

**Player & Family Guide to**

**XZone Travel Volleyball**

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**We are a 501c3 non-profit**

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Welcome to XZone Travel Volleyball!

This handbook gives each family, and player, information about XZone Travel Volleyball. If you have any other questions after reading the information contained please feel free to contact us, and we would be happy to answer any remaining questions you may have regarding the program.

XZone is a member of the Old Dominion Region Volleyball Association (ODRVB) <https://odrvb.org/> . The ODRVB is one of 40 regions of USA Volleyball representing players, coaches, officials, and other volleyball enthusiasts in the state of Virginia. Each travel player of XZone will have to register on the Old Dominion website, and also take a class to learn how to referee, line judge, and score keep. The Old Dominion website has many tools and information links to help your family get acquainted with volleyball.

We are constantly striving to make each travel volleyball season better and help our parents and players understand what travel volleyball is all about. We hope the following guide will help you and your family navigate the travel volleyball arena. We are always here to answer your questions, address your concerns, and help in any way we can.

**Important Contact Information**

* Marty Lohr-XZone Travel Volleyball Coordinator
* Doug Dillon-GCA Sports Complex Director
* Kelly Hooks-GCA Sports Complex Events Coordinator
* Melody James-Assistant to the GCA Sports Complex Director

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Volleyball Association: Old Dominion Region Volleyball Association

Website- [www.xzonevolleyball.org](http://www.xzonevolleyball.org)

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Please like and follow us on Facebook – facebook.com/gca-sports-complex

**XZONE Mission Statement:** XZone is a 501(c)(3) non-profit organization whose mission is to *EMPOWER LIVES IN OUR COMMUNITY* .

**Frequently Asked Questions:**

**What is XZone Travel Volleyball?**

XZone travel volleyball is an opportunity to play volleyball outside of high school or middle school-sponsored activities. Families pay to join XZone Travel Volleyball and in return XZone arranges team practices, provides a venue, provides experienced volleyball coaches, team uniforms, insurance, tournament matches, equipment and other items.

**How long does the season last?**

XZone Travel Volleyball begins at the completion of the high school volleyball season in November and continues through May.

**Is there anything after May that’s volleyball related?**

XZone, and the GCA Sports Complex, carry volleyball into the summer by hosting both sand volleyball and grass volleyball opportunities. Volleyball camps are also available. Open gyms and league play are also formed in the summer and continue throughout the Fall months.

**How do tryouts work?**

A tryout is an assessment of the athlete's ability and skill level, how well an athlete learns from instruction, and how well he/she plays with others. Typically, XZone holds tryouts in early to mid-October through early November to assess the development of each player, and find out where that player will best learn and benefit in the travel (club) world. Coaching staff and the XZone Volleyball Coordinator take into consideration many factors during the tryout period. A few factors are skill level, attitude, ability to follow directions, eagerness to learn, and prior playing experience. It is not guaranteed that your player will make the same level team as the year prior or be in the same position. Coaches assess and then make the best choices based on the players’ ability levels and desires. XZone wants to place all players on a team that is appropriate to further their skill and the love of volleyball.

**What if I didn’t make a travel team?**

Unfortunately, not every player will make a travel team. Those that are not ready for travel competition have options. The GCA Sports Complex holds league play where an individual can join a league team and play each week. We also have a community/developmental league that is for developing skills to ensure an easy transition to the travel volleyball environment. This league practices several times a week, and plays scrimmage games to get players prepared for travel competition.

**Who makes the rules?**

USA Volleyball (USAV) is the National Governing Body (NGB) for volleyball for the United States and has 40 independently run regions throughout the country. As a Region of USA Volleyball, Old Dominion is the umbrella organization of the clubs in Virginia and operates as a 501(c) 3 nonprofit organization. ODRVB Region sets policy, implements USAV and independent education programs, provides insurance and operates various tournaments and championships. The clubs under ODRVB (XZone to name one) are also independent business organizations implementing their own policies and are in charge of their own finances. When a player becomes a member of an Old Dominion Region-sanctioned club they also become a member of Old Dominion Region, and USA Volleyball, along with XZone Travel Volleyball.

**Are coaches background checked?**

YES! We all have a role to play in providing a healthy setting for volleyball, mentally, physically, and emotionally. XZone requires all coaching staff to be background checked, as well as requiring all coaching staff to go through the Safe Sport Program conducted by USA Volleyball and each region.

