



HANDBOOK

2025-2026

Season

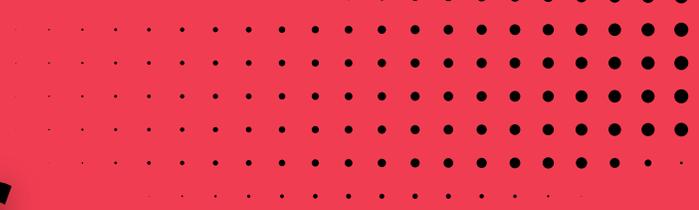
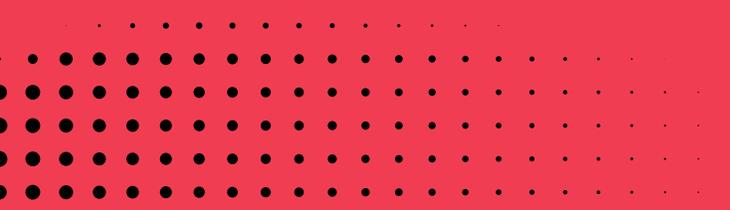


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Meet The Team



Taneisha Cantave
Club Director



Steven Bastar
Assistant Director



Leano Monsanto
Coach Development Coordinator



Jenna Banta
Rockland County Coordinator



Keisha Cantave
Hotel & Logistics Coordinator



Nick Deming
Technology Coordinator

Vision Mission

Vision

Our united vision is to be able to give all our athletes the option of playing at a collegiate level and opening doors that may otherwise be closed. Our goal is to aid young girls in enhancing their skills while promoting self-worth, teamwork, and a positive work ethic.

Mission

Westchester Pride Volleyball Club is determined to provide a positive and informative experience for each athlete that steps on our courts. Our Mission is *“To efficiently facilitate diverse methods of Volleyball training and create a positive atmosphere for athletes to learn and have fun.”*



P.R.I.D.E

GOALS

P.R.I.D.E

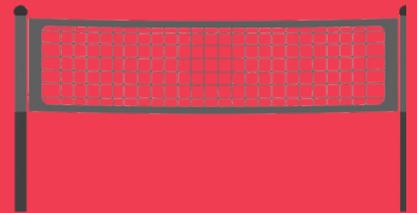
Passion
Refocused
Into
Determination and
Effort



GOALS

- To guide athletes through High School and provide them the tools for collegiate recruiting.
- To promote the game and increase its awareness in the tri-state area
- To provide a place and opportunities where athletes can learn and grow in the sport.
- To have athletes improve their skill set while having a positive club volleyball experience.
- To push and challenge our athletes so that they continuously strive for excellence.

CLUB POLICIES

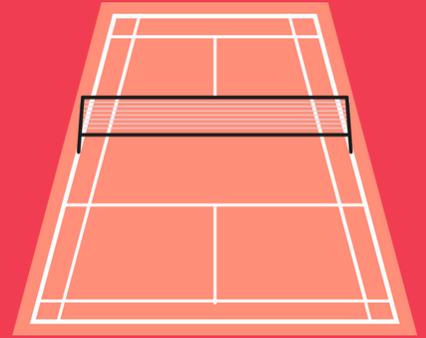


Athletes will:

- Participate in a volleyball environment free from the use of alcohol, illegal drugs, marijuana, vaping/electronic smoking, or tobacco **this applies to ALL practices, tournaments, or PRIDE sponsored events**
- Refrain from bullying or participating in bullying by treating every person with dignity and respect
- Respect the property of ALL club coaches, players, and personnel
- Act in a respectful manner when interacting with their teammates, coaches & club personnel, parents, opponents, and officials.
- Play by the rules of volleyball and adhere to the rules & policies of PRIDE
- Adhere to all rules & directions instituted by tournament directors and demonstrate respect for decisions made by tournament directors/officials

Failure to follow these policies may result in expulsion from Westchester Pride Volleyball Club. *If expelled, NO REFUND will be provided and future payments will still be due.*

CLUB POLICIES



Parents will:

- **Remain in the spectator area during any and all matches**
- **Refrain from advising the coach on how to coach**
- **Refrain from directing any derogatory officials, coaches, tournament directors, or players of either team**
- **Support their child on a tournament day by NOT coaching their child before, during, or after a match**
- **Not consume alcohol at any tournament AND will not come to the tournament having consumed too much alcohol.**
- **Seek to understand the rules of volleyball**
- **Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior, including physical or verbal intimidation of any individual.**
- **Be responsible and prompt with payment of their club fees.**
- **Not approach a coach to discuss their child's play for a minimum of 24 hours following a tournament or match.**

CLUB

POLICIES

Parents will:

- **Agree to be responsible for their child at all times except when their child is under the direct supervision of a coach (or team chaperone) during practices or games.**
- **Follow the steps for resolution of conflict outlined in this club handbook under “Chain of Command”**
- **Agree to not discuss their grievances about a coach to another parent.**
- **Inform the Director of any change in medical history on file with Westchester Pride Volleyball Club.**

Failure to follow these policies may result in prohibition from Westchester Pride Volleyball Club matches/events.

