



2026 TeamLVC

Player/Parent Handbook

www.teamlvc.com

The TeamLVC Philosophy...

The TEAMLVC has been established to provide a positive learning environment for athletes who have a passion for the game of volleyball and are looking to improve their skills. We strive to provide each player with unparalleled instruction to build character, develop skill and teach sportsmanship. At the same time we look to provide a fun and nurturing environment for our volleyball players so they are able to reach their maximum playing abilities. Our athletes will be challenged to excel not only individually, but also as members of their team and community. TEAMLVC players and coaches abide by four pillars at all times: accept personal responsibility, give your best effort, show respect (opponents and fans), and treat your teammates & coaches like family.

The players will compete in a combination of [USA Volleyball \(USAV\)](#), [AAU Volleyball](#) and [JVA Volleyball](#) tournaments throughout the year.

COACHES

TeamLVC offers the highest level of coaching in the Northeast. Our highly educated coaching staff works to stay up to date by attending in house, local as well as national clinics.

2026 TEAMLVC Try-Out Dates

- *Tryouts will be held at Columbia High School (962 Luther Rd, East Greenbush NY, 12061)*
- Tryout times and dates are subject to change based on the number of players registered in each age group.
- At tryouts, each player's skill level will be assessed to determine the number and levels of all possible teams.
- Any updates to the tryout schedule will be posted on the TEAMLVC website.

<u>Date</u>	<u>Location</u>	<u>Age Group</u>	<u>Time</u>
JULY 14	COLUMBIA HIGH SCHOOL	Girls 15U	4:30 - 6:30 PM
		Girls 17U and Girls 18U	7:30 - 9:30 PM
JULY 15	COLUMBIA HIGH SCHOOL	Girls 14U	4:30 - 6:30 PM
		Girls 16U	7:30 - 9:30 PM
JULY 16	COLUMBIA HIGH SCHOOL	Girls 12U & Girls 13U	4:30 - 6:30 PM
JULY 19	COLUMBIA HIGH SCHOOL	Girls 12U-18U Makeup Tryout	12:00 - 2:00 PM
JULY 28	COLUMBIA HIGH SCHOOL	Boys 14U	4:30 - 6:30 PM
		Boys 17U & Boys 18U	7:30 - 9:30 PM
JULY 29	COLUMBIA HIGH SCHOOL	Boys 15U	4:30 - 6:30 PM
		Boys 16U	7:30 - 9:30 PM
AUG	COLUMBIA HIGH SCHOOL	Boys 12U - 18U Makeup Tryout	TBD

Common Questions

Why does club volleyball cost so much?

The answer is, "You get what you pay for." TEAMLVC operates as close to full-cost budgeting as possible. Consequently, we budget for all known costs up front. One of the largest expenditures are rental fees for gyms. The average gym costs approximately \$75-\$100/hour/court. Given the fact that our teams practice 2-3 times per week, this cost adds up quickly. Our fees are actually much less than those of comparable travel clubs in New York, as many of their club fees have hidden or additional costs.

In addition, the amount and level of instruction, training and competition that our athletes will receive and be exposed to would equate to more than 10 weeks of volleyball camps or clinics and they average \$400/week. TEAMLVC also has the most qualified and active coaches than any other club in the Northeast.

How many tournaments will we be attending?

Because tournaments vary in length, the number of tournaments that each team attends will vary. As a guideline **Younger** teams generally play 8-10 days worth of tournaments while **Older** teams generally play 18-24 days worth of tournaments. Visit the www.TeamLVC.com to view each team's full tournament schedule.

How long are local single day tournaments?

Local tournaments are all-day affairs. The teams are placed in four or five team pools and will be playing a round robin schedule. Normally, tournaments start at 8:00 a.m. and pool play normally finishes up by 5 or 6:00 p.m. The players normally camp out all day where you will see sleeping bags, blankets and pillows everywhere. Because many of the facilities do not have bleachers, you should invest in a portable chair if you want to sit. Plan on bringing enough food and drink for the entire day. There are concession stands available at some events if you do not have time to bring your own items.

How long are overnight/travel tournaments?

