

Practices

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General Overview

hcSYNERGY VBC can't stress enough how vital is it to have all athletes attend practices on a regular basis. Club volleyball teams do not practice five to six days a week as high school teams do. For that reason, athletes with hcSYNERGY VBC need to attend practice in order to get the maximum benefit.

As it stated in the Playing Time Section on page 11, club fees are for instruction and not guarantee of playing time. Practice time is where athletes will get the majority of instruction.

All teams practice two to a possible three practices each week of the season. This includes one Sunday practice and one to two weeknight practices (during the week). For weeknight practices, teams may have practice at another facility due to gym availability. Information regarding a change in the practice facility will be sent out in advance through email.

Facility Locations

Branham High School 1570 Branham Lane San Jose, CA 95118	Camden Community Center 3369 Union Avenue San Jose, CA 95124	Almaden Community Center 6445 Camden Avenue San Jose, CA 95120
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Practice may be rescheduled or canceled due to one or more of the following scenarios: the team is already playing in a tournament, a holiday, coach sickness or absence or gym conflict.

Key Points

- hcSYNERGY VBC requests that all coaches, players and parents respect the facilities used for practice. You break it – you pay for it.
- Arrive to practice 15 minutes early before the scheduled time. This is to ensure that athletes have enough time to get dressed and set up the equipment. Fun fact: The coaches' watch is usually 5 minutes fast.
- We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency; must be communicated to the team's coach as early as possible.
- Attire includes our practice shirt, black spandex, black kneepads, and black crew socks. Protective gear such as ankle braces are not required but certainly encouraged.
- No athlete can leave until all of the equipment is put away and the facility is looking like it was when we arrived.