**Tips On Selecting A Travel Team (Club) and Question Families May Want to Ask:**

1. **What is the travel team philosophy? To win? To improve? To have fun?** XZone’s main objective is to give players the chance to further their volleyball skills, and nurture a love for not only volleyball, but a love for being on a team, supporting others, and nurturing a good attitude. Xzone provides numerous opportunities and a support system for those individual players who play in high school and for those that want to further their volleyball career in college.
2. **How many teams do you have at each age level?** XZone currently has 3 levels of play. Red, White, and Black teams. As we grow, this very well may change. Black teams consist of players that need more time to develop, or are playing just for the joy of the game. White team consists of players that are developing into more competitive team players. Red level players are those that would like to play collegiate ball, and are at the highest ability levels.
3. **Who are the coaches at my age level?** To see the list of coaches and there experience, please visit our website at [www.xzonevolleyball.org](http://www.xzonevolleyball.org)
4. **What is their background in coaching?** Please see our website, [www.xzonevolleyball.org](http://www.xzonevolleyball.org), for coaches and their experience.
5. **How is playing time allocated?** Each coach determines player positioning and who will play in tournament matches. XZone keeps teams at 10-12 players, or under, so there are many opportunities for players to achieve playing time. It is not guaranteed that each player will receive the same amount of playing time. All of our coaches are mindful that playing time is important to develop skills and continue the love of the game, so every effort is made to allow all players the chance to play in matches during the volleyball season although this is not guaranteed.
6. **What are your travel fees?** XZone Club fees are as follows-Please note that this is an estimate of costs for the season. Costs may be higher based on actual tournaments entered into:

* Red Elite Team(s)-$1995
* Red Team (s) (13’s, 14’s, 15’s, 16’s, 17’s & 18’s)-$1795
* White Team(s) (13’s, 14’s, 15’s, 16’s, & 17’s)-$1595
* Black Team(s) -$1495
* Community League-$ 495

1. **What is covered/not covered in that fee?** Fees include uniform expenses, insurance, facility costs, coaches’ salary, administrative costs, equipment, tournament fees, regional fees, and education.
2. **What’s not included in the fees?**Travel expenses, shoes, pads, tryout fee of $175, and USAV $AAU memberships of $50 each are not included in the fee.
3. **Are there any other obligations?** Players must obligate a considerable amount of time to travel volleyball and be at tournament and practices. Parents must support the player by getting the player back and forth to tournaments and practice.
4. **Where, when and how often do you practice?** Practice for teams is located at the GCA Sports Complex and is held Monday through Friday from 6PM -10PM . Each travel team will be given a schedule of what days and times their team will practice. All teams practice a minimum of 2 days a week for 2 hour periods. Developmental/Community league players practice 1 to 2 days a week for 2 hour periods and hold scrimmages during this period also.
5. **Are practices mandatory? What if my child misses a practice? Misses a tournament?**  We would like to think that no one would miss a practice, but we know life can get in the way. If a player needs to miss a practice, it is the player’s responsibility to notify the coach and assistant coach immediately. If a tournament must be missed, the player should notify the coach immediately so other arrangements can be made in the lineup if necessary, or accommodations can be made to fill the player’s empty position.
6. **Are players allowed to play other sports during the travel volleyball season?** Yes-We know some players play multiple sports. However, please understand that it is crucial for players to attend practices and tournaments. The player has taken a spot on the team which means someone who also wanted to be on the team did not make it. Teammates count on them to be at all tournaments and practices unless an emergency situation arises.
7. **How long is your season?** Our tournament season runs from January to May with practice starting in November.
8. **How far will the team be traveling?** Red teams travel throughout the state of VA and the East Cosast. White and Black teams travel to local and tournaments held within the state of VA. As XZone Volleyball grows and becomes known, we will strive to travel to national sites to compete.
9. **What does my child want to get out of the travel (club) experience?** Before your child accepts a spot on a travel team (club), please make sure you discuss what his/hers goals are. Is playing volleyball for fun, to develop skills, to further the volleyball career to the college level, to socialize? Both the parents and player should discuss this question before accepting a spot on a travel (club) team.
10. **Can we afford the program?** This question is also one that parents need to consider. A competitive sports program costs money to participate in. The travel team (club) has many expenses. XZone is aware of the financial burden this can place on a family and to curb that cost, as much as possible the club does not make it mandatory for players to purchase their own rooms with other players. They are allowed to stay with their families in the family hotel room. Most travel teams in the area mandate players stay separately with the team requiring families to purchase more than one hotel room. XZone helps lessen the burden of the travel costs for families.
11. **How can I best prepare my child for tryouts?** Tryouts can be a very stressful experience as dozens of players may be trying out for teams that will only have 10-12 open slots. Our best advice is to have your child well fed, hydrated, and rested before tryouts begin. Coaching staff is looking for a variety of skills during tryouts, and all are not merely looking at technique, but attitude, attention to details and ability to follow instructions. If a player does not make a travel team, XZone has in place other alternatives for players who want to participate. League play, open gyms and community league teams are a few of the options available if a travel team is not made.
12. **Once my child chooses a club, can he/she change her mind and join another club?** Once a player is chosen to a team, a commitment form will be needed, as well as a deposit of $750. The form will be signed by the player and parent/guardian. Once this form is signed, the player has made a season-long commitment to XZone. XZone is under no obligation to release the player until all financial obligations are met if they choose to go to another club after signing the commitment form. Once commitment is made the travel team (club) relies on that player not only financially, but also relies on them to support their teammates and help the team the entire season.
13. **What happens if my child gets injured at practice or at a tournament?** The coach will report the injury immediately (or as soon as possible) to the XZone volleyball staff, or tournament director, and seek medical attention if warranted. The coach or assistant coach will complete an incident/accident report form which will then be submitted to the XZone Volleyball Coordinator.
14. **What are USA Volleyball Age Definitions?** Teams in the Old Dominion Region are categorized by using the USA Volleyball Age Definitions for 2020-2021.
15. **Can my child “play up” in an older age division?**  Yes, if your child is selected to play on an older team because of skill level, then he/she can “play up.” All rules and regulations of the team age level (ball used, net height) will be followed regardless of the age of the players.
16. **Why does my child have to keep score and line judge?**  USA Volleyball believes in teaching players the entire game, and that includes officiating. When they are not playing, players will develop leadership skills and knowledge of the game when they assist in officiating. Prior to any competition, clubs are required to instruct their players on proper techniques in refereeing and scoring.
17. **What happens if I don’t pay my child’s club fees?**  Upon acceptance to an XZone team the financially responsible party of the player must sign a financial agreement that assures payment of travel team related expenses and fees. At this time a deposit will need to be put into the player’s account of $750. Remaining payments can be made in two ways.