Overnight tournaments are generally scheduled with a half day wave play. This means your team will either play in the AM or PM wave only for each day.

What are the referee/scorekeeper clinics?

All teams must supply a work team for matches in which they are not playing at some point during a tournament. Part of the work team must include a certified scorekeeper and referee. To become certified, players may either attend an in-person clinic or take part in an online clinic. The dates for the clinics will be posted on our website.

How many times do the teams practice?

Practice times and places will depend on available gym space and number of teams formed. Practices are twice per week for 1½ to 2 hours. All practices will be held at The TeamLVC Training Center (25 Walker Way, Albany, NY, 12205) and Genet Elementary School (29 Englewood Ave. East Greenbush, NY 12061).

Why does it cost to try out?

The TEAMLVC tryout fee is \$50. The funds will help to cover administrative costs associated with personnel, equipment and gym rental expenses. In addition, TEAMLVC is covered by JVA Volleyball insurance, and all individuals participating in any event sponsored by our organization (including tryouts) must be a member. All players trying out for a team are covered under the JVA insurance umbrella.

How will we know if our child has made a team?

We will email all players offering them positions on our teams. We will start with the 18's team and work down to the youngest level. We will do our best to have the 15's – 18's have no more than twelve players whereas the younger age groups may have upwards of thirteen players. Some players may be offered a "practice player" position on a particular team. The "practice players" will attend all practices and may be selected to attend specific tournaments if regular roster players are unable to attend. Practice players do not receive a uniform package - in the event they are selected to attend a tournament a uniform set will be provided to them. Players who do not make a team will also receive an email from TEAMLVC. A TEAMLVC Club Director will assist you in contacting other suitable Club Directors should you decide to go elsewhere.

What do we do when our child accepts a position on a team?

You need to officially accept your position on League Apps and make the initial deposit to secure your roster spot.

TeamLVC PLAYER Code of Conduct and Rules of Participation

Player Conduct

1. Players must treat one another with respect. Volleyball is a TEAM sport, and we expect that all club players work together for the common goals of the team. Any disrespect or negative comments directed toward a teammate will result in automatic removal from a match or practice. Foul language, fighting, taunting or aggressive behavior will not be tolerated. Violation of this standard may require the player to apologize to the team for placing themselves before the needs of the team. The coach may also suspend or dismiss the player depending on the severity of the violation.
2. Players displaying insubordinate behavior to any coach or adult involved with TEAMLVC will be suspended and may be dismissed from the club.
3. Players are never to express any disrespect or displeasure towards referees, opposing coaches, or opposing players. Any problems with tournament personnel or other teams should be brought to a coach's attention for further action.
4. Players who receive a verbal warning or a red card for unsportsmanlike conduct from an official during any competition may be removed from that match and may be suspended from the next match at the discretion of the coach. Coaches may lengthen any suspension.
5. TEAMLVC will not tolerate any use of alcohol, tobacco, or illicit drugs by its athletes. Use of any of these substances is grounds for immediate dismissal from the team.

Parent and Spectator Conduct

1. Because our gym time and space is limited and the focus of the training is between the players and the coaches, we ask that parents not sit in or interrupt practices for any reason other than emergency.
2. Each team is expected to have a Team Representative or Liaison. This person will act as the team's communication link between the coaching staff and parents for all announcements relating to the team. The team representative should work with the head coach to help organize rides, meeting times etc.
3. Parents and spectators are not to distract or talk to players during practices or competitions. The players need to be concentrating on the game and listening to their coaches/teammates.
4. TEAMLVC expects parents and spectators to keep their support and comments constructive and positive while in the stands and representing the club by association. We ask our athletes to maintain a high level of conduct and we expect the same from their role models. Consequently, we ask parents and spectators to refrain from directing negative or derisive comments towards officials, players (opposing or our own), coaches or fans.
5. To be successful, TEAMLVC needs the commitment of both players and parents. Parents must be willing to arrange for the transportation of their child to practices and local tournaments, pay club fees, and volunteer as chaperones for out-of-town tournaments when needed.

