



2025 Parent/Player Meeting

September 8, 2024



Agenda

- Policies
- League Apps
- Hudl
- Recruiting & Sports Recruits
- Housekeeping Items
- Questions
- Meet your team!



Policies



Standards

- Playing time is earned
 - Be coachable
 - Work hard
 - Challenge yourself
- Challenge each other to become better



HP will not tolerate

- DRUGS & ALCOHOL
- VAPING
- BULLYING
- Violation can result in dismissal from the club



Attendance & Timeliness

- Attendance
 - Is expected and mandatory practices as well as tournaments
 - Absences and constant tardiness will affect playing time
 - We understand that situations happen, please keep your coach informed if you are going to be late or miss a practice as soon as you are aware.
 - If a tournament is going to be missed due to a scheduled event the coach must be informed 2 weeks prior to the play date.
- Timeliness
 - At least 15 minutes before practice starts
 - Warm-ups should be done by the start of practice
 - 45 minutes to the start of a tournament if your team is playing first
 - 30 minutes to the start of a tournament if your team is officiating first



Dress Code

- Players are encouraged to practice in HP gear
- Shorts or sweatpants are required over spandex when entering or leaving the gym
- Coaches and players are outfitted in Adidas gear at all tournaments
 - For players that includes warm-ups, jersey, spandex, socks, and kneepads



Sportsmanship & Cleanliness

- It is expected that each player will win and lose with good sportsmanship and class.
- Aggressive, hostile confrontation between any coach, athlete, parent, spectator, or official will not be tolerated.
- Leave the gym cleaner than you found it



Refereeing & Scorekeeping

- Each player is expected know how to officiate (club hosted training date TBA)
 - Down ref/R2
 - Every player will need THEIR OWN whistle
 - Libero tracking
 - Score keeping
 - Line judging
- No player is allowed to leave a tournament early if their team is working



Travel Policies

- Player curfew (in hotel room and quiet) is 10pm
- Lights out:
 - No later than 11pm for players with morning games
 - No later than midnight for players with afternoon games



Playing Time, Communication, & the 24-Hour Rule

- Playing time is not a right, it is a privilege
 - The coach has the final decision when it comes to playtime
- 24-Hour Rule
 - Players, coaches, and parents/guardians/spectators are not to discuss issues on the day of the event
 - A 24-hour wait period is required before addressing any issues from tournaments or practices
- Chain of communication (before or after practice)
 - Player & coach
 - Player, Parent, & coach
 - Player, Parent, coach, & club director



Financial Policies

- All payments are expected to be made on time, if you have an extenuating circumstance, please contact the office at office.highperformancevba@gmail.com
- Late Payments
 - Any athlete whose account 45+ days past due will not be allowed to participate until the account and any fees associated are brought up to date.

