

2017/2018 Jax Beach Volleyball Policies

Beach Volleyball Staff

Kent Ammons – 18U Head Coach/Beach Director/Owner
Tanner Garbutt – 16U Head Coach
Brandi Roth – 14U Head Coach
Dylan Hough – Head Coach

Kent's Resume Credentials

- BA in Sports Leadership from University of North Florida
- Clay County Fire Rescue Employee
- State certified Paramedic/Fire Fighter
- CPR, BLS, ACLS certified

Kent's Volleyball Credentials

- Two time indoor Junior All-American for Club Florida (2001 + 2002)
- Represented USA in beach volleyball for first ever Junior (18 and under) Olympics in Sydney, Australia (1999)
- Represented USA in beach volleyball for first ever Junior (20 and under) FIVB World Tour in France (2001)
- 20 years of playing experience and over 15 years of coaching experience on both indoor and beach volleyball
- Has won over 75 Open/Professional tournaments

Beach IMPACT Certified

Indoor IMPACT Certified

Introduction to Beach Volleyball

Beach volleyball is now the fastest growing sport in the nation! The combination of speed, agility, strength, and finesse makes beach volleyball an all-around sport that can be used as a great cross training activity for indoor volleyball. Two-person beach volleyball has grown to be much more than a recreational sport. Some of the best indoor players grew up playing beach volleyball. Coincidence? I don't think so.

Why be a part of "Sand" Volleyball?

- NCAA just approved sand volleyball as a collegiate sport in 2013. With the success of USA's men and women's teams in Beijing, beach volleyball has become one of the most watched and played sports in the world.
- Sand volleyball will also improve indoor abilities. Playing in the wind and exposure to the elements can give players an edge that will benefit them in indoor volleyball and almost any other sport. Here you can achieve that edge while learning a great new sport and all the while improving your indoor game by increasing speed and agility and mental toughness by dealing with variables that are non-existent indoors.

Player Responsibilities

- Attitude, attitude, attitude!
- Support all members of JBVB including your teammate, yourself, your coaches and officials
- Give 100% on and off the court. Even though we are on two person teams, we are all a part of a larger club. Support your other JBVB teams that are competing when you are not.

- No arguing on or off court, questions are encouraged to be asked, we are all learning regardless of indoor qualifications. Belittling will not be tolerated, no exceptions. Anybody not willing to abide will be subject to some of my world famous physical encouragement.

Parent Responsibilities

- Finding or having transportation to practice and tournaments
- Support their child, child's teammate, and the rest of JBVB members along with all decisions made by coaching staff and officials. Let the coaches do the coaching. Only certified coaches are allowed to coach during events. Players can get penalized and the club may even get fined.

Coaches will be:

- USAV certified
- Beach IMPACT certified
- SAFESPORT certified
- Highly trained in beach volleyball specifics and training implementation
- Ensured each player is getting proper training and playing time

*Coaching is only allowed during timeouts and in between matches. Understand that there will not be a coach on each court for each individual team like indoors. The player to coach ratio is no more than 10:1, therefore no coach can be in two places at one time. All effort will be made to circulate between teams during play by the coach(es). Coaches may also be participating in the pro tournament play. The price for coaching for weekend tournaments is not included in the membership fee. Practice is when we learn the game, the tournaments is when we apply what we have learned in practice.

Practices:

Practices will consist of 2 hours:
 5 minutes for court set up (if needed)
 15 minutes warm-up/warm-up game/stretch
 80 minutes of drills co-operative and competitive/possible scrimmage
 15 minutes of conditioning and cool-down/stretch
 5 minutes net and court dis-assembly (if needed)

Practice Locations and Times:

Participants playing directly for Coach Kent, will practice at the residential facility at 930 10th street north, Jax Beach FL, 32250. All practices with other coaches will be held at Jacksonville Beach two blocks South of the pier unless otherwise specified. 333 1st Street North, Jacksonville Beach, FL 32250 Directly in front of "Ocean Grill".

Travel Accommodations

Each family will be in charge of their own travel and hotel accommodations for each tournament scheduled through the beach volleyball club. Recommendations will be made for directions and hotels to and around the event, but are not mandatory. You will be given information on where the events are held and how to register for such events.

*Staff member and/or volunteer should not drive alone with unrelated athlete.

