



# Parent Meeting Agenda

- Who We Are
  - Mission Statement
  - Board of Directors & Staff
  - The Alliance Distinction
- This Season
  - Schedules & Coaches
  - Team Level and Fees
  - Tryouts
- Stay Connected...
  - Email distribution list
  - Website
  - Social Media

# ALLIANCE Mission Statement

- Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel and compete successfully at the interscholastic, regional and/or national level of youth volleyball. We are a community-based non-profit organization committed to training and developing student athletes through competitive participation in the sport of volleyball.
- We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals. Teaching positive lifelong character traits including sportsmanship, leadership, and cooperation are important to the success of our teams.
- We are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their team, the organization, their communities, and the development of area club coaches.

# The Alliance Distinction

- **Our Coaches...** A club is only as good as its coaching staff! We strongly believe that parents and players have the right to know who will be coaching their daughter. We have hired and retained coaches who demonstrate the appropriate technical experience and skills needed to succeed as a coach, who can thrive in our club and culture, and who can support our goals as a club.
- **Our Leadership...** Our staff's experience and expertise is among the best in the country. Our Executive Director has over 10 years club leadership, our Managing Director has over 5 years club leadership, and our Club Administrator has been in her role for 15 years.
- **Our Board of Directors...** We are governed by a Board of Directors and hold regular meetings to address both long-term strategy and financial operations.
- **Our Reputation in the Volleyball Community....** We continue to forge relationships with other clubs who want to partner with us. In addition to our long standing partnerships with LA Volleyball, Union, Tsunami, SVT, S&S Events, we are also going into our fourth season partnering with K2 Volleyball and Ethos Volleyball for tournaments.
- **Our Focus on Developing the Complete Athlete...** We are committed to teaching positive lifelong character traits including sportsmanship, leadership, and cooperation, in addition to a solid foundation of fundamental and technical skills
- **Our Transparency...** We believe in open communication for parents and players and also open our gym to parents. Access to team practices allows for a better understanding of what we teach, how we teach, and the uniqueness each coach brings to our gym.

# Alliance Training Center

- 12 Court Facility w/ state of the art net systems
- Long term lease providing stability
- HiCast streaming services for practices & tournaments
- Improved security measures
- Excellent location in the Cool Springs area

## **Alliance Board of Directors**

John Briggs	President
Ann Mullins	At Large
Laura Burk	Coach Rep.
Steve Mullins	At Large
Laura Aylward	At Large
Sarah Rucker	At Large

### **Advisors to the Board**

Louie Willhoit

Donna Trainer

# Experienced and Proven Staff

- Ann Mullins	Executive Director
- Abbey West	Managing Director
- Dave Butler	Director of Player and Coach Development
- Carolyn Earp	Finance and Administration
- Brianna Legieza	Programming Manager/Lessons
- Kelly Holmgren	Facilities Manager/ Tournament Director
- Alex Sealy	Administrative Assistant/Social Media
- Jess Enderle	Recruiting Coordinator
- Laura Burk	Youth Programming Manager
- Rick Hess	Satellite Manager
- Julia Pierson	Mental Health Coach

Always striving to be better...  
feedback is essential.

- Coach Self Evaluations
- Coach end of season meeting with directors
- Parent Leader Mid Season Meetings
- End of Season Parent Survey



# This Season...

- **Team Descriptions**
- **Coaching Staff**
- **Practice Schedules**
- **Tournament Schedules**

# Team Levels

- REN – includes 111, 121, 131, 141, 151, 161, 171, 181
- Molten – includes 122, 132, 142, 152, 162, 172, 182
- Premier – includes 133, 143, 153, 163
- Regional – includes 123, 134, 144, 145, 154, 164
- Local – includes 16L, 18L

(Use the team number to determine practice and tournament schedules)

