region conferences and clinics at colleges and conventions. We consider the interaction between our coaching staff to be vital, as it instills in them a strong work ethic and creates continuity and uniformity in the practices for each team.

Coaching and Playing Philosophy:

It is our philosophy that practices are the time to improve skills and work on new concepts. The fundamentals, which are emphasized initially through positional training and small group work, are used to develop proficient offensive and defensive tactics.

A continual source of frustration for players and parents alike is the issue of playing time. The reality is that equal playing time is not a guarantee. It is important that players and parents accept the club mantra: **“Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and display of skills on the practice court.”** If you do not accept this, do not play for CJVA.

During tournament play, the coach has the right to determine the line-up that he or she determines best suited to meet the goal of the particular level of participation. An “equal play philosophy” does not apply in many situations. It is each player’s responsibility to perform at a level that is consistent in keeping with the goals of the team. If the player does not, for whatever reason, fulfill their obligations on the court, it is the coach’s right to substitute them so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contribute to the success of the team.

Players must understand that playing time among team members WILL NOT BE EQUAL, especially in playoff and gold bracket situations. It is likely that some players may not see the court on the last day of a three day tournament or in the playoffs of a two day tournament. Coaches will do his/her best to allow all players to compete in each tournament attended, but rarely will the coach sacrifice an opportunity to win in order to “give someone playing time.”

If it is the player’s belief that she is not being treated fairly and playing an appropriate amount, **PLAYER** should discuss it with the coach first and foremost. The coaching staff sees your daughter at each practice and may see something that parents do not. Parents and players should remember that playing time is earned. The players, by working hard in practice to improve skills and consistency, will determine how much playing time they will get.

In reaching our goal to educate players in life skills outside of volleyball, we feel it is important for players to create and maintain a good dialogue with their coaches regardless of age. This is particularly true with the 14 and older age groups. The 12/13 age groups should be a balance of teaching a young player to learn to communicate, while having the guidance of a parent as needed.

The parent’s role is one of support to the players, coaches and club. Parents should not engage in “coaching” from the sidelines, criticize players, coaches or game officials or try to influence the makeup or operation of the team at any time.

- Parents are not to approach coaches regarding team issues. We encourage player communication with their coaches.
- If a parent feels that he or she must address a team situation, they are permitted to contact the coach 24 hours after the last game of a tournament to discuss their concerns.
- **At no time should a parent approach the coach during a game. No parent should come onto the court for any reason during competition.**

“Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and display of skills on the practice court.”

Tournament Information:

Tournaments will be posted to the team page of the website as teams are approved for entry. Typically, tournament registrations open up in early December and schedules should be complete by the end of the month. Pool play schedules will be made available as soon as possible but typically this can be the week or days prior to the tournament. The club will utilize a Parent Rep for the team and one of the responsibilities of the Parent Rep will be to disseminate information to the team.

Officiating

Officiating is the shared responsibility of the entire team. Based on USAV rules, athletes are required to attend a scorekeeper or referee clinic and to help with line judging, scorekeeping and officiating. The team must remain at the tournament site until all work assignments are completed, and they are excused by the coach. Exceptions will only be approved by the coach prior to the tournament date.

Conduct at Tournament/Practice Site:

As a leader in the volleyball community, it is the intent of CJVA to lead by example, which means the athlete, the parents, and the coaches. These guidelines are set forth to protect the safety and integrity of the athletes, parents, coaches, and CJVA. Please note that all circumstances are not accounted for and in the event of an undue circumstance, the Club Director will take appropriate action.

- “Conduct Unbecoming an Athlete” will not be tolerated at any CJVA function. This covers a wide variety of circumstances, for example, not being a team player, fighting with fellow team members, the use of foul language or rude gestures towards team mates, other athletes, parents, coaches, officials or opponents.
- No cell phones are allowed to be “ON” in during practice.
- Officiating is the shared responsibility of the entire team. Based on USAV rules, athletes are required to attend a scorekeeper or referee clinic and to help with line judging, scorekeeping and officiating. We want to officiate other teams the way we would want to be officiated. This means no headphones or cell phones in use... and **pay attention to the game**.
- The team must remain on site until all work assignments are completed, and everyone is excused by the coach. Exceptions will only be approved by the coach prior to the tournament date.
- You are to support your teammates at all times while on the team bench, whether you are playing in a particular match or not.
- Parents are to be supportive of the entire team at all times. Parents are not to engage in any behavior that would reflect negatively on CJVA. Guidelines for parents are no different from players in this regard, and the same consequences can be put into place for an athlete due to parents’ behavior.
- Only the Team Captain (under the direction of the Head Coach) or the Head Coach may question an official.
- If any CJVA teams are playing at the same tournament site, teams will be encouraged to watch and cheer for other CJVA teams.

Parent Rep Responsibilities:

One of the important ingredients to a successful CJVA club season is the parent rep. Each team will have a representative who serves as the liaison between the coaching staff and the parents. Listed below are some of the responsibilities for the Parent Rep. If you are interested in serving as the parent rep for the team or wish to help in some other organizational capacity, please contact our office.

Responsibilities:

1. Acts as a liaison between the coach and the parents. Communicates regularly with the coach and informs the team of changes in practice times, tournament schedule changes, and any other information that needs to be distributed to the team.
2. Serves as the team representative to the CJVA Club administration. Attends meetings at which a parent rep is required. Any information presented at the meetings is then communicated back to the team parents.
3. Assists in the ordering and distribution of team uniforms and apparel.
4. Prepare a team directory/roster for all parents with names of players and parents, address, email addresses and phone numbers.
5. Coordinates the food list for tournaments (optional).
6. Coordinates team parties, bonding activities, etc.
7. Encourages team and club spirit!

