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## MidAtlantic Power League Members 2008 Season

### **Coastal Virginia Volleyball Club**

Coastal Virginia Volleyball Club is a highly respected, non-profit organization dedicated to the sport of volleyball. Our primary goal is to develop student-athletes of the highest caliber.

Coastal will work closely with local and national clubs, schools, universities, organizations, and businesses to ensure our players have the finest resources, instructions, and opportunities available.

### **Fredericksburg Juniors**

Mission: To identify, educate and foster athletes and coaches in a developmentally appropriate volleyball environment.

### **Maryland Juniors**

Maryland Juniors is the volleyball club which prepares athletes for playing in college.

Maryland Juniors is looking for athletes with strong volleyball skills but more importantly is looking for athletes with high potential (attitude, size, strength, speed). Athletes must commit to 4-6 hours a week of practice and 2-3 tournaments a month. Grades are also important for college play and must be maintained.

Heavy emphasis is placed on learning fundamental skills correctly as well as volleyball specific conditioning and court sense. This coaching team currently has prepared players for national teams and has taken club teams to nationals.

### **Metro America VBC**

Metro American Volleyball Club of Washington, DC is a nationally prominent volleyball program dedicated to providing young athletes and coaches with the opportunity to grow intellectually and mature through the competitive sport of volleyball. Our desire is to promote leadership and identify roles in each individual that foster a sense of teamwork.

### **Player's Edge**

The mission of Player's Edge volleyball club is to improve and train all levels of players to become better volleyball players and people. Through additional training and playing, local volleyball players will have the "EDGE" over players who do not. Also, the club hopes to broaden the playing experience and compete against other teams outside of the state. The club will also encourage players that want to compete at the next level to do so and become involved with the regional High Performance program.

### **Richmond Volleyball Club**

Richmond Volleyball Club is a nonprofit organization dedicated to developing athletes of all ages for amateur volleyball competition. The purpose of RVC is to promote interest in the sport of volleyball, provide training in the skills and techniques of volleyball, and foster teamwork, sportsmanship and an appreciation for health and wellness

### **The Island Volleyball Academy Mission**

The Island Volleyball Academy prepares student athletes to excel in competitive volleyball and the game of life, by offering first class teaching and coaching in a positive training environment. We put our athletes first as they compete in a local, regional and nationally competitive schedule, learn to balance academics and athletics as they prepare for college through our Collegiate Assistance Program.

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### **TIMEOUT**

TIMEOUT is dedicated to developing athletes to their fullest potential. Emphasis is placed on building volleyball players' skills from fundamental levels through advanced techniques.

TIMEOUT is committed to developing programs that emphasize the importance of teamwork and cooperation. Our athletes are encouraged to set high goals for themselves. Because we set such high objectives, there is a need for strong work ethic. Our athletes come into our program with the expectation and motivation to work hard and learn as much as they can.

### **Tri-State FCA Volleyball Club**

The Tri-State FCA Volleyball Club's mission is to promote the Gospel of Jesus Christ using the sport of volleyball as the vehicle. We want to encourage and help each athlete, coach, parent and volunteer grow in their Christian Walk. However, one needs not to be a Christian to be a member of this club. For these, we will present the Good News in a kind, unthreatening manner. We will improve volleyball skills of every participating athlete and will attempt to be victorious in every contest, always knowing and acknowledging from whence our power and success has come.

### **VA-Elite**

**Vision:** To offer a program that provides motivated junior volleyball players the ability to compete at the highest level by developing nationally recognized teams, enhancing visibility of our athletes, and facilitating college recruitment opportunities.

**Mission:** To provide the highest quality volleyball experience through a program of individual development that produces players capable of competing successfully at the collegiate level.

### **VEVO**

VEVO is proud to represent our 17's National volleyball team for the 2008 season. We have a huge agenda, taking us to many parts of the country including Colorado, Florida, Maryland, and Ohio. Our mission for the season is to become the best team that we can be, maximizing potential through intense training and competition at the National level, with plans on competing for a National Championship this July in Dallas, Texas.

VEVO stands for Virginia Elite Volleyball Organization from the Old Dominion Region (not to be confused with the other Virginia Elite from the Chesapeake region, another amazing club from Virginia!). We are honored and excited to be part of the Mid Atlantic Power League's inaugural year and are looking forward to contributing to strong pool of competition.

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