# Coaching Staff Ages 11-14

**14 REN: Grant Harford, Kylie Harvey**

**14 Molten: Rachel Mills, Michael Hickey**

**14 Premier: Alyssa Campbell, Adrienne Stewart**

**14 Regional Black: Trinity Crawford**

**14 Regional Teal: Jadyn Brackins**

**13 REN: Alex Sealy, Lindsey McIntosh**

**13 Molten: Sarah Hynes, Hayley Brisendine**

**13 Premier: Ted Martinez**

**13 Regional Black: Catey Lovelace**

**12 REN: Ellen Mullins, Emma Kowalkowski**

**12 Molten: Yani Thigpen, Isabella Stallard**

**12 Regional Black: Taylor Hansen, Alana Perez**

**11 REN: Laikin Ramirez**

# Coaching Staff Ages 15-18

**18 REN: Abbey West, CJ Rilveria**

**18 Molten: Rick Hess, Sam Young**

**18 Local: Tbd**

**17 REN: Brianna Legieza, Erika Moss**

**17 Molten: Maggie Thompson, Stephanie Davis**

**16 REN: Morgan Mammosser, John Blair**

**16 Molten: Conor Flynn**

**16 Premier: Brittany Henderson, Sherry'ce Butler**

**16 Regional: Maggie Buckley**

**16 Local: Tbd**

**15 REN: Laura Burk, Katie Myers**

**15 Molten: Christina Saenger, Meggie Gradel**

**15 Premier: Allie Stranick, Michael Conway**

**15 Regional: Sarah Tew**

# 2024 Practice Schedule

Team	<u>SUNDAY</u>	<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>	
	Practice	Practice	Prime	Pactice	Prime	Practice	Prime	Practice	Prime
111	TBD					6:30-8:30	5:55-6:25		
121		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
122	TBD	6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25		
123	TBD					6:30-8:30	5:55-6:25		
131		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
132		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
133	TBD	6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25		
134	TBD					6:30-8:30	5:55-6:25		
141		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
142		6:30-8:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
143	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
144	TBD					4:30-6:30	6:35-7:05		
145	TBD					4:30-6:30	6:35-7:05		
151		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
152		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
153		4:30-6:30		6:30-8:30	5:55-6:25			6:30-8:30	5:55-6:25
154	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
161		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
162		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
163		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
164	TBD	6:30-8:30	5:55-6:25			4:30-6:30	6:35-7:05		
171		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
172		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05
173	Tentative								
181		4:30-6:30		4:30-6:30	6:35-7:30			4:30-6:30	6:35-7:30
182		4:30-6:30		4:30-6:30	6:35-7:05			4:30-6:30	6:35-7:05

	<u>SUNDAY</u>	<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>	
	Practice	Practice		Practice		Practice		Practice	
Local Team(s) 16/18	TBD					TBD			
						TBD			

