

# BALLISTIC VOLLEYBALL

Winter/Spring 2021 Club Teams  
HANDBOOK

**Ballistics' focus includes but is not limited to: a) coaching, b) value and opportunity, c) improvement on process, and d) keeping it fun!**

Coaches have the greatest impact on the players total quality of experience. We put strong emphasis on obtaining, training, and growing with the best coaches. They are required to:

1. Have a high level of knowledge of the game.
2. Have earned great reputations within their community.
3. Have a competitive nature.
4. Utilize positive methods of teaching.

Our methods are centered around real scientific work and we collaborate with the best affiliate programs to keep our training top-notch. The services we offer are systems for self-improvement. **Please read through this handbook in its entirety to ensure you and your athlete will be able to participate and abide by all policies.**

Services Available in 2020: Club Teams, Mini-Games Leagues, Camps/Clinics, and Other Events/Tournaments.

## CLUB TEAMS SUMMARY

**Ballistic Club Teams** are intended for the athlete looking for maximum development benefits. These teams compete against other AAU teams in the state and country.

No practices or tournaments during Winter Break or Spring Break

**6-month Teams** 18yrs-13yrs (offered at Ballistic discretion only, these teams equate to National and Regional Levels)-

Players practice 3x per week, 8 total dates of tournament play minimum. Tournaments not at home will usually be within 1.5hrs drive, with exception of a couple dates could be adjacent states (example: winter +3 home tournaments, then in spring a 2-day weekend in ohio, +3 home =8 dates)

**Cost:** \$1500 total. Payments may be divided into 4x.

**When:** Practices begin Monday, Nov 16, ends late May (last tournament to end season)

Practices are Mondays, Wednesdays and Fridays at Lansing City Arena.

**3-month Teams** 18yrs-13yrs (Winter, Spring are not combined, players required to tryout for each separately)-

Players practice 2x per week, 4 total dates of tournament play minimum. Tournaments within 1.5 hr drive of Lansing (example: 1 two-day tournament + 2 one-day = 4 dates)

**Cost:** \$650 total. Payments may be divided into 2x

**When:** ~~Winter Season: Practices begin Monday, Nov 16, ends late February (last tournament to end season)~~

~~Practices are Mondays and Wednesdays at Lansing City Arena (both seasons)~~

**Spring season:** (Tryouts in Feb) Practices begin March 8<sup>th</sup>, end late May (last tournament to end season)

Practices are Mondays and Wednesdays at Lansing City Arena

### **Youth Team; 3-month (11-12 years old)**

Players practice 2x per week, 3 dates of tournaments dates TBD

**Cost:** \$450 total. Payments may be divided into 2x

**When:** Practices are two days a week at Lansing City Arena (Possibly Mon & Weds, or Mon & Fri)

Winter Season: Practices begin Monday Nov 16, ends Feb 7th (last tournament to end season)

Spring Season: (separate season, tryouts in Feb): Early March to late May (exact dates TBD)

### **Youth Team; 3-month (10 years and under)**

Players practice 2x per week, 2 dates for tournaments dates TBD

**Cost:** \$300 payments divided into 2x

**When:** Practices are two days a week at Lansing City Arena (Possibly Mon & Weds, or Weds & Fri)

Winter Season: Practices begin Monday Nov 30, ends Early Feb (last tournament to end season)

Spring Season: (Tryouts in Feb) Practices begin March 8<sup>th</sup>, end late May (last tournament to end season)

## **CLUB TEAMS MORE DETAILS**

### **Info on Tryouts -Frequently Asked**

Players MUST tryout with their grade. This does not mean they will be teamed up with all the same grade, evaluations are based on ability. Players could be asked to play up in age level but cannot play below. The cut-off date for birthdays in AAU is 8/31 any birthdays after that will play up. Ballistic staff will determine teams based on several criteria but is based on what is best for the kids, their team, and the ability to compete at the team level. All players must attend a tryout to play, even previous season Ballistic players. If you can't make the tryout dates, please contact us we may be able to work something out.

