

CORE Volleyball

2025/26 Parent Handbook

Platinum Sports Center, LLC

Welcome to CORE Volleyball! This handbook is for our players and parents to have access to information about the Club and to assist with questions which may arise throughout the season

If at any time you need more information or have questions, please contact the appropriate club director by email or phone.
NJ - email info@corevball.com or call 908-829-3490.

Additional information can be found at our website at www.corevolleyball.com

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Philosophy

The CORE Volleyball program is dedicated to developing volleyball skills in young athletes. It is a program committed to hard work, dedication, and success. We believe that positive attitudes and good work ethic are contagious, so you need to have one, or catch one. It is important to build character in our athletes by teaching them good sportsmanship, teamwork, a positive self-image, good self-control, a strong work ethic, pride in a job well done and sense of fairness. Everyone committed to this program has pride in CORE and believes in its success.

Volleyball is a TEAM sport. It is based on individuals striving to obtain team goals. Each athlete must be selfless, committed to their team as much as themselves. To be a successful team, we need to be successful individuals working on a common goal. Volleyball is a sport that is 30% physical and 70% mental. There is nothing that should interrupt team morale. This sport is purely about "the Team" and everyone should be committed to that.

CORE Volleyball Club Associations

- USA Volleyball (USAV): www.usavolleyball.org
- Garden Empire Volleyball Association (GEVA): www.geva.org
- Amateur Athletics Union (AAU): www.aauvolleyball.org
- Junior Volleyball Association (JVA): www.jvaonline.org
- Gold Medal Squared (GMS): Our coaching staff is trained in the philosophy and techniques of the GMS methodology. www.goldmedalsquared.com

CORE Coaching Staff

CORE provides experienced, quality coaches for our programs. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality. All coaches are Gold Medal Squared (GMS) trained, IMPACT & Safe Sport certified, registered with the USAV, and AAU as a coach and have complete background checks.

Registration

Players and Parents must complete the following before being allowed to participate in any CORE Volleyball club event (excluding tryouts):

- Signed 2025-2026 USAV Commitment Policy
- Signed 2025-2026 USAV Player Contract
- Valid USAV/GEVA Membership
- USA Volleyball Medical History and Release Form

Registration and Eligibility

The USAV defines age groups for training and competition. The age division breakdowns are as follows

USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2025-2026 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

Birth Month	**18 & Under**	**17 & Under**	**16 & Under**	**15 & Under**	**14 & Under**	**13 & Under**	**12 & Under**	**11 & Under**	**10 & Under**
July	2007	2008	2009	2010	2011	2012	2013	2014	2015
Aug	2007	2008	2009	2010	2011	2012	2013	2014	2015
Sept	2007	2008	2009	2010	2011	2012	2013	2014	2015
Oct	2007	2008	2009	2010	2011	2012	2013	2014	2015
Nov	2007	2008	2009	2010	2011	2012	2013	2014	2015
Dec	2007	2008	2009	2010	2011	2012	2013	2014	2015
Jan	2008	2009	2010	2011	2012	2013	2014	2015	2016
Feb	2008	2009	2010	2011	2012	2013	2014	2015	2016
Mar	2008	2009	2010	2011	2012	2013	2014	2015	2016
Apr	2008	2009	2010	2011	2012	2013	2014	2015	2016
May	2008	2009	2010	2011	2012	2013	2014	2015	2016
June	2008	2009	2010	2011	2012	2013	2014	2015	2016

USAV exceptions:

- Players who were born on or after July 1, 2006 and a high school student in the 12th grade or below during some part of the current academic year are eligible to compete in 18 & under.
- Female Only - Players who were born on or after July 1, 2007, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are waivered to compete in 17 & under. (This age waiver is based on recruiting concerns for 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

NOTES:

USA Volleyball Age Eligibility (by birth month and year)

- USAV age is, by definition, the age of the athlete on JULY 1ST OF 2025.

Financial Commitment

Fees go towards USAV Club registration, insurance, facility fees, coaching stipends, conditioning training, uniform, admin fees and equipment costs.

In order for CORE to execute their annual plan, we must adhere to our budget. If a family decides to voluntarily withdraw from the club for personal reasons or is removed for violation of USAV or CORE Volleyball Club rules on or after November 15, 2025 they will be responsible for the balance of their dues. Once you sign your player contract or make a payment, you are committed to the season with CORE Volleyball Club. Should you withdraw before the season is over, you will not be entitled to any refunds of money already paid and future payments must be made. During registration you will have the option of registering for insurance.

Failure to complete the payment schedule as agreed upon by the player contract can render the athlete ineligible to compete with CORE Volleyball Club or USAV until the balance is paid in full.

Under no circumstances should coaches collect money for payment dues. The CORE Volleyball Club director will be available to collect monthly payments and auto pay via www.corevball.com is available as well.

Circumstances that prevent a player from participating (injury, schedule conflict, suspension, etc.) do not dismiss the financial obligation to the club.

