



C I N C Y
ELITE
V O L L E Y B A L L

**Parent & Player Handbook
2025–2026 Season**

This is the official CVA/Cincy Elite handbook for the 2025–2026 season. It replaces all prior versions (including 2022–2023). It integrates USA Volleyball (USAV) Junior requirements and the U.S. Center for SafeSport’s **2025 Minor Athlete Abuse Prevention Policies (MAAPP)**, plus CVA’s updated coaching standards and operations.

Effective date: August 15, 2025 **Applies to:** All CVA teams, Cincy Elite Teams, athletes, parents/guardians, coaches, staff, and volunteers.

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1) Welcome & How to Use This Handbook

Welcome to **Cincinnati Volleyball Academy (CVA) & Cincy Elite**. This handbook is your one-stop reference for how we train, travel, communicate, compete, and keep athletes safe. Save it on your phone; we'll also post the most current version on the team app/website.

Note: CVA may update this handbook to reflect changes from USAV, our Region, SafeSport, or tournament operators. We will notify families via TeamSnap.

Leadership Directors

- Kent Littlejohn – Director of Sports (Owner)
- Beth Littlejohn – Director of Operations

Indoor Volleyball

- Nick Toth- Master Coach- Player & Coach Development
- Adrienne Green- Master Coach

Beach Leadership

- Rob Long

Contact & Location

- Website: www.cincinnatiolleyballacademy.com / www.Cincyelite.com
- General email: CVA@Courts4Sports.com / Team@Cincyelite.com.
- Mailing address:
Cincinnati Volleyball Academy/Cincy Elite
854 Reading Rd.
Mason, OH 45040

Team App/Platform

CVA uses **TeamSnap** for team communication, schedules, rosters, and messaging. **TeamSnap is the system of record** for schedules and messages; when a discrepancy exists with the website or emails, follow TeamSnap.

Organizational Structure & Chain of Command (Who to Contact)

For Indoor Volleyball (all teams, training, lineups, events):

1. **Head Coach** → 2) **Leadership Directors (Kent Littlejohn – Director of Sports; Beth Littlejohn – Director of Operations)**. *Note:* Indoor matters **do not** route through Rob Long.

For Beach Volleyball (training, schedules, events): → **Rob Long, Director of Beach Volleyball**. (Kent & Beth) may invite Rob to consult on broader leadership/volleyball strategy at their discretion.

Administrative & Logistics:

- **Tournaments, hotels, coach travel, registrations, rosters: Adrienne Green** (Admin Director).
- **Dues, invoices, payment plans: Beth Littlejohn** (Director of Operations).
- **SafeSport/MAAPP & reporting:** See Section 5 (report directly to the Center/USAV as appropriate, and notify CVA).
- **Recruiting guidance (indoor):** Head Coach → Volleyball Directors.

Organizational Chart: See Appendix (digital copy in TeamSnap/website).