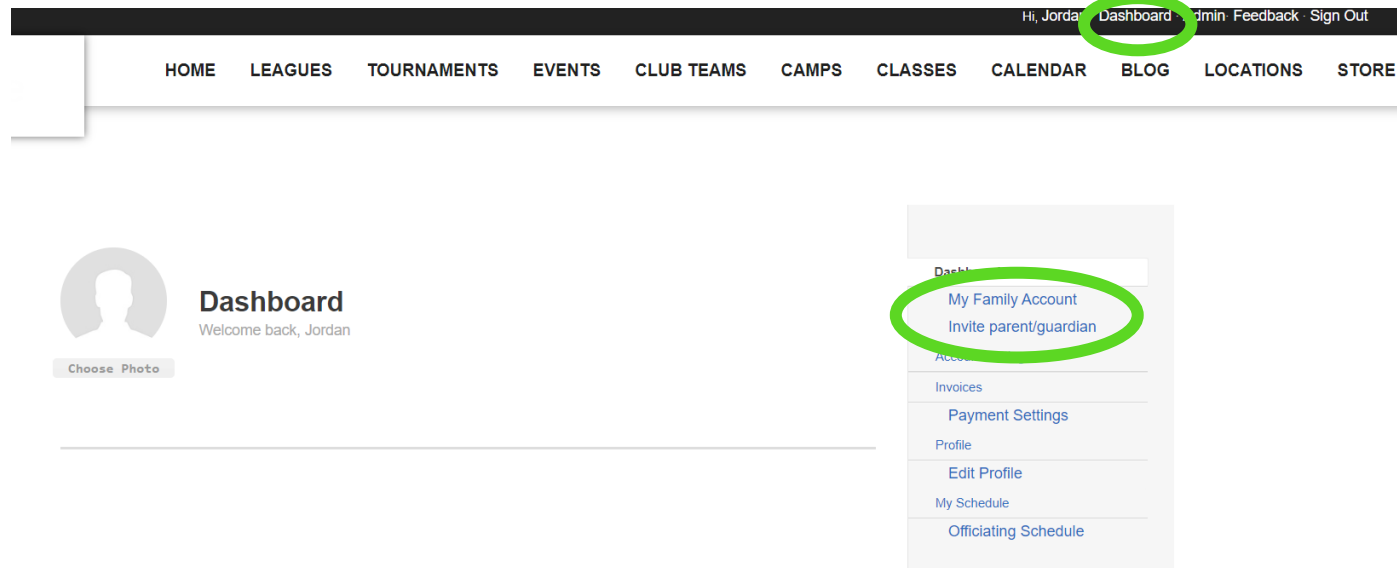


League Apps



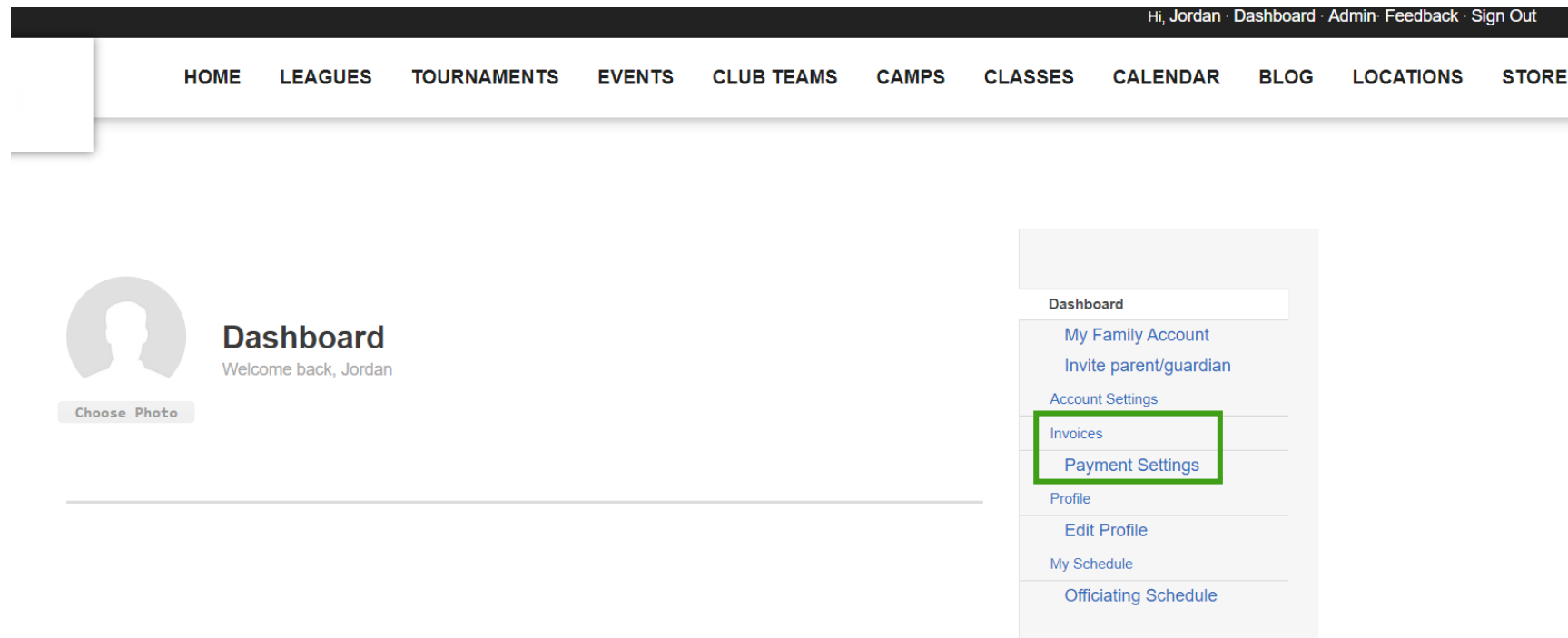
League Apps

- Switched to League Apps
 - New website to launch by the end of October
- Family Account/adding a family member
 - Dashboard:
<https://highperformancevba.leagueapps.com/dashboard>




Checking Payment Status

- Through your League Apps Dashboard you can check your invoice status and update Payment Settings



Hi, Jordan · Dashboard · Admin · Feedback · Sign Out

HOME LEAGUES TOURNAMENTS EVENTS CLUB TEAMS CAMPS CLASSES CALENDAR BLOG LOCATIONS STORE

 **Dashboard**
Welcome back, Jordan

Choose Photo

- Dashboard
 - My Family Account
 - Invite parent/guardian
 - Account Settings
 - Invoices**
 - Payment Settings
 - Profile
 - Edit Profile
 - My Schedule
 - Officiating Schedule



Communication

- Emails from HP will come through League Apps
- League Apps Play App
 - Calendar
 - Team Chats





What is Hudl?

- Video, data, and recruiting resource
- Each athlete will be able to create a recruit profile
 - Game highlights
 - Share any achievement (academic or athletic)



Filming for Hudl

- HP has purchased all the equipment that each National team will need
 - Each team bag will come with an instruction manual as well
- Parent's will need to help and film each match
 - Please take turns; remember, we're a team!

What to Record

- Capture the entire court
- Record the score often
- Get referee signals & jersey numbers

How to Record

- Record in high-def (if not using the provided iPad)
- Only pause at timeouts or long breaks
- Record with audio