## NOVEMBER/DECEMBER 2023 PRACTICE SCHEDULE

**Monday: 11/27, 12/11**

**4:30-6:30 = 172, 162, 163, 151, 152, 153 – (Prime @ 6:35-7:05)**

**6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (Prime @ 5:55-6:25)**

**Tuesday: 11/28, 12/12**

**4:30-6:30 = 181, 182, 171, 161 - (Prime @ 6:35-7:05/30)**

**6:30-8:30 = 164, 154 - (Prime @ 5:55-6:25)**

**Wednesday: 11/29, 12/13**

**4:30-6:30 = 172, 162, 163, 151, 152, 153 – (Prime @ 6:35-7:05)**

**6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (Prime @ 5:55-6:25)**

**Thursday: 11/30, 12/14**

**4:30-6:30 = 181, 182, 171, 161 - (Prime @ 6:35-7:05/30)**

**6:30-8:30 = 164, 154 - (Prime @ 5:55-6:25)**

**Monday: 12/4**

**4:30-6:30 = 172, 162, 163, 151, 152, 153 – (Prime @ 6:35-7:05)**

**6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (Prime @ 5:55-6:25)**

**Tuesday: 12/5**

**4:30-6:30 = 181, 182, 171, 161 - (Prime @ 6:35-7:05/30)**

**6:30-8:30 = 164, 154 - (Prime @ 5:55-6:25)**

**Wednesday: 12/6**

**4:30-6:30 = 181, 182, 171, 161 - (Prime @ 6:35-7:05/30)**

**4:30-6:30 = 172, 162, 163, 151, 152, 153 – (Prime @ 6:35-7:05)**

**6:30-8:30 = 121, 122, 131, 132, 133, 141, 142, 143 – (Prime @ 5:55-6:25)**

	181	182	171	172	161	162	163	164	151	152	153	154
1/6-1/7	Jan Jam	Jan Jam	Jan Jam	Jan Jam	Jan Jam	Jan Jam	Jan Jam		Jan Jam	Jan Jam	Jan Jam	
1/13-1/14	Kansas City Kansas City 1/13-1/15	AAU MLK		AAU MLK		AAU MLK	AAU MLK		AAU MLK	AAU MLK	AAU MLK	
1/20-1/21								Music City Block Party				Music City Block Party
1/27-1/28	Florida Fest Orlando: 1/26-1/28	Florida Fest Orlando: 1/26-1/28						Bama Battle Huntsville				Bama Battle Huntsville
2/3-2/4			Beast Atlanta	Beast Atlanta	Beast Atlanta	Beast Atlanta			Beast Atlanta	Beast Atlanta		
2/10-2/11		Block n Roll					Block n Roll	Block n Roll			Block n Roll	Block n Roll
2/17-2/18	Capital Hill Wash DC: 2/17-2/19	K2 Pres Day Knoxville, TN	Capital Hill Wash DC: 2/17-2/19	K2 Pres Day Knoxville, TN	Triple Crown. Kansas City, MO: 2/17	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN	Capital Hill Wash DC: 2/17-2/19	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN
2/24-2/25	Southeast Q Atlanta: 2/23-2/25											
3/2-3/3			Sunshine Qualifier Orlando: 3/2-3/4	Sunshine Qualifier Orlando: 3/2-3/4	Sunshine Qualifier Orlando: 3/2-3/4	Sunshine Qualifier Orlando: 3/2-3/4		St Paddys				St Paddys
3/9-3/10	SRVA 18s Bid Jonsboro, GA	SRVA 18s Bid Jonsboro, GA	Bluegrass Louisville: 3/8-3/10		Bluegrass Louisville: 3/8-3/10				Sunshine Qualifier Orlando: 3/8-3/10	Sunshine Qualifier Orlando: 3/8-3/10		
3/16-3/17												
3/23-3/24	Music City Q New Orleans: 3/22-3/24	Music City Q New Orleans: 3/22-3/24										
3/30-3/31	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter
4/6-4/7			ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	NashVegas	ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	ShowMe Qualifier Kansas City: 4/6-4/8	NashVegas
4/13-4/14												
4/20-4/21								MAVA Louisville				MAVA Louisville
4/27-4/28	USAV GJNC Baltimore: 4/26-4/28	USAV GJNC Baltimore: 4/26-4/28	Showdown Knoxville Area	Showdown Knoxville Area	Showdown Knoxville Area	Showdown Knoxville Area	Showdown Knoxville Area		Showdown Knoxville Area	Showdown Knoxville Area	Showdown Knoxville Area	
5/4-5/5			SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals
5/11-5/12												
5/18-5/19	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week
5/25-5/26	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week
6/1-6/2				Rally Rumble Cartersville, GA		Rally Rumble Cartersville, GA	Rally Rumble Cartersville, GA			Rally Rumble Cartersville, GA	Rally Rumble Cartersville, GA	
6/8-6/9												
6/15-6/16			The GOAT St Louis: 6/14-6/16		The GOAT St Louis: 6/14-6/16				The GOAT St Louis: 6/14-6/16			
6/13-6/16												
6/17-6/20									AAU Orlando: 6/17-6/20	AAU Orlando: 6/17-6/20	AAU Orlando: 6/17-6/20	
6/21-6/24					AAU Orlando: 6/21-6/24	AAU Orlando: 6/21-6/24	AAU Orlando: 6/21-6/24					
6/25-6/28			AAU Orlando: 6/25-6/28	AAU Orlando: 6/25-6/28								
7/3-7/6			GJNC Vegas: 7/3-7/6	GJNC Vegas: 7/3-7/6	GJNC Vegas: 7/3-7/6	GJNC Vegas: 7/3-7/6	GJNC Vegas: 7/3-7/6					
7/8-7/11									GJNC Vegas: 7/8-7/11	GJNC Vegas: 7/8-7/11	GJNC Vegas: 7/8-7/11	