SPECIFIC POLICIES

ATTENDANCE

Attendance should be a priority for all practices and tournaments. Any player absent from a practice or match must notify her coach a minimum 48 hours prior to the scheduled practice or tournament. A no-show at a practice or match without **DIRECT notification** to the coach will result in a mandatory benching at the next game (25pts) the player attends. The number of games benched beyond the required one game is at the discretion of the coach. Players are expected to be punctual and will be on the court prepared to practice at the designated time. Players will concentrate on volleyball training during practice time. Distractions and outside influences are not tolerated. Conversations with other players must relate to the practice. Players are responsible to coaches and team members to put forth their best effort at all times. During drills, a player will perform to the best of her ability. In transition, she will run to shag balls and return to the team.

TRYOUTS

Following tryouts, players earning a spot on a team will be contacted by the Club with an invitation to join Westchester Pride Volleyball Club. Once available spots are filled, a player/parent meeting will be held to review club policies. The club reserves the right to change the format of the tryouts at their discretion. All returning players must attend a minimum of one tryout day, although attending all days is recommended. The exception to this requirement would include players unable to attend tryouts due to fulfilling High School volleyball obligations. All new players must attend a minimum of one tryout with prior notification made to the club director. A player not attending any tryout may be assigned to a team at the club director's discretion but it may not be the highest level team for that age group, unless there is only one team for that age group. If a player does not attend tryouts, she will not be assigned to a roster until the tryout fee is collected. The maximum number of players placed on any team for any age group is at the discretion of the Club Director.

UNIFORMS & TRAVEL

Players are required to wear ALL pieces of club uniform during every game. Parents and players are responsible for all travel arrangements. Due to increased liability, athletes must stay with parents/guardians at any travel/away tournament.

SPECIFIC POLICIES

REGISTRATION

All registration paperwork must be completed by the assigned date or the player cannot participate in practice or games. The registration packet along with the down payment(\$600) is due on or before the first Club Wide practice or the player will not be allowed to participate until it is received. In addition, the player's spot on the team may be compromised. Please process all paperwork and payments in a timely manner to ensure your player's position on the team. Registration Information can be found online.

PAYMENTS AND REFUNDS

Payments of club fees for the league season will be made to Westchester Pride Volleyball Club (WPVBC). Payments are due based on the schedule posted in each team's Band Page. If payments are not received in a timely manner, the player will not be allowed to participate in practices and/or tournaments until the account is brought up-to- date. Individual payment contracts must be arranged by the parent with the Club Director. WPVBC is committed to working with parents to set up personalized payment plans.

The Club's cost structure for a player's participation is not variable. This means that if a player no longer plays with her team, either by choice or is removed for violation of Club policy, the costs do not decrease: the same gymnasium rental fees must be paid and the team's tournament entry fees are unchanged. Therefore, there are NO REFUNDS.

SCHOLARSHIPS/FINANCIAL AID

Any player in need of financial assistance must submit in writing a request to the Director seeking financial assistance.

SPECIFIC POLICIES

PLAYING TIME

- Athletes that join our club, join to improve their skills through practice. While your coach will try to find the immediate skills that an athlete brings to the team during match play, it is not always immediately possible.
- Therefore play time in tournaments is never guaranteed. Some players will play more than others.
- Athletes are given equal opportunity to improve their skills, strengths and strategic understanding of the game through practice. This is where athletes are given an opportunity to show their coach that they deserve more time on the court.
- Athletes must continuously demonstrate that they belong on the court. They must continuously compete for their position and tournament play time.

It is our policy that club members pay for equal practice time and not play time. Play time is earned!!!



DIGITAL POLICIES

COMMUNICATIONS

Communication with Westchester Pride Volleyball Club coaches and staff will be done in a professional and an appropriate manner. Communication with coaches should primarily happen via the BAND application and if necessary, a phone conversation with that coach.