Practices

1. Players are expected to attend all practices. TEAMLVC is to take priority over any other non-scholastic club activity. If this expectation is unable to be upheld, the player must contact the coach in advance of the practice that is going to be missed and he/she will determine what action to take as a result of this standard not being met. Conflicts occur in life as do consequences for our decisions and actions, which is the life lesson that the coach will pass on if a situation like this occurs.
2. If a player leaves a practice without the permission of the head coach, TEAMLVC will consider the player to have resigned from the club.
3. Practices are closed to non-TEAMLVC members unless an invite has been extended to or approved for someone by a coaching staff member in advance.
4. We expect players to exercise outside of practice to maintain the physical fitness needed to achieve their full potential.

Team Assignment

Players may be moved between teams if the affiliated Coaches and/or Club Director deem it necessary for reasons having to do with (but not limited to) injury, illness, attitude, work ethic, skill level, etc.

Tournaments

1. Players are expected to attend all tournaments to which the team has committed. Once players have committed to play on a date, they must attend the tournament.
2. When we are at tournaments, the players are to stay together as much as possible. We will do as many activities together as a team, parents are always welcome to join in any activity.
3. At the tournament site, we use the "buddy system." NO PLAYERS SHOULD EVER BE ALONE. If any player needs to go to the bathroom, get ice, food, etc. they must be accompanied by a teammate or parent. When going somewhere, the players must notify one of the coaches or the team chaperone as to their whereabouts.
4. The coaching staff is responsible for the safety and conduct of the players when they are in the competition site. Therefore a player may not leave the competition site without permission from a coach even if accompanied by the parent. Leaving a competition site during competition without the permission of a coach will be considered a resignation.
5. Following each tournament day we will have a team meeting to discuss curfew times and the next day's events.
6. We get to the gym early. We want the players to be in the gym atmosphere for at least 45 minutes prior to our warm up. These time frames will be set up by the coaches the night before.
7. Every player is to bring EVERYTHING they need to EVERY tournament. Uniforms, warm ups, knee pads, sneakers, socks, etc. Players are personally responsible for these items. If players forget something, an appropriate punishment will be administered. Do not wear your court shoes outside, always have another pair of sneakers/sandals to wear when entering or leaving the gym.
8. Work teams are an important and mandatory part of the game. TEAMLVC takes this responsibility seriously and expects players to work in a responsible and attentive manner. Consequently, players will be expected to attend an in person or online referee/scorekeeping clinic prior to any tournament.
9. At tournaments, every team must supply a work team during the day. Each team will have to supply a second referee, scorekeeper, libero tracker and line judges. If your team must work after you have completed playing for the day, every team member must stay, regardless if they are actually working at that moment. Working matches is a team responsibility, not a punishment and we should be planning to be in the finals of every tournament.
10. If another TEAMLVC team is participating in a tournament at the same facility, teams are expected to watch and support the other TEAMLVC teams whenever they are playing.
11. Players are to maintain a healthy lifestyle while participating on a TEAMLVC team. During tournaments, players are to bring healthy food for consumption.
12. Players must wear TEAMLVC issued or purchased clothing at tournaments.
13. TEAMLVC expects all players to maintain a high standard of conduct at tournaments. Any vandalism or misconduct may result in suspension or dismissal from the team.
14. Players must ride with an adult to tournaments. Exemptions may be granted to 18 year old players. Players seeking exceptions must make a formal written request to their coach and receive permission from the Club Director.

Overnight Travel

1. On overnight trips, the club Travel Director will coordinate with the Team Reps and Coaches regarding hotel locations and information on the blocks of rooms reserved. Parents are responsible to make arrangements with the booking agent listed. Team players will stay together in hotels only if the parents so choose and proper arrangements are made with the Travel Director. Overnight tournaments offer a different set of challenges and pressures from single-day tournaments. Consequently, the team must remain focused and cohesive during the entire event. Parents are welcome to stay in the same facility and eat with the team at meals.
2. For some distant tournaments, TEAMLVC may assist with travel arrangements. However, parents are ultimately responsible for their child's transportation to events. It is not up to the coaches to arrange transportation of the team members although in some instances they may assist in finding rides.
3. Coaches will set curfews during overnight trips. These curfews must be followed by all players.
4. Girlfriends/boyfriends are not permitted on overnight trips.
5. Respect the hotels that we stay at. Rooms are expected to be kept clean at all times and make sure to double check the rooms before leaving to make sure nothing is left behind.