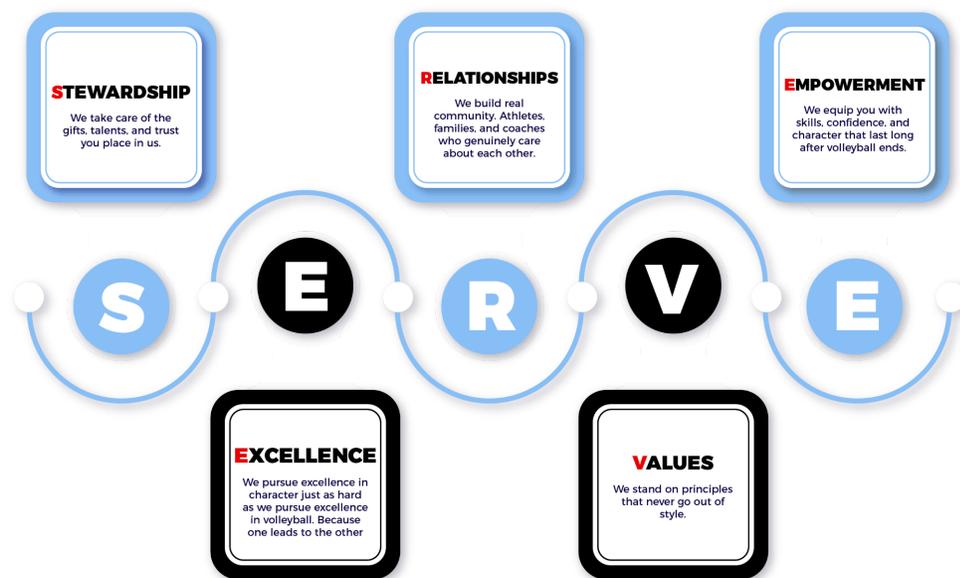
2) Mission, Vision & SERVE Values

Mission (Why we exist). *Building Champions for Life, One Serve at a Time.* Volleyball should **build people, not break them**. We bring back what club was meant to be: a place where young athletes develop elite skills, strong character, and **enjoy** the game. When excellence and joy work together, performance follows.

What sets CVA apart.

- We build **great people** who happen to play volleyball exceptionally well.
- We pursue **lasting success and joy**, not just rankings.
- We **invest** in athletes and welcome families as **partners**.
- We win differently: **excellence through character**—and we win more.

SERVE Core Values



S – Stewardship

We take care of the gifts, talents, and trust you place in us.

- *What this means:* Every athlete is unique; you’re not just a roster spot. We respect the time, money, and trust families invest.
- *How we do it:* Long-term development over short-term wins; smart training to reduce burnout/injury; transparent costs and value; we share best practices because a rising tide lifts all boats.

E – Excellence

We pursue excellence in **character** as hard as we pursue excellence in **volleyball**—because one drives the other.

- *What this means:* Real victory is growth, effort, and character alongside achievement. Champions are built through character and play **fearlessly**.
- *How we do it:* Character shows up every day. We celebrate assists, leadership, and resilience the same way we celebrate kills and aces.

R – Relationships

We build a real community where athletes, families, and coaches **care** about each other.

- *What this means:* Your teammates are your support system; coaches care about who you are, not just how you play.
- *How we do it:* Intentional team-bonding; conflicts handled with grace; parents as partners; alumni stay connected.

V – Values

We stand on principles that never go out of style—**integrity, respect, perseverance.**

- *What this means:* The values you learn here guide life beyond sport.
- *How we do it:* Coaches model humility, resilience, and integrity; we win with grace and lose with resilience; we look for ways to give back.

E – Empowerment

We equip athletes with skills, confidence, and character that last long after volleyball.

- *What this means:* Self-worth isn't tied to stats; confident athletes win more in big moments.
- *How we do it:* Life skills woven into practice—communication, leadership, mental toughness; older athletes mentor younger ones; character references complement athletic resumes.

How SERVE Shows Up in Volleyball

The **serve** starts everything—it's the one skill completely in your control. So is **character**. At CVA we master both: you *serve* alone, but you **serve for your team**. Leadership means putting team success first and making people around you better.

Inclusive Culture. CVA promotes an inclusive environment regardless of race, gender, ability, background, or other protected characteristics, consistent with USAV guidance and SafeSport's focus on equitable treatment.

Program Overview. CVA fields competitive teams across multiple ages for **girls and boys**. Our tiered model aligns training and competition to each roster's stage of development.

3) USAV Membership, SafeSport & MAAPP Adoption

CVA is a **USA Volleyball member club**. We adopt and enforce the **U.S. Center for SafeSport Code** and **2025 MAAPP** for all **in-program contact**: training, treatment/recovery, meetings, electronic communications, transportation, and lodging.

3.1 Training & Screening

- **Adult Participants** (coaches, staff, chaperones, volunteers with regular contact or authority) must complete **SafeSport training BEFORE contact** with athletes and **renew annually**.
- All Adult Participants complete **USAV/Region background screening** per USAV policy.
- **Athletes who are or turn 18** during the season must complete the athlete SafeSport course before continuing in USAV events.