The Club Director can be reached at the following official WPVBC email/number:

- 845-825-7256
- westchesterpridevbc@yahoo.com

BAND (TM) APPLICATION

The BAND application is a great resource and tool for team communication and the dissemination of team/club information. Appropriate conduct (including messaging, posting, and use of images) is required as stipulated above in the Club Policies. Failure to properly use BAND will result in the removal of the individual and possible expulsion from WPVBC.

ALL parents, athletes, and coaches MUST be properly identified on BAND for the safety & privacy of ALL members.

- Clear First and Last Name
- An Identifiable Profile Picture
- Parents must include their child's name in parenthesis after their own name
 - EX. Taneisha Cantave (Gabby's Mom)

SOCIAL MEDIA

WPVBC Social Media and our website is how we market and share the exciting things happening in our club. Comments or posts that are derogatory or negative will be immediately removed and subject to potential removal/expulsion from WPVBC.

CHAIN OF COMMAND

CHAIN OF COMMAND

The club encourages our players to address grievances first before involving parents. This will help them find their voices on, as well as off, the court. Parents are encouraged to support this character-building process.

Situation: Player or Parent has a grievance about playing time or position.

1. Coach
2. Club Director

Situation: Player or Parent has grievance about a coach's conduct or philosophy.

1. Club Director

Situation: Player or Parent has a grievance with policy or procedure enforcement.

2. Club Director

Situation: Player placement/position on team.

1. Coach AND Club Director

Situation: Parent or Player needs a personal payment plan.

1. Club Director

- Contact Information : 845-825-7256

CONSEQUENCES

Players will be respectful at all times of coaches, officials, teammates, opponents, spectators and parents, both on and off the court.

1. Players are responsible for doing their share of officiating duties. Failure to do so will result in being benched for a duration determined by the coach.

2. No cell phones are to be used during practice time or during games/matches unless for emergencies.

3. Disciplinary action concerning players will be handled by the club Director. Standard policy and procedure will be followed for disciplinary action to a player:

☐ 1st infraction: Verbal warning

☐ 2nd infraction: Parent Meeting

☐ 3rd infraction: Player behavioral contract

☐ 4th infraction: Dismissal from the club without refund

Ø Major infractions may be cause for immediate dismissal without refund

CODE OF CONDUCT

Westchester Pride Volleyball Club

ATHLETES (I Will...)	PARENTS (I Will...)	CLUB STAFF (I Will...)
Participate in volleyball free of alcohol and drugs.	Remain in the spectator area during matches.	Conduct myself in a professional manner and support other coaches in doing the same.
use positive verbal and physical behavior, controlling my temper and aggression.	Not advise the coach on how to coach.	Insist that unruly fans be removed from the premises.
Give true information concerning another individual's involvement in or knowledge of an incident relevant to a violation of the rules.	Not make derogatory comments to coaches, officials, tournament directors or players of either team.	Follow the rules and regulations of USAV/WSVBC to ensure that the association's philosophy and objectives are enhanced.
play by the rules of volleyball.	Not try to coach my child during the match.	Develop programs/practices that encompass fairness to the participants and promote fair play.
Display fair play by treating those involved in the match with dignity and respect.	Not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.	Positively promote and publicize volleyball.
Treat others as I would like to be treated.	Cheer for my child's team & show interest, enthusiasm, and support for my child.	Be a positive role model for athletes
Work hard and honestly to improve performance and participation.	Be in control of my emotions & know the rules.	Assist in the provision of appropriate first aid and injury treatment of athletes.
Maintain a positive image of myself by participating for enjoyment.	Help when asked by coaches or officials & thank coaches, officials, tournament directors, and other volunteers who hosted the event.	
Respect the decisions of officials & tournament directors	Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior AND follow rules of the tournament	

*Adapted from West Slope VBC NCVA Handbook

Athlete Name: _____

Athlete Signature: _____

Parent Signature: _____

DATE: _____

TEAM: _____

DEFINITIONS

AAU – American Athletic Union.

GEVA - The Garden Empire Volleyball Association (GEVA) is the local Regional Volleyball Authority of USA Volleyball, the National Governing Body of Volleyball that is responsible for the promotion and growth of volleyball in New Jersey, Long Island, and the Greater Metropolitan Area of New York City (to include Westchester, Rockland, Dutchess, Putnam, and Orange Counties).

USAV Junior Olympics - the USA Volleyball Junior Olympic tournament held once yearly during the summer at various venues across the country

SportsEngine - Website for GEVA registration and completion of training videos/SafeSport