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HIGH PERFORMANCE VOLLEYBALL ACADEMY



2027 Parent/ Player Meeting

November 8, 2026

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 backpacks, 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

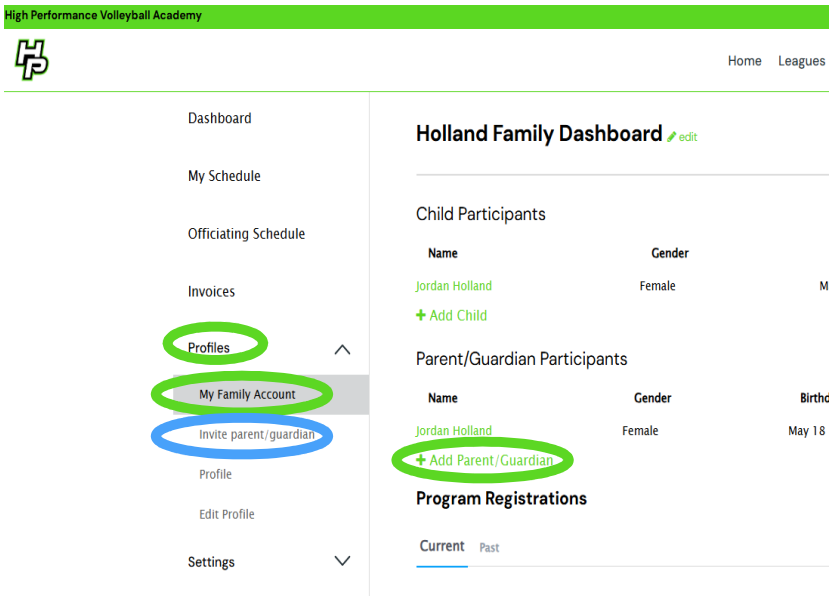
Financial Policies

- All payments are expected to be made on time, if you have an extenuating circumstance, please contact the office at office.hpvba@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



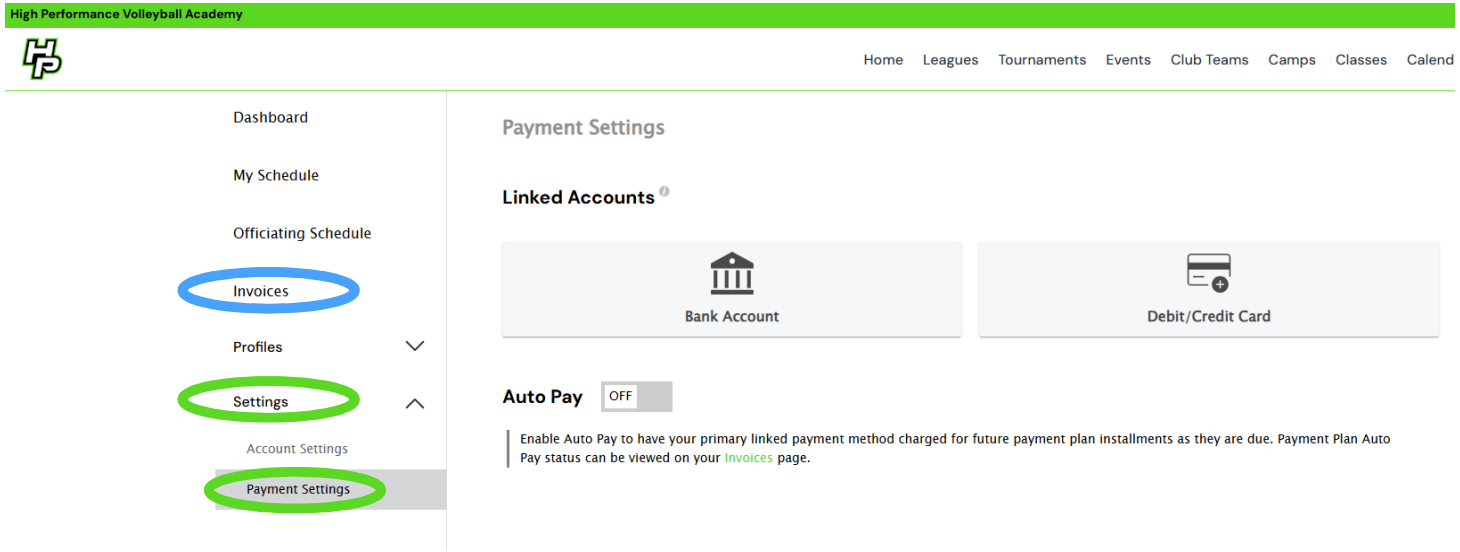
League Apps



- Family Account/adding a family member
  - Please do not log into the generic LeagueApps site and create an account, it will not be connected to your athlete/family members
  - 2 Ways from your dashboard: https://highperformancevba.leagueapps.com/dashboard

Checking Payment Status

- Through your League Apps Dashboard you can check your Invoice Status and update Payment Settings



Communication

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


hudl



What is Hudl?