In the event of an 18-year-old signing their contracts with CORE Volleyball Club, we will require their parents to act as co-signer on all registration paperwork requiring a financial commitment.

Fees

A deposit is due at your signing date; the remaining amount will be split into monthly payments to be paid by the end of the season.

- First payment is due on October 24th 2025.

- Members have the option of paying for the entire season up front and will receive a 5% discount for doing so.
- Payments can be made on www.corevball.com . A 3% processing fee covers auto transaction and does not apply towards club balance
- Monthly payments are due by the 15th of each month. Any payment received after the 15th of the month will be considered "late" and a late fee of $25.00 will be applied to the balance.

- Any checks returned due to insufficient funds will be charged a $35.00 fee. This fee must be paid prior to the player participating in any additional practices or tournaments.
- Players may be asked to sit out of practices and or tournaments if payments are late.

If a need arises, and special payment arrangements become necessary, please contact the club director.

TEAM PRICING INFO

To accommodate the environment, we have made the following changes this season.

- A deposit due upon acceptance of offer
- Pricing has been updated to collect monthly for practices and one-time upfront costs needed to kick-off the season

- Tournaments will be within driving distance and if we can keep to our schedule, we will travel to multi-day tournaments in NJ, PA, MA, MD, CT, DC.
- Air Travel and attendance at AAU's or GJNC will be at an additional cost and based on the team's decision to travel
- Practices will begin in November and end in May.
- Clinics will continue to be available throughout the HS season for those who wish to take advantage of practice. Based on team composition, not all teams are impacted. Coaches are aware of the overlap and are understanding of the conflict.

REFUND POLICY

- If a forced shut down prior to Sept -> 100% refund, including deposit.
- If shut down after Oct 15, future payments not required.
- Subsequently, if shut down occurs after the 15th of any month, then future payments not required • Tourney fees refunded for those that we cannot attend.
- Non-refundable items: Credit Card fees, Club and Coaches membership fees, Coaches Training, Uniforms.

Uniform and Equipment

Uniforms are provided by CORE Volleyball Club. They will consist of 2 game jerseys, and 2 practice tees for the regional teams, and 3 game jerseys, and 2 practice tees for national teams. Each player is responsible for their own socks, black spandex, knee pads and court shoes. Our CORE store stays open throughout the season where team bags, warmups, sweatshirts, sweatpants, and t-shirts are available for purchase.

Time Commitment

The 2025-2026 season runs from September 2025 to March 2026 for boys and November 2025 to May 2026 for girls. Players are expected to be committed to attending practices and tournaments. Schedules will be posted online at www.corevball.com.

Practice

You are required to be on time to practices. You are required to contact your coach if you will be late to or will miss practice. If you do not contact your coach to explain the reason you are late or absent prior to the incident, you will be considered unexcused. A player's absence has a negative effect not just on the individual athlete, but on the entire team.

Unexcused absences may result in loss of playing time in an upcoming tournament.

Please arrive to practice 15 minutes early to ensure that you have adequate time to prepare and be ready to step on the court at the scheduled practice time.

The coach has the right, at any time, to discuss with the player/parent/directors any problems that continually occur with attendance times and missed practices. Coaches may enforce other team rules for practice and tournaments that players are expected to follow. In the case of inclement weather, coaches will contact players at their preferred contact number to notify them of practice changes and/or cancellations.

Tournaments

Time played at tournaments is earned and not always given out equally. Practice is where the athletes learn and grow in skill development. Participation at practice helps determine tournament play time.

Most tournaments are on Saturdays or Sundays and last the entire day. All players are expected to be in the gym and ready to warm up at the arrival time determined by the coach. CORE's standard arrival time is 45 minutes prior to play or referee. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament.

For liability and insurance reasons, CORE coaches and directors cannot be responsible for any transportation to or from any tournaments or practices.

Officiating and scorekeeping are integral parts of participating in volleyball tournaments. All players must participate in an online officiating and scorekeeping class per season. Officiating and scorekeeping is a shared responsibility for the entire team. Each team will be responsible for working matches and the work schedule is assigned by the coach. If your team is working, other players may NOT leave the tournament site unless excused by the coach.

Travel

Booking hotels for travel depends on the tournament regulations. Most tournaments are Stay-to-Play which means they require you to stay in particular hotels nearest the venue. Other tournaments can be booked on your own and your choice. A block of hotel rooms will be reserved by CORE for any Stay-to-Play tournaments in order to secure a group rate when traveling out of the area for weekend tournaments. It is the responsibility of each family to book one of the rooms reserved by CORE.

Upon arrival at the hotel, coaches will establish a curfew time for players. It is the responsibility of parents and chaperones to assist in enforcing these curfews. Players will not leave the hotel without a parent or chaperone and must adhere to the coach's set curfew time.

Any player found in possession or to have used alcohol, tobacco, or other controlled substances while representing CORE Volleyball Club will be sent home immediately at the expense of the parent or guardian. Violation of any of these travel policies may result in expulsion from the club.