3.2 Definitions (for clarity)

- **Minor Athlete:** Any athlete under 18.
 - **Adult Participant:** Anyone 18+ who is a member/employee/volunteer under USAV jurisdiction with regular contact or authority over athletes.
 - **In-program contact:** Any activity organized by, related to, or reasonably associated with CVA teams/events.
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4) Required Forms & Season Readiness Checklist

Due before first team activity:

1. USAV/OVR Region membership & roster eligibility
2. P1440 Membership
3. AAU/JVA Membership (National Teams)
4. SafeSport training (coaches; 18U CVA athletes who are/turning 18 during season)
5. Lindsay's Law: parent & athlete video, handout review, and signed form
6. Concussion (Ohio): info sheet acknowledgment

7. Medical information & emergency contacts
8. Annual Consents (CVA forms and Tournament Liability Waivers per event)
9. Contract/Financial agreement- (CVA Website- More Tab -Contracts)
10. Teamsnap Registration including Courts 4 Sports Liability Waiver (Waiver acceptance on Teamsnap initial registration)
11. [JVA Volleyball Player/Staff Liability Waiver](#)
12. [Capital Sports Tournament Release of Liability](#)

Tryouts & Membership Notes

- CVA follows OVR tryout/early signing calendars and USAV age definitions (see OVR/USAV websites for current charts).
 - Membership requires USAV/Region registration; all Adult Participants (coaches) complete SafeSport and background screening per USAV policy.
 - **Gender Competition Policy:** CVA follows USA Volleyball's current Gender Competition Policy and will apply the latest USAV guidance for roster eligibility.
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5) Reporting a Concern (How to Report)

- **Emergencies or suspected abuse of a minor:** Call **911** immediately.
 - **Sexual misconduct or retaliation:** Report **directly to the U.S. Center for SafeSport** (exclusive jurisdiction).
 - **Other misconduct or MAAPP concerns** (physical/emotional misconduct, bullying, hazing, harassment, grooming, boundary violations): Report to **USA Volleyball/Region** and notify CVA leadership.
 - Reports can be anonymous. **Retaliation is prohibited.**
 - **Mandatory reporter reminder: All Adult Participants** must report known or suspected sexual misconduct to the U.S. Center for SafeSport **immediately (within 24 hours)**, and to **law enforcement** if the report involves possible child abuse.
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6) Codes of Conduct

6.1 Athlete Code

- Be on time, prepared, and coachable.
- Respect teammates, opponents, officials, and staff.
- Follow team rules on devices, curfew, nutrition, and rest.
- **No** alcohol, tobacco, vaping, drugs, or PEDs.
- **Zero tolerance** for hazing, bullying, harassment, or discrimination.
- Ask coaches how to improve and how to earn opportunities.

6.2 Parent & Spectator Code

- **Positive cheering only**; no coaching from the stands.
- Do not approach coaches about playing time or strategy during events; use the 48-hour pathway (Section 7).
- Model respect for officials and event staff.
- Support team rules on devices, curfew, and rest.

6.3 Coach Standards (Family-Facing Summary)

- SafeSport-trained, background-screened, and USAV registered.
- Practices are planned and purposeful; competition decisions prioritize development and the team's defined goals (Section 11).
- Professional, timely communication that follows MAAPP (open & transparent; parents included on 1:1 electronic messages with minors).

6.4 Anti-Hazing & Anti-Harassment

CVA prohibits hazing, bullying, harassment, and abuse in all forms—online, text or in person.

- **Definitions:** Hazing includes acts that endanger mental/physical health for initiation or membership. Harassment includes unwanted conduct that a reasonable person would find offensive or that interferes with participation.
- **Zero tolerance & discipline:** Violations may lead to suspension or dismissal and, where appropriate, referral to law enforcement or the U.S. Center for SafeSport.