- Video, data, and recruiting resource
- Each athlete will be able to create a recruiting profile to share
  - Game highlights
  - Achievement (academic or athletic)

Joining Your Team

- Go to hudl.com/jointeam
- Enter Team code (emailed out late November)
- Create or Log In to your *ATHLETE'S ACCOUNT FIRST*
- Coach/Admin will Accept you to the team
- Once your athlete has been approved on their team they can add a parent/guardian to their account
  - Log into the athletes account
  - Go to Settings, then Access
  - Add parent/guardian e-mail to be granted access

Filming for Hudl

- HP has purchased all the equipment that each Premier & Elite 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	How to Record	Tips for Recording
• Capture the entire court • Record the score often • Get referee signals & jersey numbers	• Record in high-def (if not using the provided iPad) • Only pause at timeouts or long breaks • Record with audio	• 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

- Creating Highlights with Hudl
- Embedding your Highlight Reel
- Recording & Uploading Instructions

Recruiting &





Recruiting Coordinator

- Recruiting Coordinator: Rachel Malinowski
  - Email: Rachel.HPVBA@gmail.com
- What does a Recruiting Coordinator do?
  - Provide info on the process
  - Guide and empower athletes on steps to take
  - Assist in communication strategies
  - Assist in film reviews
  - Perform evals
  - College coach interview prep
  - Outreach to college coaches
  - Various other recruiting activities