**\*AAU Nationals - Teams will only attend AAU's if they do not qualify for USAV Nationals**

	141	142	143	144	145	131	132	133	134	121	122	123	111
1/6-1/7	Jan Jam	Jan Jam				Jan Jam	Jan Jam			Jan Jam			
1/13-1/14			AAU MLK				AAU MLK	AAU MLK			AAU MLK		
1/20-1/21				Music City Block Party	Music City Block Party				Music City Block Party			Music City Block Party	Music City Block Party
1/27-1/28			Bama Battle Huntsville	Bama Battle Huntsville	Bama Battle Huntsville		Bama Battle Huntsville	Bama Battle Huntsville	Bama Battle Huntsville		Bama Battle Huntsville		
2/3-2/4	Beast Atlanta	Beast Atlanta				Beast Atlanta				Beast Atlanta		Club Clash	Club Clash
2/10-2/11			Block n Roll				Block n Roll	Block n Roll			Block n Roll		
2/17-2/18	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN	Music City Pres Day	Music City Pres Day	Music City Pres Day	K2 Pres Day Knoxville, TN	K2 Pres Day Knoxville, TN	Music City Pres Day	Music City Pres Day	Music City Pres Day	Music City Pres Day	Music City Pres Day	
2/24-2/25	AAUSR	AAUSR				AAUSR				AAUSR			
3/2-3/3			St Paddys	St Paddys	St Paddys		St Paddys	St Paddys	St Paddys		St Paddys	St Paddys	St Paddys
3/9-3/10	Sunshine Qualifer Orlando: 3/8-3/10					Sunshine Qualifer Orlando: 3/8-3/10							
3/16-3/17													
3/23-3/24													
3/30-3/31	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter	Easter
4/6-4/7			NashVegas				NashVegas	NashVegas				NashVegas	NashVegas
4/13-4/14	ShowMe Qualifier Kansas City: 4/12-4/14	ShowMe Qualifier Kansas City: 4/12-4/14		NashOpen	NashOpen	ShowMe Qualifier Kansas City: 4/12-4/14			NashOpen	ShowMe Qualifier Kansas City: 4/12-4/14	NashOpen		
4/20-4/22			MAVA Louisville	MAVA Louisville	MAVA Louisville		MAVA Louisville	MAVA Louisville	MAVA Louisville				MAVA Louisville
4/26-4/28													
5/4-5/5	SRVA Regionals Atlanta	SRVA Regionals Atlanta	SRVA Regionals	SRVA Regionals	SRVA Regionals	SRVA Regionals Atlanta	SRVA Regionals	SRVA Regionals	SRVA Regionals	SRVA Regionals Atlanta	SRVA Regionals	SRVA Regionals	SRVA Regionals
5/11-5/12	MidSouth	MidSouth				MidSouth				MidSouth			
5/18-5/19	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week
5/25-5/26	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week	Finals Week
6/1-6/2		Rally Rumble Cartersville, GA											
6/8-6/9													
6/15-6/16	The GOAT St Louis: 6/14-6/16					The GOAT St Louis: 6/14-6/16				The GOAT St Louis: 6/14-6/16			
6/13-6/16	AAU Orlando: 6/13-6/16	AAU Orlando: 6/13-6/16				AAU Orlando: 6/13-6/16				AAU Orlando: 6/13-6/16			
6/17-6/20													
6/21-6/24						GJNC Dallas: 6/21-6/24				GJNC Dallas: 6/21-6/24			
6/25-6/28													
7/3-7/6													
7/8-7/11	GJNC Vegas: 7/8-7/11	GJNC Vegas: 7/8-7/11											

**\*AAU Nationals - Teams will only attend AAU's if they do not qualify for USAV Nationals**



# 2023-24 Club Fees

- As a 501c3 organization, we strive to keep fees as low as possible, while still reaching our mission of training and developing student athletes through competitive participation in the sport of volleyball with excellent coaching in a safe and adequate facility.
- We budget fees to pay costs associated with running a 40+ team, 400+ member club in a state of the art facility.
- We depend on all players to pay fees fully in a timely manner to ensure that we, in turn, are able to pay expenses associated with running our club.
- Club fees are payable in four installments, with 40% due on commitment date, 20% due on Jan 1, 20% due on Feb 1, 20% on March 1.