After tryouts teams will be selected by our staff, and each player emailed at some point between 3 days and 2 weeks. If the player made a team, they will need to reply immediately with a commitment statement. **We must receive a reply 24 hrs after acceptance email is sent, or the player will lose their spot with the team.** Once all commitments are in, only then will the entire team be emailed and teammates will be revealed, and practice times etc. Reminder: half fees are due at the first team practice.

### **Practices: Important!**

If your athlete cannot attend practice, we need to be notified in advance (written via email or text). Missing practices affects our plans and quality of practice. Missing practices could affect tournament play time, or if occurring often could be cause for removal from the team. Practices could be changed or cancelled due to dangerous weather/driving conditions. They could also be changed due to gym availability or other issues. We suggest checking emails often and having your coach's phone number. The coach will work to keep everyone updated on changes.

Team schedules are sent to players after tryouts and after player acceptances are made. Practice time requests or weekend conflicts can be written on tryout forms and will be considered.

## **Tournaments**

Dates TBA dependent on team needs. Tournament dates are announced after the team is confirmed in entirety, usually within a week of tryout date. If you have a weekend that you will be unavailable, please add that to the tryout form. Please see team summary on page 1 and 2 for how many dates will be scheduled.

## **Club Team Fees-Frequently Asked**

Payments may be made in installments. **The first payment (half total fees) is due at the first practice, no exceptions.** We accept cash or check made payable to Ballistic.

### **Payment Schedule:**

**6 month teams-** \$50 at tryouts

Nov 16- 325

Jan 18- 375

Mar 1-375

April 5-375

**3 month Winter Teams 13-18u** - \$50 at tryouts

Nov 16-275

Jan 18- 325

**3 month Winter Teams 12u** - \$50 at tryouts

Nov 16-175

Jan 18- 225

**3 month Winter Teams 10u** - \$50 at tryouts

Nov 16-250

**3 month Spring Teams 13-18u** - \$50 at tryouts

March 8-275

April 7- 325

**3 month Spring Teams 12u** - \$50 at tryouts

March 8-175

April 7- 225

**3 month Spring Teams 10u** - \$50 at tryouts

March 8-250

**Not paying or properly communicating with Ballistic about payments could result in your player being suspended.** Please help us avoid such situations by being timely with payments and/or communications.

## **Positions/Teams/Playing Time-Frequently Asked**

All players are given an equal chance to participate and learn at practices. However, we do not guarantee a certain amount of playing time during tournaments. It is at the discretion of the coach for determining playing time. All players will play during competitions, but the amount of play is not and should not be quantified. The value of the club experience comes from the experience of being part of a team/unit, gaining knowledge and skill in practices, and quality of coaching. **If a parent has a question related to play time it should be asked in private with the coach at least 24 hours after competition.** This assures cool-down time and a clear reflection of the situation by both parties.

Many of our coaches are involved with school sports outside of Ballistic Volleyball Club. Players who participate in this club are not given advantaged placement for their school teams. Ballistic Volleyball as a club does not assume any direct affiliation with any schools or have any control over team placement outside of its own club teams.

## **Volt Workouts and positional training**

For athletes participating in any club programs and are 14 years or older, they are provided included membership to our workout program, with login to the app and access to our workout equipment before or after practices at scheduled times. This membership lasts throughout the participating season. See more details at <http://ballisticvolleyball.com/other-services.html>.

### **Uniforms**

For each new year at Ballistic, players will receive a warm-up shirt and spandex shorts which they may keep. All Players will also receive a “game jersey” to be worn during competition. The “game jerseys” must be returned at end of season.

### **Refund Policy**

Due to costs incurred by the participant’s registration, NO REFUNDS will be issued once the season has begun. In the case of an injury documented by a physician that an athlete cannot continue with a program, a refund could be issued at a prorated amount at the discretion of the director. A player who is dismissed from the program for behavioral deviance will not receive a refund.