* ***In full***
* ***3 installments which include the $750 deposit due at signing and following 2 equal payments on December 1 and January 15th.***
* **Team estimated dues are as follows-Prices may be higher depending on tournaments entered:**
* Red Elite Team(s)-$1995
* Red Team(13’s, 14’s, 15’s, 16’s, 17’s & 18’s)-$1795
* White Team(13’s, 14’s, 15’s, 16’s, 17’s & 18’s)-$1595
* Black Team-$1495
* Community League-$495

An invoice with a payment link will be sent to your email on file and should be paid immediately upon receipt to allow your child to keep attending practice. If payment is more than a week late, the player will not be able to attend practice or games until the account is paid up. If a player doesn't pay the committed amount, it puts a strain on the entire travel team. Although rare, an assessed fee may be needed if expenses exceed the estimated costs for the season for all players.

Directions to Register for ODRVB and USA Volleyball Memberships:

**Member Registration:**

Before you can step on the court for any tryout or practice, you must become a member of Old Dominion Region/USAV. Your membership covers the insurance, among other things, for sanctioned tryouts, practices and events. The registration system that Old Dominion Region/USA Volleyball uses the website located at <https://odrvb.org/> .

Please follow these steps to complete your registration: The cost is $50, and each club member must join.

1. Go to [https://odrvb.org/](https://odrvb.or/)

2. Click Membership in the top line

3. Click registration info under registration FAQS

4. Click returning or new registration

5. If returning, login using your login information created when you first joined. If you have forgotten, just click the forgot password or username, and it will allow you to recreate a password.

* If new membership, follow the directions to set up a membership account for your child.
* The club you should set up under will be XZone.

6. Print the ODRVB/USA Volleyball membership card (after Oct. 1) and take this card to GCA Sports Complex, and give to Melody James whose office is located by the front door.

7. If you have two or more children registering, please note that username and passwords will be different for each child. Register them separately. Each child will have his/her own account numbers and cards.

8. ODRVB/USA Volleyball Membership is non-refundable.

**Tournaments and Traveling**

* Once the season gets under way, you will be responsible to get your child to and from practices and tournaments. Being on time, or early, is important. Travel team coaches are responsible for the care and safety of your child until practice is over.
* Encourage your child to speak to their coach if they’re concerned about practice drills, skills, and/or playing time. This promotes responsibility, and it shows the player that the coach is interested in what they have to say. Parents should always allow the coach to conduct practices and tournament play without parent interference. If you need to speak to the coach please make an appointment privately to handle any concerns or questions.
* If parents would like to save on travel expenses, some families room share, and most families will pack food for hotel consumption such as snacks and drinks. This helps save on food costs when traveling.
* Tournaments normally have an admission fee attached. Typically this fee runs between $20 to $30 for weekend play.

**Stay and Play Tournaments:**

* Almost all XZone 2 day tournaments are what the volleyball world calls “stay and play”. These tournaments require a certain percentage of XZone team players to stay at a specific hotel. If the percentage is not met, the entire team is not able to play in the tournament. Please understand that this is an expense that XZone has no control over when tournaments are booked for the teams.

