



(v): /'e-lə-,vāt/

to raise or lift up to a higher position.

More than just volleyball, Elevate VB is a competitive, faith-based club formed by a group of volleyball families who have a passion to raise elite athletes with a love for God and a heart to lift up others through sport. Our priorities are God, Family, Volleyball - in that order.

our partnerships



Play As One Elevate Volleyball exists due to the generosity and support of Emmanuel Faith Community Church.



Volley-Fest

Our club is also grateful for the hard work and support of our tournament partners.



HIGH SCHOOL season details



Season Length:

LOCAL: Jan-May 2025 (Dec practices optional)

Practice Schedule:

Beginning in Dec/Jan (TBA)

2 Days per week (TBA)

2 Hours per practice (TBA)

Practice Location(s):

NORTH COUNTY - EFCC (Emmanuel Faith Community Church)
639 E 17th Ave, Escondido, CA 92025

SAN DIEGO - Awaken Church (Bay Ho Campus)
4170 Balboa Ave, San Diego, CA 92117

Local Tourney Info:

VOLLEYFEST (volley-fest.com)

SDVBC/SEASIDE GYM

10806 Willow Ct UNIT 3, San Diego, CA 92127

GIRLS HIGH SCHOOL LOCAL TOURNEY SCHEDULE (15-18U)

Sun. 1/25 Local Tourney 1 (Time TBD)

Sun. 2/22 Local Tourney 2 (Time TBD)

Sun. 3/8 Local Tourney 3 (Time TBD)

Sun. 3/29 Local Tourney 4 (Time TBD)

Sun. 4/19 Local Tourney 5 (Time TBD)

Sun. 5/17 Local Tourney 6 (Time TBD)

Thurs-Sun 6/25-6/28 Festival Arizona (Optional)

Cost:

\$1595 - Total Season Cost

\$270 Monthly Cost + \$250 Registration

Includes: Uniform, Shirt, Shorts, Backpack, Practices,
Coaching and (6) Local Tourneys

Financial Aid:

Affordability and accessibility are at the heart of our club mission. We want to provide an opportunity for every athlete who wants to play regardless of finances. As such, we do offer a limited number of scholarships for each team on a case by case basis. If you would like to apply for financial aid, please [click here](#) to apply or contact us at: bill@playasone.org



tryouts & next steps



- **Please click or scan the QR code here** to fill out the NICE TO MEET YOU Player Evaluation Form so that we can learn more about you and your volleyball goals.
- Team offers will come via text, phone or email within 1-3 days w/instructions on how to register for your team. A registration fee will be due upon registration. Monthly payments will be made available during registration.
- We appreciate a response to the team invite within 3-5 days. If you receive an invite and do not register within 5 days, your spot may be filled by another player.
- Uniform Night - Following the tryouts and team formations, we will host a uniform fitting day. Stay tuned for that announcement from your team and coach.
- Any players who have registered and tried out, are welcome to attend any makeup tryouts free of charge.
- Make-up Tryout - If there are players who were not able to attend the initial tryout but have expressed desire to join. They may request and be provided a makeup tryout date. Once again, if this occurs, all current players are also invited to return for that makeup date free of charge.





team & player development

- We strive to develop athletes in Body, Mind and Soul.
- We believe that in order to grow, players need to be trained in an environment where mistakes are simply part of the learning process, not something to be feared or punished for. We teach players the value of encouraging their teammates in both successes and failures.
- We teach our players the value of “elevating” others by encouraging them to share their skills, wisdom and knowledge of the game with their teammates.
- We believe in showing respect and love for our teammates AND our opponents, which is why we give every opponent an MVO Award at the conclusion of each game.
- We believe that the church community exists outside of the four walls. We believe that our teams are part of a player’s community. As such, our goal is to help our players develop strong, Godly friendships that will last beyond the volleyball season - hopefully a lifetime.
- Unfortunately some tourneys are on Sundays, this is beyond our control. During these times, we excuse players if they need to leave early or arrive late and we encourage our athletes who miss church to do devotions with their teams.

Sponsor an Athlete:

Many of our players rely on the generosity of our supporters. If you would like to donate or assist with financial support for a player, please contact us at: bill@playasone.org



player expectations



ELEVATE PLAYERS SHOULD STRIVE TO:

- Be coachable, receptive to feedback and always willing to learn
- Display love, good sportsmanship and respect for all teammates, coaches, opponents, officials and parents
- Place the team needs above my own
- Create an environment for my teammates to thrive physically, mentally, and spiritually
- Help set up, tear down & clean gym after each practice or game
- Give 100% effort no matter what the score or situation
- Never give up on my teammates or myself
- Not gossip or speak critically about teammates, coaches or others
- Come to practice with a positive attitude, prepared and committed to give my all at every game and practice
- Show up on time to practices and give my coach 24 hours notice (or more) if I am going to miss
- Show up early to tourneys and give my coach two weeks notice (or more) if I am going to miss a game
- Communicate with my coach if I have concerns about my playing time or standing on the team
- Follow the Player-First Rule of Communication, by speaking to my coach FIRST about any non-urgent team matter, before asking my parent to speak to the coach (Non-Urgent matters include Playing time and Team or Positional Standing)
- Social Media: Represent my God, myself, my family, my team and my volleyball club appropriately at all times





coach expectations

ELEVATE COACHES SHOULD STRIVE TO:

