

Information Meeting for the
2011-2012 Season :
Junior Olympic Volleyball



VOLLEYBALL CLUB

www.CoastalVA.org

What makes Coastal special?

- ▶ 16 years of quality volleyball performance
- ▶ Background of our coaching staff
 - Affiliations with volleyball programs at NSU, VWC, CU
 - Collegiate playing experience
 - Respected coaching history and accomplishments
- ▶ Emphasis on being a “training club”
 - Goal for the volleyball player is to reach her highest potential technically, physically, and mentally
- ▶ Participation in multiple volleyball organizations (AAU, JVA, USAV), which increases the competitiveness of our schedule.

Highlights of our Program:

- ▶ Opportunity for performance training
 - Gains in strength, agility, endurance, & vertical
 - Reduction in serious and overuse injuries
- ▶ Opportunity for club-wide skills training
 - Promote technical training cohesion between our teams and age groups; allowing for a more consistent style of training.
- ▶ Opportunity for weekly setter's training and participation in the Coastal Setter's Academy

Scholarship Connection:

- ▶ Frequent visits from college coaches at club practices.
- ▶ Coastal coaches network with college coaches which result in numerous player- college connections.
 - Albany, Villanova, JMU, Virginia Tech, William & Mary, George Mason, University of Virginia, American, Dayton, VCU, and many more...
- ▶ Knowledgeable coaching staff of the recruitment process.
- ▶ Presents multiple recruitment seminars for parents and athletes
- ▶ Develops the most local athletes who receive collegiate scholarship offers.

Coastal Coaching Staff:

Blue Teams:

- ▶ 18s: Dave Albaugh/ Lindsey Dixon
- ▶ 17s: Andrea Hoover/ Aaron Masoi
- ▶ 16s: Brandon Duvall/ Tracey Copley
- ▶ 15s: Chris Lessick/Nikki Prock
- ▶ 14s: Morghan Bosch/ Deidra Rader
- ▶ 13s: Marissa Wood/ Rebecca Bradford
- ▶ 12s: Kelly Mills/ Noelle Eagles

Coastal Coaching Staff:

Gold Teams:

- ▶ 18s: Chuck Lewis
- ▶ 17s: Keith Betts
- ▶ 16s: Holly Goode
- ▶ 15s: Jessica Britt
- ▶ 14s: Jasmine Frazier
- ▶ 13s: Nicole Kessner

- ▶ Assistant coaches will be announced at a later date.

Schedules and Budgets:

- ▶ All team schedules and budgets will be estimates until the team is finalized
- ▶ Athlete's hotel rooms will be included for all multi-day events
- ▶ Physical training sessions will be included in tuition for all athletes
- ▶ The “Junior Olympic Training Center” will be available for athletes to use during junior's practices
- ▶ Extra sessions will be offered throughout the season for position specific training

Schedules and Budgets:

- ▶ All tuition fees will be due by the first of each month for participation in that month's events
- ▶ Athletes will be required to participate in one fundraiser
- ▶ Families will have the opportunity to participate in Bingo as a way to offset tuition costs

Budgets: Blue Teams

- ▶ **18, 17, and 16 Blue approx. \$3,500**
 - Includes 2 qualifiers, 2 ODR tournaments, 4 multi-day tournaments, ODR BID, optional AAU or USAV Nationals
- ▶ **15, 14, and 13 Blue approx. \$3,000**
 - Includes 1 qualifier, 2 ODR tournaments, 5 multi-day tournaments, ODR BID, optional AAU or USAV Nationals
- ▶ **12 Blue approx. \$2,500**
 - Includes 1 qualifier, 3 ODR tournaments, 2 multi-day tournaments, ODR BID, ODR championships, optional AAU or USAV Nationals

Budgets: Gold Teams

- ▶ **18, 17, 16, 15 Gold approx. \$2,600**
 - Includes 1 qualifier, 3 ODR tournaments, 4 multi-day tournaments, ODR Championships
- ▶ **14 and 13 Gold approx. \$2,200**
 - Includes 1 qualifier, 3 ODR tournaments, 2 multi-day tournaments, ODR Championships
- ▶ **12 Gold approx. \$1,800**
 - 5 ODR tournaments, 1 multi-day tournaments, ODR Championships

12s League: “Our Futures”

