



Ateneo Volleyball Club

School Year 2013-2014

MF, 4:30-7:30 pm; W 4:30-7:00 pm
Ateneo College Covered Courts

First Semester
Syllabus

I. Description

The Ateneo Volleyball Club is an organization consisting of members from the Loyola Schools community, who have a common passion for the sport – volleyball.

Vision: AVC is a community of Loyola Schools' volleyball enthusiasts, which provides a stress-relieving avenue for friendships, self-expression and development, and service.

Mission: AVC is intent upon honing the different skills of its members – personal, interpersonal, and volleyball skills. It aims to be able to pass on and share its members' knowledge and passion to potential volleyball enthusiasts inside and/or outside the university. Through our regular trainings and the organization's activities, we target developing long-lasting relationships between our members, the moderator, and our community.

Thrust for SY 2013-2014: AVC will create a systematized way of doing things in order to better serve its members and the community, and develop AVC as an organization. It will be feasible for use in the succeeding AVC batches.

II. Objectives

- To enhance the volleyball skills and interest of Ateneans through a series of drills, exercises, games, and regular trainings
- To create camaraderie between members through volleyball with the aid of competitions, events, and other activities
- To promote holistic development among members by holding activities, which highlight the areas of leadership, communication, project management, and membership formation

III. Executive Board

President	Kristen Isis Z. Gazmen IV BS Management
Executive Vice President/Events	Ricardo Salomon III AB Interdisciplinary Studies
Vice President – Finance	Catherine Therese M. Sison IV BSM Applied Mathematics and Finance
Vice President – Internal Affairs	Marc Eddi Ferrater III BS Management
Vice President – Documentation and Publication	Lloyd Joshua Z. Franco III AB Communications

IV. Rules and Regulations

- 1) AVC is allotting 5 slots for Ateneo staff/employees. They will undergo the same process as regular members and are subject to AVC's rules and regulations. In line with AVC's advocacy for community service, they will not be asked to pay the club fee.
- 2) All members are expected to attend **at least one whole training day (2.5 or 3 hours) per week**. Members who are vying for exemption from their PE classes must attend **at least two whole training days (6 hours) per week**. If one arrives late or leaves early, he/she will be marked present for only half a training day.
- 3) **Proper training attire** should be worn at all times (sports shirt and shorts, socks, and rubber shoes).
- 4) Training procedures:

- a. An attendance sheet will be posted on the board provided at the Covered Courts. **Sign** on the space provided along with your **time of arrival**.
 - b. AVC will almost always have two courts available.
 - i. Court A: Free play
 - ii. Court B: Systematized play
 - iii. In the case of only one court available, the AVC EB member present on that day will decide which play shall be enforced depending on certain factors such as the number of members present.
 - c. Free play: No one can play more than **two consecutive sets**. This is to give others a chance to play. (Disclaimer: This is dependent upon the number of players present)
 - d. Systematized play: Attendees for the day will be grouped according to positions and teams, wherein (almost) everybody gets to play an equal amount of games. The AVC EB member present on that day will be in charge of the groupings.
 - e. **Before leaving**, members are expected to sign the attendance sheet again. Indicate your **time of departure**.
- 5) Once you are included in the official members' list of AVC for the semester, you are expected to pay a total of **P800** (unless otherwise stated), plus penalties if you will have any, even if you decide to skip training for a month or for the rest of the semester. Members who fail to complete their payments will be given a **hold order** at the end of the semester. Club fee breakdown and payment procedures will be discussed later on.
 - 6) If one loses a ball, he/she is required to find it or replace it with a new ball with a model similar to what is lost. In case a ball is lost in the middle of a game, everyone playing will pay for the lost ball. If one fails to pay or replace the missing ball, he/she will be given a **hold order** at the end of the semester.
 - 7) All members are required to be part of an **AVC department** (events, finance, internal affairs, doc and pub). Sign ups and job descriptions will be discussed later on.
 - 8) The club fee only covers payment for court lights from 5:30 to 7:00/7:30 pm for both courts. Anyone playing beyond that time will be asked to contribute for the lights payment.
 - 9) **Non-AVC members** are expected to **ask prior permission from any AVC EB member** and pay **P60** per day (enrolled Ateneo students) or **P50** per day (outsiders) if they want to play during club times. This is to discourage non-AVC members from playing during AVC time and to give priority to the members.
 - a. Rationale: Enrolled Ateneo students have an opportunity to join AVC; therefore, they are subject to a larger amount.
 - b. Rationale: Outsiders cannot join AVC even if they wanted to; therefore, they are subject to a smaller amount.
 - 10) All members must join the AVC Facebook group (**AVC '13-'14**), which must be checked regularly for announcements.
 - 11) All members are expected to show respect for the club moderator (**David Puen**), the EB, and fellow members.