TeamLVC PARENT Code of Conduct and Rules of Participation

TEAMLVC would like to welcome you as a supporter of the organization that your son or daughter is a member of and hopes that your family enjoys the unique relationship shared by all who enjoy the sport of volleyball.

As parents of a member in good standing with TEAMLVC, we will conduct ourselves in a manner as outlined by the following CODE:

1. In addition to the club expenses as outlined in the Parent Agreement Form, we understand that we have paid for our son/daughter to LEARN skills and concepts of volleyball. We have not paid to see them play. We understand that the TEAMLVC coaching staff is committed to developing ALL players' skills and when a player earns the right to play in a certain situation s/he will be put in the game to do so. That decision is purely a coaching decision. We also acknowledge that TEAMLVC will not keep players who they do not believe have the potential to contribute in some way during the season.
2. We realize that TEAMLVC welcomes and encourages the support of all of their teams during competitions and we are aware that as parents of a TEAMLVC member, we are perceived as being part of the organization by other organizations and officials. Therefore, we will conduct ourselves accordingly by;
 - a. Supporting TEAMLVC's teams for their efforts and NOT jeering or harassing any team, players, officials or work teams for their performance.
 - b. Realizing that the officials and their work teams are attempting to do the best job they can to fairly referee the game, it is up to the TEAMLVC teams to win or lose the game. Therefore, we will conduct ourselves with appropriate sportsmanship and support.
 - c. Acknowledging that TEAMLVC players are relative beginners in the sport of volleyball. The players will make mistakes sometimes at critical times in a match. We will be patient and supportive through these times for all players we are around.
 - d. Realizing that coaching is NOT a science and that all coaches will make decisions that are popular and unpopular. Every member of the TEAMLVC coaching staff acts with the best intentions of the TEAMLVC program, their team and of each player. We may not agree with every decision they make, but we will respect those decisions.
3. We will arrange for our son or daughter to be at practices and team functions on time. We will assist in car-pooling whenever possible.
4. We will be responsible for monies due on the specified dates and understand that we are responsible for the entire club fee amount once our son or daughter has accepted a spot with TEAMLVC.
5. We will take ownership of our son or daughter's conduct and know that we will be contacted if a problem in that regard arises.
6. We recognize that we must participate in The Friends of TEAMLVC fundraising group.
7. We understand that we will choose a team representative or liaison who will act as the team's communication link between the coaching staff and parents for all announcements relating to the team.
8. We are aware that the decisions rendered by the Club Directors and their Board of Directors are done so with concern for the overall betterment and reputation of TEAMLVC and we will abide by these decisions.
9. Playing time will never be discussed at a tournament. If there are any questions pertaining to playing time, feel free to approach the head coach at the end of the next scheduled practice. No emails or phone calls regarding playing time.
10. Parents are not allowed at, on, or around the bench area for any reason during a tournament. The bench is a sacred area and is for players and coaches only.
11. If we have questions or concerns about our son or daughter's status with regard to her team, we will first discuss it with them to determine if s/he shares the same concern and wants to address it with the appropriate coaching staff and/or Directors. If s/he does, we will follow the process described below, in order to have the concern addressed;
 - a. We will encourage our son or daughter to discuss the concern with their coach in an attempt to resolve the issue.
 - b. If the issue persists, our son or daughter and we will request a meeting with the Head Coach before or after a practice. NO discussions will take place during practice times or on days of competition.
 - c. If concerns still exist from either party, we may request, through the Head Coach of the team, a meeting involving one of the Directors, the Head Coach, our son or daughter and ourselves. The director may ask for the Parent Liaison to attend the meeting as well. Whatever decision is made to resolve the matter by the end of this meeting will be accepted by all parties and considered closed.
12. If we remove our son or daughter from a competition site during competition without previous permission from the Head Coach, TEAMLVC will consider them to have resigned from the TEAMLVC Program and all remaining monies will become due and payable immediately.
13. We realize that the use of tobacco products and alcohol is legal for adults over the age of 21. However, public intoxication will not be tolerated during any events that TEAMLVC is part of. Also, we will not offer any of the above-mentioned products to any junior volleyball player or under age coach or official at any of these venues for TEAMLVC attends.
14. We fully recognize that we are role models to all players in the TEAMLVC program and we will conduct ourselves in a positive manner at all times. We are aware that if we do not behave in a manner consistent with the sportsmanship and professionalism that TEAMLVC demands from its athletes and coaches, we may be asked to refrain from attending practices and tournaments.
15. We will supervise all of our other children or minors that accompany us to tournaments. TEAMLVC staff is not responsible for this supervision.