Club Directors may, at their discretion, send a player home at the expense of the parent or guardian for violation of any club police or rule.

Player Expectations

Players are expected to adhere to all City, County, State, and Federal Laws as well as USAV, JVA and AAU rules and regulations. Violations of these laws or rules/regulations may result in expulsion from the club.

Additionally, players are expected to:

- ★ Be a team player; the team comes first, always, and no matter what.
- ★ Always have a positive attitude; encourage and support your teammates to the best of your ability whether on the court or on the sidelines.
- ★ Demonstrate strong club/team spirit and pride.
- ★ Be a leader on and off the court.
- ★ Stay focused, mindful and display a strong work ethic at every practice and tournament.
- ★ Always show respect for teammates, parents, coaches, and officials

- ★ Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not remain in a location where this kind of activity is taking place. The use of any illegal substance will not be tolerated.

- ★ Clean up after yourself (gyms, hotels, restaurants, facilities, bathrooms, etc.)

- ★ Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.

CORE reserves the right to place players on probation or suspension for violation of any rules or regulations. Probation results in the ability of the player to practice with the team, but not participate in tournaments. A suspension may result in the player not participating in practice or tournaments for an agreed upon amount of time.

Multiple Sport/Activity Athlete

CORE expects our players to make a commitment to their team for the season. We are aware that our athletes may also play other competitive sports/activities during the club season. We believe that being a well- rounded athlete is vital to your development. However, any athlete that chooses to play in a school or other club sport/activity during our club season must sit down with their parents and coach to determine the following factors:

- ➢ Identify which sport has priority when there is a conflict.
- ➢ Consider the time commitment required to be successful in each activity

- ➢ Compare schedules and determine the number of practices and tournaments they will miss, need to leave early for, or be late to

- ➢ Consider the physical and mental strain they might endure.

- ➢ Assess how their other extracurricular activities will affect their contribution to the team as a whole and how it may affect their playing time.

All athletes must disclose their intended extracurricular activities to the coach during the selection process and prove that their club volleyball team will be high priority. The coach will then have discretion as to whether accept a multi-sport/activity athlete onto their roster.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual athletes. Active and responsible parents also contribute to the positive image of CORE Volleyball Club within the community.

CORE Volleyball Club is responsible for the actions of their players, coaches, parents, and spectators. Please adhere to the following guidelines for tournament etiquette:

- ➔ RESPECT: Please be respectful to all players, coaches, officials, linesman, scorekeepers, other teams, parents, etc. In the case of repeated negative behavior, CORE Volleyball Club reserves the right to restrict the attendance of spectators at tournaments. If parents do not cooperate, the club may have no other choice but to dismiss the player from the team.

- ➔ CHEER: Cheer for your team and its players! Do not be negative about the players, the coach, or the other team at any time.

- ➔ DON'T COACH FROM THE SIDELINES: There is a huge difference between cheering for the team and attempting to coach from the bleachers. Leave the coaching to the coach.

- ➔ DON'T APPROACH THE OFFICIAL OR THE SCORE TABLE: Please do not ever approach, or yell at any of the official, lines persons, or scorekeepers at a tournament. If a discrepancy occurs, let the coach deal with the problem.

- ➔ COMMUNICATE WITH THE COACH AT APPROPRIATE TIMES: You should always feel free to talk to the coach. But, please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are not the time to do this.

Team Parents

CORE Volleyball Club would like to have 1 (one) parent per team to handle organizational tasks, team bonding activities, and email communication.

Grievance Procedures

Competitive team athletics, by its very nature, creates an environment where athletes, parents and/or coaches may not agree with all decisions made. Knowing when and how to communicate with the coach or Club Coaching Director is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes are encouraged to communicate with their coaches. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first before escalation is needed.

Parents are encouraged to communicate with the Club Coaching Director only after exhausting all the recourses to resolve the problem.

Coaches are not required to defend his/her thought process or conclusions at any time during the season.

Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to politely decline to discuss any controversial matter or to refer the parent to a Club Coaching Director.

Parents and athletes are to adhere to the following grievance process:

1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.

2. The parents meet with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.

3. The parents meet with the Club Coaching Director. In certain situations, the Coaching Director may ask either the coach or athlete (or both) to attend the meeting.

4. All decisions and recommendations by CORE Volleyball Club and the Club Directors are final and not subject to appeal.

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice. Coaches are instructed not to participate in any conversation with a parent/guardian regarding any other athlete but their own.

It is inappropriate for an athlete or a parent to approach other CORE Volleyball Club members about a problem the athlete or a parent is having with a coach, about objections to coaching, or administrative decisions. For the health of the teams and the Club as a whole, grievances must be handled via the grievance process outlined above.

CORE Volleyball Club strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well-being as our primary concern.

CORE Volleyball Club is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for your athlete.

CORE Volleyball Club reserves the right to amend this player/parent contract. If the contract is altered, athletes and parents will be given a copy of the new contract for your review and signature.