V. Requirements

- A. Attendance
- B. Participation in drills and trainings
- C. Payment of the club fee for the semester.
 - i. Procedures:
 1. The VP for Finance (Cate) will give **payment slips** (and will be available online) two weeks before the deadline of the club fee payment.
 2. [Print and] Fill out the payment slips and give it to the Ateneo cashier together with the club fee.
 - a. Two (2) weeks before the payment deadline (On the week of July 15; August 12; September 16), you are allowed to pay to the VP for Finance (include your payment slip), and she will be the one to pay to the cashier your club fee.
 - b. All payments thereafter must be made directly to the cashier's office.
 3. You may pay the club fee in **full, 2-installments, or 3-installments**.

4. All receipts must **be given** to Cate [or her deputies] **at most two (2) training days** after the payment was made [the date on your receipt]. If, after two (2) payment days, the receipt has not been given, there will be a **penalty of P20.00**.
5. If receipt is lost, try to secure a new receipt or note from the cashier's office that the amount was paid on the certain day, otherwise, your payment is rendered invalid and you **have to pay the due amount** to the VP for Finance **including late fee(s)**.
6. Members who fail to pay the Club fee before the due dates will be charged a penalty of **P20.00 per day of delay** (not including holidays and Sundays).
- ii. Attached with the syllabus is the breakdown of the club fee and the payment dates of each of the installments.

D. Participation in Events/Projects (subject to change)

- i. Jersey design contest
 1. Members may submit their own jersey designs up until the end of July.
 2. The EB will be announcing the winning jersey design during the first week of August.
 3. The creator of the winning design will get a 50% discount for his/her jersey.
 4. Only official members of AVC are allowed to order the jersey.
 5. Members are **not required** to order the jersey.
- ii. Team building
- iii. Christmas party
- iv. Year-ender tournament
 1. Teams within the club will be drafted.
 2. Others details are to follow.
- v. Year-ender/Seniors' send-off party

VI. Curriculum: Demonstration of Basic Skills

- A. Underhand pass
 - i. By two's
 - ii. Caterpillar
 - iii. Three-man
 - iv. Practical test
- B. Service & Reception
 - i. Underhand service
 - ii. Overhead service
 - iii. Service receive
 - iv. Practical test
- C. Tossing/Setting
 - i. Underhand set
 - ii. Overhead set
 - iii. By two's
 - iv. Caterpillar
 - v. Practical test
- D. Attacking/Spiking
 - i. Bounce spiking
 - ii. Spike receive
 - iii. Approach
 - iv. Spiking over the net
 - v. Practical test
- E. Culminating activity

VII. Grading System (for exemptees only)

Participation in volleyball-related activities	–	20%
Practical test		
Dig	–	15%
Serve	–	15%

Receive	—	15%
Toss	—	10%
Spike	—	10%
Participation in org-related activities	—	<u>15%</u>
		100%

VIII. Contact Person/s

Moderator: David Puen
09209832312

President: Kashka Gazmen
09178942092

VP for Internal Affairs: Marc Ferrater
09178953069

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Contract (to be returned)

This is to certify that I, _____, have read and agreed to follow all the rules and regulations imposed by the AVC Executive Board and the AVC moderator. Failure to abide by these rules may lead to the termination of my membership. AVC is also not responsible for any injuries that may happen during trainings.

Member's Signature