## 2023-24 Team and Fee Summary

Playing Level	Age	Season Length	Weekly Practices	Injury Prevention with Prime**	Total Tourn	Asst Coach/Practice Coach	Uniform Package	Fee
REN	18	Nov-April	3	2x weekly	8	Yes/Yes	A	\$4,800
	13-17	Dec-June	3	2x weekly	10	Yes/Yes	A	\$4,800
	12	Dec-June	3*	2x weekly	9	Yes/Yes	A	\$4,200
	11	Jan-May	2*	1x weekly	6	Yes/No	C	\$2,175
MOLTEN	18	Nov-April	3	2x weekly	8	Yes/Yes	A	\$4,800
	15-17	Dec-June	3	2x weekly	10	Yes/No	A	\$4,700
	14	Dec-June	3	2x weekly	9	Yes/No	A	\$4,600
	13	Dec-May	3	2x weekly	9	Yes/No	B	\$3,325
	12	Dec-May	3*	2x weekly	7	Yes/No	B	\$3,100
PREMIER	17/18	Dec-May	2	2x weekly	TBD	Yes/No	B	TBD
	15-16	Dec-June	3	2x weekly	9	Yes/No	A	\$4,600
	13-14	Dec-May	3*	2x weekly	8	Yes/No	B	\$3,200
REGIONAL	15-16	Dec-May	3*	2x weekly	8	No/Yes	C	\$2,950
	13-14	Jan-May	2*	1x weekly	7	No/Yes	C	\$2,550
	12	Jan-May	2*	1x weekly	6	Yes/No	C	\$2,175
LOCAL	16 & 18	Jan-April	2*	N/A	5	No/No	D	\$1,900

### Uniform Packages:

A - 3 jerseys, 3 practice t-shirts, 1 spandex, sweatshirt, pants, leggings, personalized warm-up shirt

B - 3 jerseys, 3 practice t-shirts, 1 spandex, sweatshirt, pants

C - 3 jerseys, 2 practice t-shirts, 1 spandex, sweatshirt

D - 2 jerseys, 2 practice t-shirts, 1 spandex, sweatshirt

### Notes:

\*Teams with a Sunday practice will not practice on tournament weekends.

\*\*Injury prevention with Prime will be scheduled for 30 minutes either before or after practice.

Exception: College Prep with Prime will be scheduled for 60 minutes after practice for 16 REN, 17 REN, 18 REN.

# Items that are included in fees

<b>18 REN &amp; Molten</b>	<b>REN 17-13, Molten 17-14</b>	<b>REN 121</b>	<b>11 REN, 12 Regional</b>	<b>13 Molten</b>	<b>Molten 12</b>
3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys
1 REN Spandex/1 REN legging	1 REN Spandex/ 1 REN legging	1 REN Spandex/ 1 REN legging	1 REN Spandex	1 REN Spandex	1 REN Spandex
REN Personalized WarmUp Shirt	REN Personalized WarmUp Shirt	REN Personalized WarmUp Shirt	N/A	N/A	N/A
REN Sweatpants	REN Sweatpants	REN Sweatpants	N/A	REN Sweatpants	N/A
REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt
3 practice tshirts	3 practice tshirts	3 practice tshirts	2 practice tshirts	3 practice tshirts	3 practice tshirts
8 Tournaments	10 Tournaments	9 Tournaments	6 Tournaments	9 Tournaments	7 Tournaments
November-May Practice	December - June Practice	December - June Practice	Jan-May Practice	December - May Practice	December - May Practice
3 practices per week	3 practices per week	3 practices per week	2 practices per week	3 practices per week	3 practices per week
Monday Positional Training	Monday Positional Training	Monday Positional Training	N/A	Monday Positional Training	Monday Positional Training
3 Coaches	2-3 Coaches (REN - 2nd Asst)	3 Coaches	2 Coaches	2 Coaches	2 Coaches
Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach travel and pay
College Prep (181); Inj Prev (182)	College Prep(161,171); Inj Prevention	Injury Prevention 2 x per week	Injury Prevention 1 x per week	Injury Prevention 2 x per week	Injury Prevention 2 x per week
Post Season: USAV Nationals	Post Season: USAV Nationals	Post Season: USAV Nationals	N/A	N/A	N/A
Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website
Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach
*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment
Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions
*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)
Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team
Recruiting Coordinator	Recruiting Coordinator: 15s-18s	N/A	N/A	N/A	N/A
N/A	Accelerated Training (13s/14s)	N/A	N/A	Accelerated Training	N/A
Senior Banquet	N/A	N/A	N/A	N/A	N/A