TEAMLVC Participation Agreement

We, the parents/guardians have read the enclosed information concerning the policies and practices of the TeamLVC, Inc. (hereafter called the "TEAMLVC Program"). We agree that if s/he has been selected to a team, we will allow them to join the TEAMLVC Program for the upcoming season.

We understand that we are responsible for all tuition fees due as well as his or her transportation to practices and tournaments.

Maintaining membership on a specific team and within the club will be at the discretion of the Directors of the TEAMLVC Program. Promotion or dismissal is possible depending upon the development of the individual player including his or her commitment, attitude, behavior, etc.

We have read the material provided and understand the commitment involved during the season. We have reviewed the fee schedule of this agreement and understand that the individual must pay all fees in full regardless of the duration of participation. We understand that membership in the club is limited and others may have been denied a position by our acceptance of a position in the club.

Tuition/Membership Fees

The undersigned player (hereafter designated as "member") and parent/guardian both agree to accept the member's membership in the TEAMLVC Program for the upcoming season. Membership entitles the member to participate in practices and tournaments designated by the club. Opportunities to participate will be provided during practice. However, on-court time at tournaments is not guaranteed. The head coach for each team makes that decision.

The fees outlined include JVA, AAU & USA Volleyball team and coaches' registration fees, uniform costs, gym rentals, equipment expenses, tournament entry fees, coaches' accommodations at overnight tournaments and administrative fees. These tuition fees are required to be paid according to the schedule below to maintain membership.

TRYOUT FEES FOR ALL PLAYERS

TEAMLVC TRYOUT FEE (One time tryout fee good for all tryouts this season)	JVA/AAU ONE-DAY REGISTRATION (all players covered under the JVA insurance umbrella)	USAV + AAU FULL REGISTRATION (Previous years registration expires 10/31 - Done online only)
\$50	\$0	***Complete only after team acceptance*** +USAV yearly fee +AAU yearly fee

TEAMLVC ANNUAL CLUB TUITION FEES

TEAM	TOTAL COST	INITIAL	NOV 1st	DEC 1st	JAN 1st	FEB 1st	MAR 1st	APR 1ST
Girl's 14U - 18U Black Team	\$3050	\$700	\$470	\$470	\$470	\$470	\$470	Nationals
Girl's 13U Black, 13U - 18U Pink and White Teams	\$2550	\$700	\$370	\$370	\$370	\$370	\$370	
Girl's 12U Black/Pink Team	\$1550	\$500	\$210	\$210	\$210	\$210	\$210	
Boy's 15U - 18U Teams	\$2850	\$700	\$430	\$430	\$430	\$430	\$430	Nationals
Boys 14U Team	\$2675	\$700	\$395	\$395	\$395	\$395	\$395	
Boy's 12U Team	\$800	\$200	\$200	\$200	\$100	\$100		
Practice Player (12U - 18U)	\$800	\$400		\$400				

*NATIONALS COMMITMENT DUE MARCH 1ST, PAYMENT DUE APRIL 1ST

TEAMLVC Participation Agreement

Payments must arrive on or before the listed due dates. Any payment more than 14 days late will be assessed a \$25 late fee and the player will not be permitted to participate in practices or tournaments until payment is made. A \$25 penalty fee will be assessed to any canceled, overdrawn or returned checks.

