

Insanity Volleyball Club

2026-2027 Player and Parent Handbook

Mission:

Insanity Volleyball Club is a competitive club in the North Texas Region of USA volleyball. Our philosophy is rooted in teaching strong fundamentals while combining positive encouragement, competitive growth, and strength training to develop well-rounded athletes and leaders.

Insanity Directors:

Meagan Valentino Owner/Director

Tanner Street Owner/Strength & Conditioning Director

Coaching Staff:

Our goal at Insanity Volleyball Club is to provide experienced quality coaches. We will match the coaches to teams, based on knowledge, experience, abilities, and personality.

All Coaches will be IMPACT certified, registered with NTR as a coach, MAAPP SafeSport completed, and will have a completed background check.

Registration and Eligibility

Players and Parents must complete the following before being allowed to participate in any Insanity Volleyball Club event(s) (excluding tryouts):

- Signed Insanity Volleyball Financial Agreement
- Current NTR Membership
- All Officiating Courses
- Insanity Athlete and Parent Code of Conduct (signed)
- USA Volleyball Medical Release Form

The NTR defines age groups for training and competition. USA Volleyball age definition:

USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2025-2026 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Aug	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Sept	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Oct	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Nov	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Dec	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Jan	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Feb	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Mar	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Apr	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
May	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
June	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
¹ Players who were born on or after July 1, 2006 and a high school student in the twelfth (12 th) grade or below during some part of the current academic year are eligible to compete in 18 & under.												
² Players in this age range that have graduated high school are ineligible only if they have been enrolled at a university, college, community college or junior college AND have been cleared to participate by that (volleyball) program.												
³ Players who were born on or after July 1, 2007, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under.												
⁴ Male Only - Players who were born on or after July 1, 2011 OR players who were born on or after July 1, 2010 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8 th) grade during the current academic year are eligible to play in the 14 & Under division. This is because the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.												
⁵ Male Only - Players who were born on or after July 1, 2011 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7 th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.												
⁶ Male Only - Players who were born on or after July 1, 2012 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6 th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.												

Concussion Policy

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child or teen's concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

If a player appears to have suffered a head injury, Insanity Volleyball Club will follow the CDC rules:

- Remove the athlete from play.
- Keep the athlete out of play the day of the injury and until a medical provider, experienced in evaluating for concussion, says he or she is symptom-free and it's OK to return to play.
- Will have them call their parent if not at the gym to be alerted. If a player is diagnosed with a concussion, an athlete should only return to practice with the approval and under the supervision of their health care provider. When available, the Insanity Volleyball Club athlete should work closely with our coaches to help their return:

- Step 1: Back to regular activities (such as school)

Athlete is back to their regular activities (such as school) and has the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms.

- Step 2: Light aerobic activity Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

- Step 3: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting (less time and/or less weight from their typical routine).

- Step 4: Heavy, non-contact activity Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

- Step 5: Practice & full contact Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

- Step 6: Competition Young athlete may return to competition

COVID-19:

The coronavirus threat and the ultimate impact on society and the sports community is still unknown at this time. The situation is fluid with new information being released almost hourly regarding the progression of the COVID-19 outbreak and what steps various sports organizations are taking to address the situation. Insanity Volleyball Club will continue to follow the Federal, State, and Local government policies regarding COVID. We will continue to follow the guidelines and rules set forth by USA Volleyball. We have also put together a protocol that Insanity Volleyball Club will follow if a player or coach should test positive for COVID.

Before attending any Insanity Volleyball Club event including but not limited to practice, performance training, recovery, tournament, team function, and more:

- Self-Check for Symptoms: shortness of breath, dry cough, sore throat, headache, runny nose or nasal congestion, nausea, vomiting, diarrhea, loss of sense of

smell/taste, dizziness, muscle aches, general weakness, fever of 100 or more, chills, shaking, and/or recent unprotected contact with a known positive COVID-19 patient.

- Masks must be worn wherever government and facility rules apply. Quarantine if you have been in close contact (within 6 ft. of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who has COVID-19 unless they have symptoms. Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person. However, anyone who has had close contact with COVID-19 and who meets the following criteria does NOT need to stay home:

- Someone who has been fully vaccinated and shows no symptoms of COVID-19.
- Someone who has had COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example: cough and shortness of breath).

If you think or know you had COVID-19 and had symptoms, you can be around others 10 days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medication and other symptoms of COVID-19 are improving. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

Follow all CDC Guidelines.

PLAYERS' COMMITMENTS:

Academic performance is a priority. Each player is encouraged to strive for continued outstanding academic achievement.

Practice times, tournament schedules and meetings are announced in advance and players are expected to manage their time carefully and plan their studies and practice times accordingly.

Smoking, drinking, or taking drugs is prohibited at all times.

All equipment must be properly cared for. Players are expected to help set up and take down equipment at every practice (jump boxes, cones, blocking arms, etc.). Players are expected to assist in collecting volleyballs at practices and at tournaments.

Concerns between players should never be left unresolved. Players should first attempt to solve the situation by talking with one another; if players are unable to resolve the problem, they should set up a meeting with the head and assistant coach.

If any player has concerns regarding playing time, she should set up a time to meet with her coaches before or after practice.

This should never be done during a practice or a tournament. *Playing time is not guaranteed for for teams trying to win a bid for Nationals.

Players agree to abide by all travel and tournament guidelines when participating in out of town tournaments.

Players must immediately report all injuries or illnesses to the coach.

All players are expected to participate in practices unless excused by the coach. Even if injured, a player should still attend AND dress for practice. It is important for the player to continue to participate in the practice by listening and learning during the injury period. This includes performance training.

Players must have cell phones turned off and stored in bags during practice. While at tournaments, players need to be engaged with their team. Coaches will restrict phone time if they feel it's detrimental to the team.

Dispute Policy:

If a parents has a dispute over a coaching decision, they must wait 24 hours before speaking to the coach, if a parent approaches a coach about playtime decisions during the tournament, then that player can be benched immediately. Please ensure you follow proper procedures; so the team does not suffer from your decision. If the problem concerns playtime or player discipline, the PLAYER must approach the coach first. Other players will never be discussed. If the parent is still showing concern or has a problem, they can ask for a meeting with the club director that will include the coach, player, and parent.

Even though the club director has a final say on a all disputes, the team coach will be supported with all playtime decisions. We at Insanity Volleyball Club will help make sure that the player understands the coach's thinking and communicates ways for them to improve and earn more playtime. Please email the coach and club director that you would like to meet briefly list your concerns ahead of time so that our meeting can be productive.