- Display and model Christ-like sportsmanship towards players, officials, parents and opponents
- Always look out for the health & safety of my players & families
- Provide an uplifting environment for every player to thrive physically, mentally, and spiritually
- Place an emphasis on growth & development above winning
- Come to practices and tournaments on-time and prepared
- Always maintain an appropriate coach-player relationship, on and off the court
- Make decisions based on what's best for the team & players
- Diligently instruct and emphasize good fundamentals while remaining open and committed to learning new ways to benefit my team and players
- Be willing to accept critique and make changes if necessary for the benefit of my team and players
- Be willing to apologize when I am wrong
- Not allow bullying of any kind on my team
- Social Media: Represent my God, myself, my family, my team and my volleyball club appropriately at all times
- Communicate regularly with players, parents and staff.
- Coaches are background checked for safety.
- Coaches are experienced (Club, School & College, Pro).

“A coach will impact more young people in a year than the average person does in a lifetime.”

- Billy Graham





parent expectations

PARENTS SHOULD STRIVE TO:

- Be respectful, encouraging, patient and supportive of all athletes, the team, our families, coaches and opponents
- Display good sportsmanship to all coaches, officials, players/opponents and parents regardless of situation
- Cheer loud but refrain from “instructional” comments during competitions and practices
- Refrain from criticizing players, coaches, opponents and/or their families
- Reach out to coaches immediately if there is a concern regarding the safety of players or team
- Follow the Player-First Rule of Communication, encouraging your player to bring any concerns directly to the coach first (before parent) regarding any non-urgent matter, including game play, playing time or team/positional standing. Of course parents are more than welcome to accompany their athlete.
- Communicate with coaches in advance of any expected absences from practices (24 hours) or tourneys (14 days)
- Drop off/pick up players on time
- Pay all club fees on time
- Promote team unity and bonding
- Social Media: Represent my God, myself, my family, my team and my volleyball club appropriately at all times





team communication

We understand that life is busy and unpredictable, so creating an avenue for reliable and consistent team communication is our top priority. We are always searching for ways to improve our team communication and in that effort, this year we have selected BAND as our preferred app for team communication.

Each team will have their own BAND TEAM PAGE for easy collaboration between coaches and families. This app allows for posting, commenting and chatting. All team news, updates and announcements will flow through the BAND app.

To download the BAND app, click below or please visit: www.BAND.us





policies

ATTENDANCE

All players are expected to attend all practices and tournaments unless they have given proper advance notice of their expected absence. Proper notice includes:

- Practices: 24 hours notice
- Scheduled Tourneys: 2 Weeks advance notice

Note: Absences can impact a players status and playing time. Recurring absences (with or without notice) can result in players losing playing time or being dismissed from the team.

PLAYING TIME

Playing time is a very sensitive topic and typically the #1 concern that arises in team sports. Coaches should do their best to provide playing opportunities for all players. However, at the club level, all playing time is earned and subject to the discretion of the coach. While there should be NO expectation of "equal" playing time, players should expect to receive feedback from coaches on what they can do to increase their playing time opportunities.

PLAYING TIME CONCERNS

In the event that players and parents have a concern with playing time, we have created the following policies and steps to take.

- Athletes should first communicate any concerns directly to their coach before any parental involvement.
- If result is not satisfactory, then parent may communicate directly with coach (via email or communication app) or request a call or in-person meeting.
- If the result is still not satisfactory the Club Director will communicate directly with all parties and in person if necessary.

Note: It is never appropriate for parents to approach coaches on game days or at tourneys regarding playing time. Instead, they should encourage their athletes to discuss directly with coach(s).

GAME DAY

Parents are NOT allowed on the "bench" for any reason. Only club officials, coaches, and players are permitted. Parents will not attempt to "coach" their athletes from the sidelines. Any player receiving "coaching" from the sidelines could be subject to removal for the remainder of the match or practice.

REFUNDS

If a family decides not to play BEFORE FIRST PRACTICE, their entire tuition will be refunded, with the exception of registration fees (\$245) which are not refundable.

DURING OR AFTER FIRST TOURNEY - If a player decides not to continue, is dismissed or suffers a season ending injury AFTER THE FIRST TOURNEY, then families may receive up to a 50% refund on their tuition.

BEHAVIOR

Safety and the well-being of our athletes is our highest priority. Therefore any behaviors deemed harmful, inappropriate or illegal will result in immediate suspension and possible dismissal from the team. This same standard is applied to all coaches and staff.





contacts

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