



Competition Teams

For 11 to 18 year old athletes, we offer two different levels of competitive club teams:

Our **Travel** program is designed for the serious, committed player who seeks to compete at the highest levels and go on to play in college.

Our **Metro** program is designed for those that would like to improve their fundamental skills, but seek a less intense and demanding experience.

VolleyBees

Downstate is thrilled to continue with our popular VolleyBees introductory program designed to teach fundamental volleyball skills in a rewarding and fun environment.

The VolleyBees program is designed for boys and girls ages 6 to 11.

Private Lessons

Many of our coaches offer private lessons. Contact info@downstatevolleyball.com for more information.

About Our Club

Downstate Juniors VBC is a 501(c)(3) non-profit organization dedicated to the development and training of Junior Olympic athletes. Our teams compete at a national, regional and local level. We will go the extra mile to develop and showcase our young athletes. We constantly strive to enable our players and our coaches to reach their full potential.

At Downstate, we:

- ❖ Train young athletes to excel at higher levels of competition.
- ❖ Integrate coaching strategies across all teams.
- ❖ Sustain a consistent philosophy, throughout the club, based on positive reinforcement, encouragement, and motivation.
- ❖ Make decisions based on what is best for the athletes in a team setting.
- ❖ Excel in every stage of the game through intense, high repetition practices that fine tune individual skills and teamwork.
- ❖ Advise and mentor our athletes to timely and effectively market themselves to college coaches.



Downstate Juniors VBC

8 John Walsh Blvd., Ste 600
Peekskill, NY 10566

www.downstatevolleyball.com

Tryout Information

<u>AGE GROUP</u>	<u>START DATE</u>	<u>LOCATION</u>
12s & 13s	Nov 6	Peekskill (DAC)
13,14,15,16	Nov 7	Fox Lane HS
15, 16	Nov 8	Ardsley
14,15,16,17	Nov 13	Peekskill (DAC)
18	Nov 15	Peekskill (DAC)

Visit downstatevolleyball.com for more details!



THE DOWNSTATE DIFFERENCE.

Our Coaches

Our staff features an outstanding group of professionals that are dedicated to teaching the sport of volleyball. All of our coaches are IMPACT certified through USA Volleyball. Our staff is made up of many College Head and Assistant Coaches, High School Coaches, and former and present collegiate players.

Our Facility

The Downstate Athletic Center (DAC), a climate controlled, 16,000 square foot four court facility, which opened in February 2007, is the home of Downstate Juniors VBC, in Peekskill, NY. We also run Metro teams from Fox Lane HS and Ardsley HS.

Additional Benefits

In addition to the weekly team practices, Downstate players have the opportunity to better their individual skills by attending a variety of positional practices.

Many of our Downstate alumni have gone on to play at colleges across the country. Our knowledgeable coaches are happy to advise our players and help guide them through the recruiting process.

Downstate teammates are often friends for life! In addition to the time they spend together on the court, our athletes participate in team bonding events such as sleepovers, t-shirt making, and many other fun activities!

Which Program is Right for Me?

<u>Travel Team</u>	<u>Metro Team</u>
10-12 Players	12-15 Players
2 Coaches	1 Coach
9-12 Tournaments	5-6 Tournaments
4-7 Hours of Practice Each Week	3 Hours of Practice Each Week
Mid-November through Memorial Day	Mid-November through end of April
Single Day and Overnight Tournaments	Single Day Tournaments Only

Parent Information Meetings will be held in October, Sunday clinics are underway, and try-outs for the 2011-2012 season will begin in November! For more information, visit our website:

www.downstatevolleyball.com