Tips for Recording

- Record from behind the service line when possible
- Make sure you follow the proper steps to save & exit- take your time!



Additional Tips

- Connect to Wi-Fi when possible
 - This will allow the video to upload while it is recording
- Make sure the device stays awake
 - They should all be set to not automatically lock, but always double check
- Charge in between matches when possible



Hudl Training References

- [Athlete Training](#)
- [Videographer/Filmer Training](#)



Recruiting & **sports**Recruits



Recruiting

HP Recruiting Coordinator, Lauren Haight

- Email: lauren.hpvba@gmail.com

Recruiting Important Information

- If interested in playing in college, you need to make sure you are taking **NCAA approved core courses**.
 - HS Graduation **DOES NOT** mean you're academically eligible in college
- Go make a free account on [NCAA Eligibility Center](#).
 - You will need to upgrade if pursuing D1 or D2

Coach Lauren is creating a road map and catalogue of resources to be published on our website soon



* More roadmaps to come for each year

Key Dates

- Jan/Feb
 - Coaches start recruiting trips
- June 15th (after Sophomore year)
 - D1 & D2 Can give verbal scholarship offers
 - D2 can do official visits
- Aug 1st (before Junior Year)
 - D1
 - Coaches can conduct off-campus contact and athletes can take official and unofficial visits before junior year
- Mid-November
 - Recruits will receive a written offer (Letter of Intent) of their Senior year
- D3/NAIA
 - Wild wild west
 - Little to no recruiting rules



What is Sports Recruits?