- **Reporting & non-retaliation:** Report concerns to the **U.S. Center for SafeSport** (sexual misconduct/retaliation), to **USAV/Region** (other misconduct), and notify CVA. Retaliation for good-faith reports is prohibited.
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7) Communication Pathway & 48-Hour Rule

- **Player first.** Athletes are encouraged to seek feedback from coaches about role and development.
- **Parent meetings.** For team-role/development topics, request a meeting **after 48 hours** from the end of a tournament day.
- **Not appropriate topics:** another athlete's role/ability, in-match tactics, or game-time substitution choices.
- **During events:** No confrontations. Violations can result in removal from the venue and/or club discipline.
- Meeting requests should include a short topic summary (1–2 sentences).

Escalation Path (Indoor) Head Coach → Directors/Ownership (**Kent & Beth Littlejohn**). (*Indoor items bypass Rob Long.*)

Beach Program Questions Contact **Rob Long (Director of Beach Volleyball)** for beach training/schedules/events. Ownership may involve Rob as a leadership volleyball consultant when appropriate.

Mental Health & Well-Being If an athlete feels overwhelmed, anxious, or burned out, please tell a coach or director—privately and early. We will support reasonable adjustments and share USAV/OVR resources. (Emergencies: call 911.)

Family to Staff. The Club wants to encourage appropriate communication between our families and the staff. Below are examples of appropriate communication.

Information about the athlete's health.

Recent illnesses, injury, medical restrictions, allergies, medication needs, etc.

Physical limitations that would restrict or prevent the athlete from practice or game participation.

Emotional health needs (ex: a recent death in the family, struggling in school, dealing with another emotionally charged issue).

A “head’s up” that your athlete is struggling to communicate with her coach.

Remember that we begin this conversation with the athlete first, but we appreciate being notified. This should be communicated to the coach and a Director if needed.

8) Social Media & Electronic Communications (MAAPP)

Open & Transparent (MAAPP)

One-on-one electronic communications between an Adult Participant and a minor **must** include a parent/guardian **or** another approved adult. Content is sport-related, professional, and sent at reasonable hours.

TAP Standard (Club)

Communications should be **Transparent, Accessible** (include another adult/parent or team channel), and **Professional** (word choice, tone, grammar, subject).

Platforms

- **Text & Email:** Allowed for team business; copy a parent/guardian (or another adult) on 1:1 exchanges with minors. **Club quiet hours:** 9:00pm–7:00am Eastern Time (urgent matters only).
- **Social Apps (X/TikTok/Snapchat/Discord/IG, etc.):** No direct-messaging between coaches and minor athletes. Coaches should not “friend/follow” athletes’ personal accounts or repost/retweet athlete content from personal accounts. Team/business accounts are for broad announcements. This is a **CVA policy**; MAAPP prohibits private one-on-one electronic interactions with minors.
- **Team platforms** (e.g., TeamSnap/SportsEngine/LeagueApps): Preferred for schedules/messages. Parents/guardians will have access.

Opt-Out

Parents may opt out of electronic communications for their athlete by written request to the Club; we will comply.

Misconduct

Any use of electronic communication for bullying, harassment, grooming, sexual content, deepfakes/AI misuse, or other misconduct will result in disciplinary action and reporting as required.

9) Locker Rooms, Changing, Meetings, Treatment, Transportation & Lodging (MAAPP)

Locker/Changing Areas

- No cameras/recording devices.
- Interactions are **observable & interruptible**.
- CVA will provide a private/semi-private option when needed.

Meetings & 1:1 Training

- 1:1 meetings/lessons must be **observable & interruptible** and either:
 - include a second adult or two or more minor athletes, **or**
 - have **prior, written (annual) parent/guardian consent** on file (withdrawable at any time).

Treatment/Recovery (AT/Manual Therapy)

- Taping, soft tissue work, and similar treatment must be **observable & interruptible**. For recurring 1:1 treatment, obtain parent consent. Privacy and decency are respected.

Transportation

- Avoid 1:1 rides. If unavoidable, require **prior, written parent consent** or have a second adult/two or more minor athletes present.