*Since you are making your own travel plans, please be sure to scout out where you will be playing the following morning. **IF YOU ARE LATE TO AN EVENT AND ARE FORCED TO FORFEIT YOUR SPOT, JBVB IS NOT RESPONSIBLE.**

Weather Policy

In case of inclement weather on a practice day, the practice will be rescheduled one time at a date that the majority of players/parents can attend by coaches' discretion. If the re-scheduled practice is again rained out, that practice will be lost. Practice may still be held in slightly rainy conditions. If rain or lightening causes the practice to be delayed, shelter will be sought under one of the restaurant overhangs for a period of 30 minutes. If after 30 minutes there is no sign of letting up, practice may be canceled. Practices lasting longer than one hour in length will be considered a "full practice" and will not be rescheduled.

*Important note- Any day that the forecast is calling for rain/thunderstorms on the day of practice, the coach will send out an email by 12 noon with the decision to continue with practice as usual, or cancel practice for the day. This is an effort to try to keep everyone from traveling to practice when cancellation of practice looks imminent *** Please remember to check your email on forecast rainy days.

Disputes

In the event that there is a problem that occurs between players, or player and coach the following steps should be followed.

- 1. The player should discuss this issue with the coach to come to a solution
- 2. If no solution could be made, an appointment should be made by the participant to meet with the director
- 3. If the player is still not satisfied, a meeting will be held between the player, parents, coach and director

Parents: please do not confront a player or coach during practice or tournament play.

Participant Injury Policy

If the participant should receive an injury the coach should be notified immediately to take further action. If in the event a player is injured beyond playing ability, a written letter must be obtained from the athlete's physician to allow them to return to play. For those such incidences, refunds will be prorated and given to the player depending on the discretion of the director.

Refunds Policy

The only instance refunds will be given is illness or injury. In which case, the above procedure will take place.

Age Divisions 2017/2018

-18 and Under Division: Players who were born on or after September 1, 1999

or

Players who were born on or after September 1, 1998 *and* a high school student in the twelfth (12th) grade or below during some part of the current academic year

-17 and Under Division: Players who were born on or after September 1, 2000

-16 and Under Division: Players who were born on or after September 1, 2001

-15 and Under Division: Players who were born on or after September 1, 2002

-14 and Under Division: Players who were born on or after September 1, 2003

-13 and Under Division: Players who were born on or after September 1, 2004

-12 and Under Division: Players who were born on or after September 1, 2005

Session fee includes:

- Expert coaching
- Practices 2 times/week * 2 hours/practice
- Maintenance and equipment fee

- Insurance
- Printing and materials
- T-shirt or tank top

Membership does not include:

- Travel and hotel accommodations
- USAV Memberships (Indoor membership for current year is applicable) or Volley America Memberships
- Parking
- Food and/or drinks
- Additional merchandise, ie. Sandsocks
- Tournament registration

Payment

A spot on the beach volleyball program will be reserved when payment is received.

Please mail check to: Jax Beach VB
 930 10th St N
 Jacksonville Beach, FL 32250

Belongs to bring to every practice

- Water (better to have too much, than not enough)
- Towel
- Sunscreen
- Eye protection (hat and/or sunglasses)
- Socks/sandsocks

Additional things to bring to every tournament

Cooler with plenty of drinks, (no soda's or caffeinated drinks), snacks (fruit, granola bars, nuts), lunch – many tournament sites have no place to get food or drinks with-in walking distance, make sure you have enough to last an entire day at the beach. *Remember, just like a car, when the body runs out of fuel, it stops producing energy. And that can be one of the worst feelings in the world to have that happen in the finals of a big tournament.

Shade- umbrella or tent, socks or sandsocks – the sand can get brutally hot during the summer, this is a must!

A humble attitude, with the confidence to know you can win.

Teams

- Teams will be made up of 2 participants with no more than 5 teams (10 participants) per coach. Players are encouraged to sign up with a friend/partner they would like to play with for the duration of the season. If no partner can be found to sign up with, the coaches will do there best to match the single player with someone of relative age and skill level. In the event no partner can be found, the last person to register without a partner will take the chance of being unable to participate in the next beach tournament (this is extremely rare since there are only two people per team). All players will work cooperatively together during practice. Players will not be isolated to specific partners during practice either, as it is a vital part of beach volleyball to be versatile and play well with anyone to achieve the goal at hand.

We, at JBVB, hope everyone is as excited about this season as we are! This year we should have a solid foundation of returning players and new faces. Have a terrific, safe summer.

See you on the Sand!!!

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