Travel Policies:

1. Transportation to and from all practices and tournaments is the responsibility of the parents. Players who have their driver's license may drive themselves to practices and single day tournaments, with parental approval, but may not drive alone to multi-day tournaments.
2. Be sure to bring all jerseys and spandex, kneepads, socks, shoes, large water bottle or jug. See ***Gym Bag & Beyond*** for practice, single, and multi-day packing lists.
3. Single day tournaments are held on weekends at various sites in NJ, PA, & NY and typically last all day. Playing venues are normally within an hour and half distance from the RAC but could be as far as three hours away. Coach's will set arrival times, but as a general rule, plan to arrive by 8:00am and play until 5:00pm.
4. Multi-day events are Stay-To-Play events, meaning the players are required to stay in event-approved overnight accommodations in order to play. CJVA will secure blocks of rooms for the entire team and their families. If the parent is not able to attend, it is the parent's responsibility to find a chaperone for their child and inform the Coach in advance.
5. If your team is attending a multi-day tournament that requires overnight stays, there will be rules set up by the coach and team rep including curfews. It is expected that you respect all of the rules that are made as well as the coaches and parents who enforce them.

RESPECT CLUB RULES:

This includes the club's rules as well as any rules of GEVA, USA Volleyball, and AAU. Rules will be clearly stated, and will be enforced. The team may have its own rules established by the coach and approved by the club directors.

GENERAL FACILITY RULES

The Raritan Athletic Center in Raritan Township (Flemington), is the primary practice location for CJVA. We are proud of our facility and appreciate all players and visitors complying with the following rules:

- Do NOT bring valuables to training sites. We are not responsible for lost or stolen items.
- Demonstrate respect for yourself, other patrons, staff, and property while enjoying the facility.
- **Parents are responsible for the behavior and conduct of all minors accompanying them to practice locations** or any other venue that CJVA teams may play, including respecting compliance with all rules and regulations of the facility.
- Only plastic water bottles and sport bottles are permitted in the courts area.
- No food is allowed in the court area.
- No chewing gum is permitted on playing surfaces.
- **NO ONE** is allowed on court surfaces except participants!
- **NO SMOKING** is allowed in the facility.
- **NO PETS** are allowed in the facility.
- Trash, garbage and refuse shall be placed in the containers provided for this purpose.
- Footwear for all participants must be NON-MARKING rubber soled sports shoes.
- No foul, abusive, racial or derogatory language or inappropriate physical behavior will be tolerated.
- Any participant or spectator exhibiting inappropriate behavior will be ordered to leave the facility.
- Possession or use of any type of weapon is strictly prohibited.
- Individuals utilizing our facilities do so at their own risk. CJVA assumes no liability for any injuries or accidents, which may occur. This rule applies to all participants in any program or activity sanctioned by CJVA.
- Conduct within the facility should be in the spirit of good sportsmanship in the stands as well as on the court. Players or parents caught exhibiting poor sportsmanship will be asked to leave the facility immediately.
- Absolutely **NO ALCOHOL** use is allowed in our facilities. Players or fans suspected of being under the influence of alcohol or any illegal substance will be removed immediately.
- CJVA is not responsible for lost, stolen, or damaged articles. Lost and found is located upstairs and is frequently cleared and donated. Lost water bottles, socks, and other frequently discarded items will not be saved.
- Any person causing damage to the property of Raritan Athletic Center, or any of our other rented facilities, shall be held accountable to reimburse CJVA, in full, for all repair or replacement expenses arising from such conduct.
- Any person injured during a CJVA sanctioned activity must file a report with a Director or coach prior to leaving the facility.

Attendance: We know that not all players can show up to every practice. However, it is important to player and team development to attend every possible practice. 24-hour notice to your coach is expected when you know you will miss practice, and earlier if it is known. Missing practice will be considered for events which are out of the control of the player's family such as school and religion events. Players are allowed to play other sports for their high schools but must communicate tournament dates to their school coaches. Players attending school sporting events on club tournament dates may hinder participation at future volleyball events. It must be understood that missing practices and/or tournaments does not signify full commitment to the team and its goals. Attendance at National Qualifiers and Regional Championships is **MANDATORY**.

Grievance Procedure

This procedure is designed to help athletes and parents with questions, concerns or problems that may occur during the season. It ensures open and honest communication between all parties involved.

1. **24-hour rule:** If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the coach.
2. The athlete must first ask for a meeting between the coach and herself to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting.
3. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location and time agreed upon by both the parent and coach – NOT at or during a tournament and/or practice.
4. If the issue is unresolved, the parent will ask for a meeting with the coaches' mentor coach, coach, and athlete. A scheduled time away from practice or a tournament is appropriate.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, coaches' mentor, coach, and athlete. A scheduled time away from practice or a tournament is appropriate. The decision of the Club Director at this point is FINAL.
6. No meetings will be held without the athlete present.

The CJVA Web Site

The club's website is www.cjva.org. Facility closing and cancelations will be posted to the website via CJVABuzz twitter feed by 4:00pm on the day of practice or event. Each team has their own page within the CJVA site that will include Coach's contact info, rosters, tournament dates and locations, and a photo album to share pictures and download pictures and news stories. The website also has a link to our Facebook and a Twitter feed for up-to-the-minute news and updates.

CJVA staff:

The club's coaching staff and administration boasts a wealth of talent and years of experience at both the college and club level. Many of our coaches have had great careers as players and have now transferred their talent to coaching. Contact info for administration and coaches can be found on the CJVA web site.