

Synergy LV 16N – Riptide

Team Expectations 2025 - 2026



Coaches Information

Head Coach	Leslie Hartzell	610-248-1819	tintlelr@gmail.com
Assistant Coach	Travis Hartzell	484-239-0995	th.hartzell@gmail.com

General information

We're only as strong as the individuals that make up this club (coaches, players, and parents). Please read our club's guidelines and expectations outlined below that will help lead to a great experience for our athletes and their families this season.

CORE VALUES:

- **Respect:** We believe in creating a culture of mutual respect that fosters trust and positive relationships. Respect for teammates, coaches, opponents, officials, and the game itself is non-negotiable.
- **Effort:** We expect our athletes to give their best effort in every practice, match, and workout. Effort is key to growth and developing a strong work ethic, and each player is responsible for pushing themselves to be better every day.
- **Coachability:** Athletes must be open to coaching, feedback and self-reflection. A coachable player is someone who is willing to learn, adapt and grow in response to coaching and feedback. Being open to trying new techniques, strategies and roles within the team.
- **Communication:** Teaching our athletes how to communicate with coaches and teammates is an important part of their growth. We encourage supportive, thoughtful and constructive communication, and expect that our parents set the right example on this as well.
- **Competition:** We make every effort to expose our athletes to highly competitive situations and challenge them to raise both their physical and mental game in order to reach their full potential. It's important to learn to embrace challenges and view setbacks as opportunities to grow.

Playing Time

We do not guarantee equal playing time for any athlete. Playing time is determined by attendance, attitude, effort, and performance. We win as a team and lose as a team. Everyone serves a role on this team whether on the bench, subbing in, or playing on the court.

- **Pool Play:** Athletes will participate in at least one-third of all sets. **NOTE: This is a general guideline and coaches are given flexibility to alter playing time if and when situations arise.**
- **Playoffs & Qualifiers:** During this time, we encourage our coaches to put together a line-up that they think is their most competitive as we play to win. During this time there are no minimum playing time requirements.

Conversations with coaches regarding playing time will not be tolerated during tournament play. If you feel a conversation is needed with your coach, please wait 24 hours from the last day of tournament play. The players should be the one to reach out to the coach to discuss this matter.

Practice Expectations

- Arrive 15 – 20 minutes before the start of practice to be ready to go for the start of practice.
- Everyone helps put up/take down the net and equipment.
- No cell phones during practice; keep in your bags.
- Communicate absences or lateness in advance.
- No parents inside gym during practices.
- Player Expectations:
 - Always be in Synergy gear at practices and tournaments.
 - No walking during practice; run in between drills, to other spots on the court, etc.
 - Forget everything that happened during the day when you show up for practice.
 - Come to practice and give 110% - coaches will do the same.
 - When coaches are talking; no bouncing balls, no side conversations, all focus on coach.
 - Active participation. Participate fully in drills and exercises, avoid standing around, and be ready to jump in and help.

Player Expectations

- Communicate with coaches about issues, frustrations, goals, etc.
- Advocate for your team and yourself – players speak to coaches not parents.
- Treat all of your teammates with respect, positivity, encouragement, etc.
- Do not finger point or assign blame...we win, we lose, and we work as one team.
- Always show good sportsmanship (no fighting for calls, respect the officials and opponents, etc.)
- Be a student of the game. You can always learn and improve.

Parent/Guardian Expectations

- Help foster the success of this team and the players love for this sport.
- Do not referee from the stands; let the coaches handle bad calls, score inaccuracies, etc.
- DO NOT coach your daughters from the stands. This will not be tolerated.
- Discuss issues with your daughters, however, it is their responsibility to discuss it with the coaches.
- Please positively cheer, encourage, support our team.

We look forward to a great season and we thank you again for choosing Synergy!

Tournament Schedule

Date	Tournament	Venue
January 11	Max Power LV 16s Opener	Max Power LV
January 17-19	MLK Kickoff Challenge	Spooky Nook
January 31 – Feb 1	Charm City	Baltimore CC
February 14 - 16	Capitol Hill Classic (waitlisted)	DC CC
February 27 – March 1	Boston Festival	Boston CC
March 15	Synergy 17 Pot of Gold	Max Power KOP
March 20 - 22	NEQ2	Philadelphia CC
April 3 - 5	Big South	Georgia World CC
April 19	Max Power LV 17 Dig Pink	Max Power LV
April 26	Max Power LV 16 Grand Slam	Max Power LV
May 3	Synergy 17 Season Ender	Max Power KOP
May 23 -25	East Coast Championship	Pittsburgh CC
June 7	Synergy Nationals Prep	Max Power LV
June TBD	AAU NATIONALS	Orange County CC

SLV Contact Information:

Christi Kelly

Hotel/Travel Coordinator
610-283-4375
Christi@synergyvolleyball.com

Lisa Montgomery

Uniform/Merchandise Coordinator
Lisa@synergyvolleyball.com

Chang Han

Synergy Club Director
610-316-3235
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Fern Torres

SLV Club Director
610-392-3607

Practice Schedule (starting week of December 1st)

December

Day	Time	Location	Address
Monday	7:00 – 9:00 PM	Valley Wellness	4415 Innovation Way, Allentown, PA 18109
Wednesday	7:30 – 9:30 PM	Hanover Township CC	3660 Jacksonville Rd, Bethlehem, PA 18017
Sunday	1:00 – 3:00 PM	St. Luke's SportsPlex	4636 Crackersport Rd, Allentown, PA 18104

****Holiday Break begins on December 22, 2025 through January 4, 2026, when practices resume.**

SYNERGY LV MEDIA DAY Saturday January 3, 2026 at St. Luke's SportsPlex.

Starting in January/February

Day	Time	Location	Address
Monday	7:30 – 9:30 PM	Hanover Township CC	3660 Jacksonville Rd, Bethlehem, PA 18017
Wednesday	7:30 – 9:30 PM	Hanover Township CC	3660 Jacksonville Rd, Bethlehem, PA 18017
Sunday	1:00 – 3:00 PM	St. Luke's SportsPlex	4636 Crackersport Rd, Allentown, PA 18104

****Spring Break begins on April 6, 2026 through April 14, 2026, when practices resume.**

SYNERGY LV Banquet Saturday May 16, 2026 at Valley Forge Casino.