Lodging

- Adult Participants/Coaches **do not** share rooms with minor athletes.
 - Team meetings occur in public spaces.
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10) Training Standards (Practice)

- Practice is where the real value of club happens. No athlete should sit the majority of practice.
- Arrive early (15–30 minutes), help set up, and get warm on time.
- Hustle into drills; switch quickly; seek reps.
- Communicate with your coach when injured/limited—get an assignment so you still learn and contribute.
- Bring water and proper gear.
- Families may watch from designated concourse areas only; please do not enter the courts or staff offices.

Attendance & Absences

- Athletes are expected to attend every training session. Report conflicts in advance through a teamsnap message to your coach and mark your availability for every team event.
- **Excused absences** include family emergency, illness (doctor's note if requested), and mandatory school/faith events. Other absences require director approval.
- Excessive absences (generally >5 practices) may reduce playing time or affect team status, especially for National teams.

Exclusivity During Season

While under contract with CVA, athletes **do not** train or compete with another club (individual or group) without written permission from CVA.

Give Back & Mentorship

Older teams are encouraged to assist younger teams periodically (e.g., monthly) to build leadership and a unified club culture.

11) Playing Time Framework & Team Tiers

Principles. Playing time is **earned** over the season and depends on attendance, effort, role execution, and match needs. Positions (setters, libero/DS, middles, opposites, outsides) have different rotation economics; equal minutes every set is not realistic.

Tier Matrix

- **Level 3 (typically National/older teams).** Playing time is based primarily on giving the team the best chance to compete and win, plus effort/attitude and role execution. Athletes outside the primary rotation may see limited time and may not play every match.
- **Level 2 (younger National & American).** Balance development and competitiveness. **General guideline:** each athlete plays **at least one set in their position every two matches**.
- **Level 1 (younger/Regional).** Broader opportunity while competing. **General guideline:** each athlete plays **at least one set in their position each match** when practical.

Guardrail: No athlete should go an entire tournament day without playing unless the coach has director approval (illness, disciplinary action, or injury management).

12) How Coaches Build Lineups (Parent-Friendly View)

Coaches make lineups to maximize team success and growth across the season:

- **Serve-Receive Balance.** We need enough primary/secondary passers in each rotation; avoid holes when the setter is up front.
- **Front-Row Balance.** Spread attackers/blockers so every rotation has scoring and defensive options. Pair smaller setters with stronger blocking middles when possible.
- **Chemistry & Roles.** Setter-hitter timing, communication, leadership, and reliable serving all matter. Over a season, early-rotation servers accumulate more total attempts.
- **System Fit.** Choose 4–2, 5–1, 6–2, or modified based on roster strengths, substitution economy, and developmental goals—not because a college team runs it.

13) Match Day: Timeline & Expectations

Arrival

- Be dressed and courtside **30+ minutes** before scheduled start, coaches will communicate more detailed expectations prior to the tournament.
- Tournaments often run **early after Round 1**—monitor the court and be ready for both **playing and officiating** assignments.

Warmup

- Standard USAV warmup is **10 minutes** total.
- **OVR note:** The first match **each team** plays in a wave may use **13 minutes** (5 shared, then 4/4). Some events shorten later warmups—coaches will confirm.
- Athletes use warmup time purposefully; no phones on the floor.

Rosters & Lineups

- Coach submits roster pre-match.
- **Set 1 lineup** due **2 minutes** before the set.
- **Set 2/3 lineups** due during the **3-minute** set interval (target: submitted with **about 30 seconds** left).
- Lineup sheets list **starting court positions** (not serving order) and are submitted **per event procedures (typically at the scorer's table or to the R2)**.

Captain's Meeting & Coin Toss

- The R1 leads the coin toss with captains. Winner chooses **serve/receive or side**; the other team takes the remaining option.

Phones

- No phones on the bench or scoretables. Phones silenced in team areas. No video during opponent serve receive/scouting if event rules prohibit it. Athletes may access a phone for emergencies with coach permission.

Stay With the Team

- Athletes remain with the team for playing, officiating, scouting, hydration, and brief recovery. No leaving the venue without coach approval.