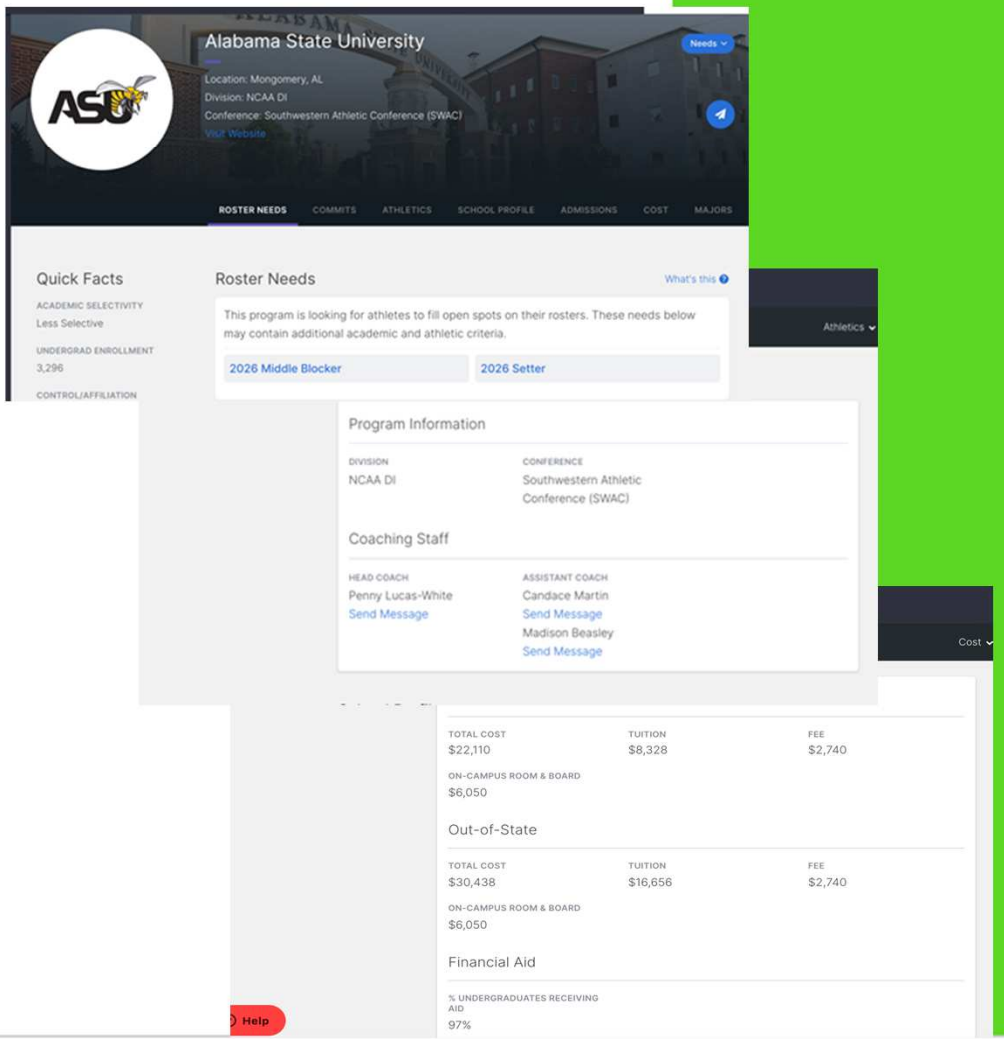
Recruiting Coordinator

- When should you reach out to Rachel?
  - ASAP before 15s club season (if interested in playing in college)
  - Anytime you need help, have questions, etc

- What is like working with Rachel for Recruiting?
  - Prior to scheduling, you will complete a recruiting questionnaire
  - Once the questionnaire is done, the first meeting includes an eval, process overview, and creating a plan of action
    - You will get 1-3 homework items from me
  - Follow-ups should be on a monthly basis, but happy to meet more based on needs

SportsRecruits & Other Platforms

- SportsRecruits
  - Recruiting platform that can be used to research schools, communicate, and share film
  - There is an option to also view openings for schools
- Other Platforms
  - University Athlete*
  - NCAA Eligibility Center*
  - Instagram
  - Field Level
  - Professional Email
- Regularly check and update your accounts
- Never pay for a platform/service
  - Stay away from NSR, NCSA, ARC, and various other services



Housekeeping



Online Registrations

- Everyone must be registered on League Apps to receive communication
  - If you are not already a member, and want to receive updates, please ensure you join your athletes profile
- Every player must be AAU registered
  - Register here
  - Club code UCRF5SS4W
  - If you have a multi-year membership with a code from a different club, you will need to email volleyball@aausports.com to have it changed.
    - Include your athletes name, AAU number, current club code and the HP club code in your email
- JVA Insurance & Medical Waivers – Elite AND Premier Teams
  - Club: High Performance VBA, Lake Orion, MI
  - Contact Information: Thomas Vigilant, office.hpvba@gmail.com
- USAV Registration- PREMIER TEAMS ONLY
  - Please use HP's direct link to register – DO NOT go through the general USAV/Lakeshore region website or you will not be linked to HP
    - https://memberships.sportsengine.com/org/lakeshore-region-volleyball/affiliation/high-performance-volleyball-academy
    - You will need the **FULL SEASON USAV National membership** as well as the **USAV Lakeshore** Region membership (upon checkout you will see both memberships)

Paperwork

- A HARD COPY of the following documents will be due to your coach the first week of practice:
  - Copy of your players AAU card
  - Copy of Birth Certificate (please black out any SSN's)
  - HP Medical Release Form
- The following ONLINE forms will need to be completed the first week of practices (we have access to verify – no need to email the forms):
  - USAV Membership – PREMIER TEAMS ONLY
  - JVA Insurance & Medical Waivers
- Throughout the season various tournaments may require additional waivers, those will be e-mailed out and need to be turned into your coach prior to the tournament.
- Forms and additional information can be found on our website under our Parent Resources page

Tournament Schedules

- Schedules are posted on each teams webpage and in the calendar in the LeagueApps app
- Real time tournament information can be found on AES
  - Instructions here

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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, socks, additional practice shirts, and volleyballs can be found in the HP Gear Store
- Items will be passed out with gear during the first month of practice
- https://highperformancevba.leagueapps.com/store

Extra Training Opportunities

Email Coach Allie

Allie.hpvba@gmail.com

Questions?



Thank you!

Time to meet your coach and teammates!

REMINDERS

- Spandex Try-On by the front door
  - https://forms.gle/dihtahweufHW4b2n6
- BSN Online Spirit Wear Store – Closes 11/16
  - https://bsnteamsports.com/shop/V8qVDhvwvt
- Paperwork due first practice found here:
  - https://highperformancevba.com/parent-resources/