In the event of default, this obligation is referred to an attorney, and/or a collection agency, the member and her parent/guardian agrees to pay, over and above their liabilities, reasonable club attorney fees, court costs and the cost of collection.

By use of the facilities' provided by the TEAMLVC Program, the member and their parent/guardian expressly agree that the TEAMLVC Program shall not be liable for any damages arising from personal injuries sustained by the member or his/her guest(s) in, on or about the premises of the said facilities and further agrees the TEAMLVC Program shall not be liable for any loss or theft of personal property. Members assume full responsibility for any injuries, damages or losses which may occur to the member or guest, in or about the premises of said facilities and does hereby fully and forever release and discharge the TEAMLVC Program, owners, employees and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the member's or guest's use or intended use of the said facilities or the facilities and equipment thereof provided, however, that nothing contained shall release or discharge the TEAMLVC Program from its negligence or the negligence of employees or officers.

The member and his or her parent/guardian warrant, represent and agree that the member is in good physical condition and that s/he has no disability, impairment or ailment that prevents him/her from engaging in active or passive exercise that will be detrimental to their health, safety, comfort of physical condition if s/he does so engage or participate. It is recommended that everyone consult his or her own physician before beginning any exercise program. The TEAMLVC Program is covered by the USA Volleyball and/or JVA sport/accident liability insurance policy. The TEAMLVC Program, USA Volleyball and JVA do not provide for medical insurance. It is expected that the member and/or her parents/guardian will provide, in addition to the USA Volleyball policy, their own individual medical coverage. The member and the parent/guardian of the member shall not be relieved of their obligations to make any payment herein agreed to and no deduction or allowance from said payments shall be made, by reason of the absence or withdrawal of the member from membership or by reason of the member's failure to attend or use the facility. In addition, no refunds or reimbursements will be issued for any reason.

The undersigned member and parent/guardian have received, read, understand and agree to abide by and cause family members and guests to abide by the rules and regulations of the TEAMLVC Program as they now exist and as they may from time to time be amended or supplemented.

This agreement is not assignable or transferable by the member without the specific agreement and approval of the club. Due to the fact that damages under this agreement are difficult to ascertain, the parties mutually agree that in the event of a default the club is entitled to receive the entire contract balance due as liquidated damages plus all delinquency fees as prefaced herein. This agreement will be governed by the laws of the state of New York, supersedes all prior oral or written representations or communications between parties, constitutes the entire understanding of the parties regarding the subject matter of this agreement and may only be modified or amended by a written supplement signed by both parties.

Understanding the stipulations and having discussed these with our son or daughter, we agree to and will support their participation in the club. We understand that by accepting a position to participate in the TEAMLVC Program, the player will be unable to transfer clubs and compete as part of another club without written consent from the Club Director for the remainder of the club season.

We have read and understand this TEAMLVC program participation agreement and the financial requirements herein. We realize that we must pay all tuition fees in full by the stated deadlines and follow these regulations, set by the TEAMLVC Program, during the club season or risk our daughter forfeiting her further participation with the club.

Read, acknowledged and agreed to this date, _____.

Parent Name: _____ Parent Signature: _____

Player Name: _____ Player Signature: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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TEAMLVC CODE OF ACCEPTANCE

We understand and will abide by the TEAMLVC Parent Code of Conduct as stated in the document that we received in our TEAMLVC Parent/Player Handbook. If we do not follow any part of the Conduct Code at any time we attend a club event, we are fully aware that our actions may be forwarded onto the Club's Board of Directors for consideration of further consequences.

(Parent/Guardian's Name Printed)

(Parent/Guardian Signature)

Date

(Parent/Guardian's Name Printed)

(Parent/Guardian Signature)

Date

I understand and will abide by the TEAMLVC Player Code of Conduct as stated in the document that we received in our TEAMLVC Parent/Player Handbook. If I do not follow any part of the Conduct Code at any time I attend a club event, I am fully aware that I risk forfeiting my membership and further participation with the club.

(Player's Name Printed)

(Player's Signature)

Date