



BVA is a Junior Olympic Volleyball Club sanctioned by WEVA and USA Volleyball giving youth the opportunity to develop their fundamental volleyball skills while emphasizing teamwork, personal responsibility, and team camaraderie. We are a NON-PROFIT organization, and all coaches volunteer their time to better Volleyball in Western New York. The 2021 season will be our 11th year running competitive local and travel teams, clinics, and camps.

BVA Board of Directors:

John Crangle (Club Director, WEVA Registration, Club Management)

Brian Dziewa and Mike Jans (Player and Coaching-Management)

Brad Lorch (Merchandising)

You can contact BVA at cranglej@hotmail.com or visit us at www.buffalovolleyball.org

USA Volleyball is the national sports governing body for volleyball, as authorized by the United States Olympic Committee, consistent with the Amateur Sports Act of 1978, and it is the recognized US delegation to the Federation International de Volleyball (FIVB).

WEVA, The Western Empire Volleyball Association is a liaison corporation to USA Volleyball and is designed to foster and conduct area, regional and national amateur volleyball competition. WEVA is a not-for-profit organization and a member of the USA Volleyball, serving fifteen counties in the western New York area. Its purpose is to develop and promote the sport of volleyball, through adult, junior, and youth programs. The year's membership begins on September 1st of that year and ends on October 31st of the following year.

Coaches Handbook

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Buffalo Volleyball Academy's Philosophy:

- BVA will provide its players the best possible opportunity to enhance fundamental skills and development while emphasizing camaraderie and teamwork.
- Academics are of the upmost priority. Our young ladies are students before athletes. Family and School come before Volleyball.
- We aim together for greater goals reaching beyond athletics, wins, and losses. These goals include but are not limited to a growth in maturity, self-respect, respect for others, personal responsibility, time management, and team commitment. Commitment is 100%.
- Playing Time Decisions are based on what is fair, not equal while maintaining a level of competitive play. All players WILL be given the opportunity to play in tournaments (unless prior conversation with player and family took place)...however, as a tournament progresses, the coaches determine playing from the program's best opportunity to succeed while keeping the players' development and interests in mind.

Buffalo Volleyball Coaches Will...

- Have sound knowledge of the game and communicate with one another.
- Learn about and be committed to each player. How does she learn? What motivates her?
- Communicate openly and directly with players. Players will know and understand their role. Players may not agree with decisions, but will know where the coach stands.
- Actively coach and instruct without touching, pushing, players and/or coaches
- Maintain Active membership and abide by the rules of WEVA and USA Volleyball
- Support and Respect each coach and player
- Be honest
- Be professional

Acceptable and Expected Player Behavior:

- Understand what you can control – your effort – your attitude – your position. *Your effort and attitude should always be 100%. Find a way to make a positive contribution no matter the circumstance. There is no room for negative attitude, and a lack of effort.*
- Stay positive. *This is easy when things are going well. The true test of character is when things become difficult. Staying positive will help you and your teammates. The real challenge comes when a decision is made that is contrary to your personal opinion. Most often it involves coaches' decisions about playing time or what role you will play. Being disappointed may be acceptable, but it is unacceptable for you to mope and complain. It is counterproductive to the team's success and it will not be tolerated. Negativity does nothing but destroy team morale. If you cannot accept your role and stay positive, then you should leave the team.*
- Be supportive of teammates. *Always respect teammates. When you see a teammate outside of the volleyball court, be sure to make eye contact and speak. Be respectful of each other's differences. Be mindful that we all come from different backgrounds and may have different opinions.*
- Be supportive of coaches and their decisions. *You will not always agree with every decision that is made but you are expected to be supportive of this decision. All decisions are made with the mindset of what is best for the program.*
- Be a good citizen. *Abide by laws. Abide by school rules. Set a good example. There is no other way but the right way.*

A coachable player is one who...:

- Is on time. Arriving early is on time.
- Follows directions. There are many ways to run an offense and defense. You may be familiar with these ways. You are to follow the directions given to you by the program's coaches.
- Always gives maximum effort.
- Leads by example.
- Is self disciplined.
- Listens.
- Accepts responsibility for her actions.
- Keeps thoughts, words, and actions positive.
- Exhibits a spirit of cooperation with teammates and coaches.
- Accepts her role
- Is supportive of teammates.
- Supports coaching decisions.
- Is enthusiastic at practice and at games.