**First Aid**

Not all tournaments will have a certified athletic trainer available. Many travel team coaches will carry a team first aid kit, but it’s a good idea to have your own just in case. Some suggested items: Band Aids, athletic tape and pre-wrap (in case of ankle sprains), antiseptic wipes/ spray, cold packs, elastic bandages (to wrap ice on sprains), blister pads, pain relief (Advil, Aleve, etc.), large Ziploc bag to hold ice, lip balm, and hand sanitizer.

**Nutrition**

Prepare your child with healthy snacks and plenty of water for practices and tournaments. Most tournament locations will not allow food in the venue (GCA Sports Complex is one of these venues.) Please adhere to the rules of these venues. However most locations allow athletes to bring fruit snacks and/or granola bars in their bag. Please be mindful of the rules at each location and follow them.

**Where And When Is The Team Playing?**

Most tournament directors will either send out an email to the club/coach or post the schedule (or a link to the schedule) on their website. Please do not question the tournament director. Your coach should provide you with the information or take the lead in getting it. Most likely, play will start at 8 a.m., so be prepared to be on-site by 7 a.m., and prepared to stay for most of the day.

Many parents enjoy volleyball weekends and like to treat volleyball tournaments like a tailgate. We all love tailgates, but remember no alcohol should be brought to volleyball events. Each facility has a specific food and drink policy. An easy rule of thumb: Water only in the gym. If someone from the facility or tournament staff asks you to remove some items from the gym, please do so immediately, or you will risk being removed from the event or having the police called.

Violations of the food and drink policies can lead to penalties for teams (even if parents or fans are the violators). Not knowing the rules is not an excuse for breaking them.

**Work Crews for Each Team**:

\*\*Please note\*\* that the work crews (the team line judging, reffing, and working the score table) are NOT professional officials, so treat them with the respect you would wish for your own child. Especially at the younger age groups, players are still learning how to perform the various tasks. We encourage parents to become trained in order to help out, or at least have knowledge of the rules.

**Club-Hosted Tournaments**

XZone from time to time will host a tournament. These are called “club-hosted” tournaments. While ODRVB Region sanctions (approves) these events, the club coordinator hosts and organizes these tournaments.

**Old Dominion Region / USA Volleyball Spectator/Parent Code of Conduct**

All parents should be familiar with the code of conduct and abide by it at all times.

I will:

* I will abide by the official rules of USA Volleyball.
* I will display good sportsmanship at all times.
* I will encourage my child and his/her team, regardless of the outcome on the court.
* I will educate myself on the unique rules of this facility.
* I will honor the rules of the host and the host facility.
* I will generate goodwill by being polite and respectful to those around me at this event.
* I will direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear. I will redirect any negative comments from others to the respective event director or program administrator. I will direct all concerns regarding officials to the head coach or club director for my team/club as opposed to the head official directly.
* I will immediately notify the event director and/or program administrator in the event that I witness any illegal activity.
* I will support the policies and guidelines of the team/club that I represent.
* I will acknowledge effort and good performance remembering that all of the players in this event are amateur athletes.
* I will model exemplary spectator behavior while attending this event.
* I will respect the history and tradition of the sport of volleyball by being a good ambassador.

I will not:

* I will not harass or intimidate the officials.
* I will not coach my child from the bleachers and/or sidelines.
* I will not criticize my child’s coach or his/her teammates.
* I will not participate in any game, or game-like activities, (including on-court ball shagging) unless I have a current membership card with USA Volleyball.
* I will not bring and/or carry any firearms at any region event.
* I will not bring, purchase, or consume alcohol at any youth/junior volleyball event.

\*\*\*Event management may refuse admission to, or eject without refund, anyone who is deemed disorderly, or who fails to comply with these guidelines or any and all security measures and laws.

\*\*\*Spectators assume all risks incident to the game, or related events and activities, including the risk of lost, stolen, or damaged property or personal injury.

**GCA Sports Complex:**

XZone Volleyball is hosted by the GCA Sports Complex. The facility is the responsibility of XZone when in use for practice or tournaments. Please make sure you follow all rules and regulations of the complex.

**Closing Comments:**

In closing, travel (club) volleyball can be a fun experience for the entire family. It is a time for parents to watch their child become a seasoned athlete and leader. It’s their road, but parents definitely can enjoy the ride! We want your child to have a great experience this year, and hopefully continue to play the sport we all love for a lifetime.

If there is information that you feel would aid other parents in navigating the travel (club) volleyball world, please email the ideas to [xzonevolleyballinfo@gmail.com](mailto:xzonevolleyballinfo@gmail.com) .

For additional information, please visit our website [www.xzonevolleyball.org](http://www.xzonevolleyball.org)