End of Day Release

- Coaches formally release the team after all refereeing duties have been completed.
-

14) Tournament Expectations (Athletes & Families)

- **Prepared:** Bring **all jerseys** each day; pack snacks/electrolytes; hydrate.
- **Professional:** Language, appearance, and sportsmanship reflect on CVA. When specified by the coach, athletes travel in **CVA gear** for a unified look.
- **Officiating:** When assigned, athletes perform roles (R2/line judge/score/Libero tracker) with focus. Coach to manage an officiating schedule for tournaments to ensure all girls are rotating officiating positions. Players will be required to learn all officiating positions prior to the first tournament. **Teams must remain until the work assignment is complete; leaving early can result in event sanctions.**
- **Curfew & Rest:** Follow curfews.
- **Sightseeing/Activities:** We prefer you save overly strenuous activities for **after** the final match.
- **Bench Access:** Only rostered athletes and credentialed staff.

Violations may lead to event removal and/or club discipline.

15) Team Travel Policy

15.1 Local Travel

- Families handle local transportation and compliance (license, insurance, seatbelts, etc.).
- Club personnel should **not** drive alone with an unrelated athlete unless prior **written parent permission** exists **and** MAAPP conditions are met (Section 9).

15.2 Overnight Travel

- CVA announces team hotels and trip details in advance. For supervision and logistics, athletes are expected to stay within the team block when designated.
 - Parents are responsible for transporting athletes to events. If a parent cannot attend, they must arrange an approved adult.
 - Coaches **do not** share rooms with minor athletes. Team meetings are in public spaces.
 - **Professional conduct for adults:** No alcohol/drugs while supervising athletes or during team duties.
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16) Health & Safety

16.1 Concussion / Return-to-Play (Ohio)

Athletes **suspected of a concussion** are removed **immediately** and **do not** return the same day. **Written clearance** from an authorized healthcare provider is required before return.

16.2 Lindsay's Law (Sudden Cardiac Arrest)

Each year, parents/guardians and athletes must watch the state SCA video, review the handout, and sign the acknowledgment form before participation.

16.3 Illness & Communicable Disease

Do not attend team activities when ill with fever, vomiting/diarrhea, or other contagious symptoms. Return when **fever-free for 24 hours without medication** and symptoms are improving. Follow any venue/tournament health requirements.

16.4 Emergency Action Plan (EAP)

CVA maintains a written EAP for Courts4Sports and will provide venue-specific summaries for hosted events (AED locations, EMS entry/exit, staff roles).

17) Uniforms & Equipment

- Wear the assigned uniform set for each event day (coaches will share jersey order).
 - **Practice gear:** Assigned practice shirt, black spandex/shorts, appropriate court shoes. Long sleeves/leggings beneath uniforms should be CVA/neutral (no HS/college logos).
 - **Sizing & supports:** Inclusive sizing is available; ankle braces/supports are encouraged as appropriate.
 - **Ball:** Each athlete will purchase a regulation ball (labeled with name/team) and will bring it to **tournaments** (not regular practices unless asked).
 - Lost/damaged items are billed at replacement cost.
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18) Financial Policies

- **Dues cover:** Facility/practice costs; CVA events, administration; coach registration/salaries; a portion of coach travel; tournament entry fees.
- **Not covered/Not guaranteed:** Individual match playing time; family travel costs.
- **Schedule:** Posted on teamsnap team page and CVA website team page.
- **How to pay:** Credit card via **Teamsnap-CC fee applied, check, or cash** dropped off @ the payment box to the top of the stairs. Checks payable to **Cincinnati Volleyball Academy** (mail to 854 Reading Rd, Attn: Cincinnati Volleyball Academy, Mason, OH 45040).
- **Alternate payment plans:** Contact **Beth@Courts4Sports.com** before a due date to arrange an approved plan (late fees do not apply while an approved plan is followed).
- **Late fees & participation holds:** Accounts past due may incur a late fee and athletes may be held from practice/events.
- **Uniforms/participation:** The Club may withhold uniforms/practice participation for unpaid balances.
- **Collections:** Accounts with past due balances with no payment arrangement set up, may be referred to a collection company.
- **Autopay:** Available through Teamsnap to avoid missed payment due dates.
- **Event additions:** Teams may add tournaments with unanimous team consent; dues will be adjusted accordingly.
- **Event cancellations/force majeure:** If an event is canceled or materially altered beyond CVA control, we will try to reschedule or reassign comparable competition; refunds are not guaranteed.