- ▶ Goal: to provide the opportunity for each young athlete to grow as a volleyball player and acquire a love for the game.
- ▶ Format: team and skill-based practices and league play.
- ▶ By the end of the Summer League, the athlete should be better prepared to transition into a competitive travel program.
- ▶ When: Sundays from August 21st to October 23rd
(Exception: No League on September 4th) 5:00 -7:00 pm
- ▶ Cost:
 - TVA and Coastal Members: \$100.00
 - Non-members: \$135.00 (Includes TVA membership fee)

Coastal Booster Club:

- ▶ Mission: fundraising to support Coastal volleyball by providing equipment and improving the facilities, which will help maximize the potential for Coastal athletes.
- ▶ One family member is asked to join the Booster Club.
 - Annual membership is \$15 and you receive a FREE Coastal T-Shirt
- ▶ Coastal Parents Association Activities:
 - Volunteering in the concession stand
 - Assisting with the Coastal hosted tournaments
- ▶ For more information contact...
 - Nancy Broskus at Coastalboosters@coastalva.org

Important Dates:

- ▶ **AAU Tryouts for the 12s through 18s age groups:**
 - **Tuesday and Thursday, July 26th -28th**
 - **Saturday and Sunday, July 30th -31st**
 - **8:00-10:30 am: 12s, 13s, 14s, 15s**
 - **7:00-9:30pm: 16s, 17s, 18s**
- ▶ **AAU Tryouts for additional teams in all age groups: projected date of November 2011**

Tryout Information:

- ▶ Athletes are required to attend at least one tryout session to be considered for a specific team
- ▶ Athletes must tryout for their age group, but are permitted to tryout for multiple age groups
- ▶ Athletes will be notified within 48 hours of the last tryout session and given until Thursday, August 4th to inform the coaches of their decisions
- ▶ Signing Day: Sunday, August 7, 2011

Why Choose Coastal...

- ▶ *"My experience with Coastal Volleyball has been great! My daughter is a better player and has been put in contact with several colleges. She has grown greatly from her experience at CVC".*

~ Jeanie Truesdale (Club family for 6 years)

Why Choose Coastal...

- ▶ A few years ago, when my daughter decided that volleyball was “her” sport, I knew that I needed to do some research into club volleyball scene. I went to all of the parent meetings for all of the clubs in Virginia Beach and listened to what they had to say. I walked away from the Coastal meeting with a feeling of “this is the club for us.” The other clubs asked the parents if anyone wanted to be a coach. I didn’t want my daughter to be coached by a recruited parent, even if they did train them. I wanted my daughter to be coached by a real volleyball coach, someone who has played and has a deep understanding of the game. I thought to myself, if I wanted my daughter to be coached by a parent I would just keep her in the rec league. I also wanted my daughter to be trained in a good athletic atmosphere. Coastal has disciplined practices by experienced, supportive, and caring coaches. They develop strong fundamentals and team work. I felt that Coastal had great sportsmanship in their players and coaches. I believe that Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity. Coastal also believes in good sportsmanship with their athletes, coaches and parents and expects nothing less from them. Also, this club provides a family atmosphere with a great group of supportive parents. I couldn’t have seen us anywhere else but here. We needed and wanted more from a club and Coastal has given it to us. My daughter has grown as a player and is always improving her skills. She looks forward to every practice and every tournament with a great positive attitude and loves the sport even more.

~ Dunn Family (Club family for 2 years)

Why Choose Coastal...

- ▶ As parents of 4 girls who pretty much live and breath volleyball, we have been involved with almost every organization in Hampton Roads. Coaches lying to the players, having favorites, not talking to the players, being unapproachable, dubious backgrounds, etc. I have found this NOT to be true of the CVVC organization and staff. This is our fourth year with Coastal and with our 4 girls, that comes out to 8 seasons total in several different age groups, blue and gold teams. One question I always asked my girls after practice or a tournament is, "Did you have fun?" I can honestly say they have never said NO, win or lose. The entire organization, even those not coaching one of my girls, has been fantastic. More importantly, they have been honest when asked a question. They also make themselves available to ALL parents. Not just the chosen few. This means a lot to the parents. We keep calling them an organization. That is the wrong word. They are more like a family and have treated my entire family the same way. Even one special child of ours who is not a member of any team.

~ Stratton Family (Club Family for 5 years)

**For more information, please visit
our website**

www.coastalva.org or

email us at

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