- Sports Recruits is a recruiting resource that allows access to all colleges
- Athletes can contact college coaches directly through Sports Recruits
- Explore college team openings as well as majors offered at colleges of interest



Housekeeping



Online Registrations

- Everyone must be registered on League Apps
 - If you are not already a member, please ensure you join your athletes profile
- Every player must be AAU registered
 - [Register here](#)
 - Club code W378YW
- USAV Registration- PREMIER TEAMS ONLY
 - You will be receiving an email from us the first week of October with instructions on how to register. Please read the full instructions.
 - You will need the general USAV membership as well as the USAV Lakeshore region membership
 - Please ensure you register for the WHOLE SEASON, not just one event



Paperwork

- Required paperwork due to your coach during your first week of practice
 - Copy of your players AAU card
 - Copy of Birth Certificate (please black out any SSN's)
 - HP Medical Release Form
- Online Forms
 - USAV Membership
 - JVA Medical Release & Insurance Waiver
- [Parent Resources](#)



Tournament Schedules

- Schedules are posted on each teams webpage and in the calendar in the SportsEngine app
- Real time tournament information can be found on AES
 - Instructions [here](#)



Travel

- Hotel Blocks
 - Information will be sent out via League Apps
 - Questions: allie.hpvba@gmail.com
 - For tournaments that are “Stay and Play,” we must stay at the designated hotel to be eligible for the tournament
- Hotel reservations should be made as soon as possible



HP Gear

- Required items such as backpacks, kneepads, and socks can be found in the HP Gear Store
- Items will be passed out with gear during the first practice
- <https://highperformancevba.leagueapps.com/store>



Spirit Wear

ORDER BY
SEPTEMBER
19

HIGH PERFORMANCE VOLLEYBALL ACADEMY
HIGH PERFORMANCE VOLLEYBALL
ACADEMY 2024

 <p>\$20.00 District Women's Perfect Tri V-Neck T-Shirt Available in 2 other colors.</p>	 <p>\$30.00 District Women's Perfect Tri 3/4-Sleeve Raglan Available in 2 other colors.</p>	 <p>\$20.00 Port & Company Youth Core Blend Tee Youth Available in 4 other colors.</p>	 <p>\$20.00 Port & Company Youth Core Blend Tee Youth Available in 1 other color.</p>	 <p>\$30.00 Sport-Tek Ladies' PosiCharge Competitor Racerback Tank Available in 2 other colors.</p>
 <p>\$44.00 Port & Company Fan Favorite Fleece Crewneck Sweatshirt Available in 2 other colors.</p>	 <p>\$44.00 Port & Company Youth Core Fleece Hoody Youth Available in 2 other colors.</p>	 <p>\$44.00 Port & Company Ultimate Pullover Hooded Sweatshirt Available in 2 other colors.</p>	 <p>\$20.00 Port & Company 50/50 Cotton/Poly T-Shirt Available in 4 other colors.</p>	 <p>\$20.00 Port & Company 50/50 Cotton/Poly T-Shirt Available in 2 other colors.</p>

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NAME/TEAM NUMBER PERSONALIZATION AVAILABLE UPCHARGES APPLY FOR LARGER SIZES

 BSN SPORTS
MTS Customer Support - ref # 12095244
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Jordan Holland office.highperformancevba@gmail.com

Access Code
THhtRUaRmp
www.bsnteamsports.com

Click Here To
SHOP NOW
Order 9/6 to 9/19

No orders will be accepted after the deadline.

- Additional gear and spirit wear can be purchased through our BSN store

- CLOSES AT MIDNIGHT ON 9/19**

- Items should be received in 4-6 weeks after the shop closes and passed out to each player at practice

- Please include your player's team and name in the order so we deliver it to the correct athlete



<https://bsnteamsports.com/shop/THhtRUaRmp>

Extra Training Opportunities

- Private/Small Group Training with Coach Tony
 - Email: Tsarge357@aol.com
- Private/Small Group Training with Coach Allie
 - Email: Allie.HP@gmail.com
- Private/Small Group Training with Roly Roldan through Elite Sportsplex
 - Email: info@elitesportsplex.com



Questions?



Thank you!

Time to meet your coach and teammates!