- **Withdrawal:** Fees are not reduced/refunded if an athlete leaves the Club for any reason. Acceptance or Signing the commitment contract accepts full financial responsibility for the season.
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19) Facility Rules (Courts4Sports)

- No profanity, obscene gestures, derogatory remarks, threats, or graffiti. Damage may result in fees and removal from the facility.
 - No gum or food on courts; athletes clean up belongings/equipment after every session.
 - Volleyball bags should be hung on the wall hooks, please do not leave bags or drinks on the concrete floor. Drinks should remain in the side pocket of your backpack to prevent spills. Open drinks (including energy drinks) may not be left unattended or placed on the floor.
 - Chairs from the breezeway or risers must stay in their designated locations and are not to be removed.
 - Concessions, conference room, and admin offices are closed to non-staff.
 - Theft or unauthorized removal of equipment is prohibited.
 - Follow posted health/communicable disease guidelines (USAV/OVR/local).
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20) Recruiting & College Guidance (Optional)

CVA supports college-interested athletes by:

- Providing coach feedback on highlight film and target-school fit.
 - Supplying rosters/contact info to college coaches at select events.
 - Hosting seasonal Q&A for families on timelines, communication etiquette, and NCAA rules (we do not provide legal advice). Parents/athletes retain responsibility for compliance with NCAA/NAIA/NJCAA rules and school-specific requirements.
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21) Data Privacy & Media Consent

- CVA collects only the personal information needed for registration, eligibility, safety, and communication; we do not sell personal data.
- The Club may capture photos/video for coaching, recruiting, and CVA media. Families may **opt out** of public-facing media by emailing the Club; coaching film for internal development and safety logs may still occur.
- **No photos/video** in locker rooms/changing areas or other private spaces.

Brand & Logo Use

“Cincinnati Volleyball Academy,” “CVA,” and associated logos are Club property. Do not produce or sell branded items (apparel, decals, websites, etc.) without written approval.

Legal References

- **Concussion/Return-to-Play (Ohio):** ORC 3707.511 and related guidance; see Ohio Dept. of Health info sheet.
 - **Lindsay’s Law:** Sudden Cardiac Arrest in youth sports; annual video, handout, and acknowledgment.
 - **Ohio Medical Board Rule:** 4731-31-01 (effective April 30, 2025) regarding concussion management (reference only).
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22) Acknowledgment & Agreement

By participating with CVA, you acknowledge you have read, understand, and agree to follow this handbook and the USAV/SafeSport policies referenced herein.

Families may complete this acknowledgment digitally via **TeamSnap**.

Signatures (return this page to CVA if requested)

Parent/Guardian (Print Name): _____

Signature: _____ Date: //____

Athlete (Print Name): _____

Signature: _____ Date: //____

Club Representative (Print Name): _____

Signature: _____ Date: //____

23) Appendices: One-Pagers & Forms (Provided Digitally)

- SafeSport: Report a Concern | USAV Incident Report | MAAPP At-a-Glance
 - Lindsay's Law: Video • Handout • Signature Form
 - Concussion: Ohio Info Sheet & Return-to-Play
 - EAP Summary: Courts4Sports + Hosted Events
 - Annual Consents: 1:1 Lesson/Meeting • Transportation • Lodging • Media Opt-Out
 - Financial Aid/Scholarship Application (if offered)
 - TeamSnap Quick Start (notifications, schedule, messaging)

 - [JVA Volleyball Player/Staff Liability Waiver](#)
 - [Capital Sports Tournament Release of Liability](#)
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Closing Remarks

Playing sports is a powerful classroom. The habits our athletes build—discipline, resilience, teamwork, humility—last far beyond a season. Thanks for trusting CVA with your athlete's development. Let's make 2025–2026 our best year together.