### **Travel/Lodging**

It is the sole responsibility of the parent(s) to get players to and from practice and to and from games. Ballistic Volleyball will not provide transportation. We encourage that players and families carpool to events to save money. It is also the parent(s) responsibility to take care of lodging if needed. There will be some instances where families might want to stay the night in a hotel; Ballistic Volleyball is not responsible for that stay. Also, if you stay in a hotel room you are responsible for your child and or other parent(s) child. Misconduct of any kind will not be tolerated.

### **Sportsmanship Behaviors**

All people associated with the game are always expected to act with sportsmanship, dignity and respect for others. This includes coaches, parents, players.

#### **Poor sportsmanship includes:**

- 1·Arguing with coaches, officials, teammates, opponents or spectators
- 2·Threatening or use of profane language
- 3·Baiting or taunting coaches, officials, teammates, opponents or spectators
- 4·Unsafe activity during events or practices.

Poor sportsmanship will carry, **at a minimum**, the following consequences:

**First Offense-** Verbal or Written warning or suspension at the discretion of Ballistic

**Second Offense-** Dismissal from the team

Parents and players must understand that there is no refund or recourse for dismissal from our program as a consequence of breaking this Code of Conduct. Ballistic and its staff are not liable for any emotional distress incurred.

### **Safety**

Player safety is extremely important to Ballistic staff. Staff is trained to be aware of suspicious or dangerous activity and take necessary steps. One of our policies is the 3-person rule that all players and staff must not be alone with less than 3 persons (unless in a special situation a parent is aware and consents). Outside of practice and tournament-games, parent/guardians are responsible for maintaining safety for the athlete. Safety does not include bodily harm/injury, which has a probability in sports.

### **COVID-19, and any other illnesses**

Ballistic will attempt to adhere to and follow up on any health mandates by our local and state officials. We however are not responsible for any health issues resulting from participants becoming infected with viruses or other contagious illnesses. We encourage individuals that may develop any new symptoms that he/she avoids contact with others from the club, but we cannot be assured that this will be the case. Ballistic also cannot assure that all participants will follow all mandates at all times.

### **Bodily Harm/Injury**

Ballistic will provide players with an AAU Membership. AAU membership is a limited insurance policy and is required to play in AAU events. A copy of the membership may be sent to you upon your request. Ballistic is not responsible for any injury that could occur in participation. Athletes must know that there is risk of injury in sports and everyone is responsible for their own medical bills or physical ailments incurred through injury. Please read the coverages included in AAU membership carefully and determine if it is adequate coverage for your needs. AAU insurance coverages can be found at AAUSPORTS.ORG

### **Apparel Orders**

If you are interested in looking at apparel, please have a coach escort you or your player into our store at Lansing City Arena after practices. Ballistic offers apparel and equipment for purchase such as t-shirts, backpacks, etc. Refunds will not be given except on a per-situation basis. Custom printed or embroidered items are non-refundable. Damaged items are also not refundable.

### **Social Media Outlets**

You can find Ballistic and “like” our page on Facebook under Lansing Ballistic Volleyball for regular updates. We are also on Instagram #lansingballistic  
Ballistic reserves the right to moderate its social media outlets as we deem necessary.  
Ballistic is in constant development of new ways to communicate such as mobile and desktop applications. When an application from Ballistic is published, misuse or abuse is not tolerated and should be reported immediately. Ballistic is not responsible for the way its software is used.

### **Fundraising**

Ballistic often offers ways to earn and raise funds to go towards club fees. Details of these fundraisers will be available upon request. Early communication is necessary to be eligible and there is not a specific amount of aid that is guaranteed from such programs.

### **Disclaimer-**

This Handbook is published for informational use only. This is not a legal document or contract. Ballistic Volleyball reserves the right to change its offerings listed on this sheet and on its website, and adjustments are often necessary. We will do our best to communicate any seasonal changes to you directly via email or similar modes of communication as soon as possible.