Premier 17/18	Premier 16-15	Premier 14-13	Regional 15-16	Regional 14-13	Local 16, 18
3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	3 REN Custom Jerseys	2 REN Custom Jerseys
1 REN Spandex	1 REN Spandex/ 1 REN legging	1 REN Spandex	1 REN Spandex	1 REN Spandex	1 REN Spandex
REN Practice/WarmUp Shirt	REN Personalized WarmUp Shirt	N/A	N/A	N/A	N/A
REN Sweatpants	REN Sweatpants	REN Sweatpants	N/A	N/A	N/A
REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt	REN Sweatshirt
3 practice tshirts	3 practice tshirts	3 practice tshirts	2 practice tshirts	2 practice tshirts	2 practice tshirts
Tournaments (tbd)	9 Tournaments	8 Tournaments	8 Tournaments	7 Tournaments	5 Tournaments
December - May Practice	December - June Practice	December - May Practice	December - May Practice	January - May Practice	January - April Practice
2 practices per week	3 practices per week	3 practices per week	3 practices per week	2 Practices per week	2 Practices per week
N/A	Monday Positional Training	Monday Positional Training	N/A	N/A	N/A
2 Coaches	2 Coaches	2 Coaches	1 Head Coach / 1 Practice Coach	1 Head Coach / 1 Practice Coach	1 Head Coach
Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach travel and pay	Coach Pay
Injury Prevention 2 x per week	Injury Prevention 2 x per week	Injury Prevention 2 x per week	Injury Prevention 2 x per week	Injury Prevention 1 x per week	N/A
N/A	Post Season: USAV Nationals	N/A	N/A	N/A	N/A
Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website	Prof. Photos for Website
Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach	Mental Health Coach
*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment	*Injury Assesment
Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions	Nutrition sessions
*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)	*Installment Plan (no added fees)
Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team	Full Time Administration Team
Recruiting Coordinator	Recruiting Coordinator	N/A	Recruiting Coordinator	N/A	N/A
N/A	N/A	Accelerated Training: 14s	N/A	N/A	N/A
Senior Banquet	N/A	N/A	N/A	N/A	N/A

**\*Injury Assessment:** Stephanie Davis, PT, DPT will be in the gym during her practice time and available for injury assessments. She can be contacted outside of practice times and will be available for assessments upon request. She can be reached at [stephanie.davis@starpt.com](mailto:stephanie.davis@starpt.com)

**Note:** What's Not Included In Your Fees - Family Travel Costs, Player Travel Costs, USAV/SRVA Membership

# FUNDRAISING

## Kroger Dollars

Shop, scan your Kroger Card and receive a credit of up to 4% of everything you spend towards your club fees.

## ATC Tournaments

Gate workers, door monitors, hospitality needs, etc

# Financial Assistance

- **Who is Eligible?**
- Need-based ONLY
- We do NOT fully fund any athletes
- Kept Private (known by Carolyn, Director, Board)
- Coaches do NOT know who is funded
- **How to Apply?**
- Available by Application- process begins by contacting Carolyn Earp
- Recipient and Amount determined by Board
- Holiday Benefit 3v3 Tournament
- **Can I donate to the Financial Assistance Fund?**
- Yes, donations are welcomed, appreciated, and tax deductible.

# 2023-2024 Tryouts

- Tryouts Info on Website [www.alliancevbc.com](http://www.alliancevbc.com)
- USA Volleyball Southern Region Rules
- Offer & Commitment Process
- Next Step- Uniform Fitting & Parent Meeting Nov 5

# Stay Connected...

- Visit our website regularly [www.alliancevbc.com](http://www.alliancevbc.com)
  - Create an account, register for tryouts
    - Follow us on social media
      - ✓ Instagram @alliancevolleyball
      - ✓ Facebook Alliance Volleyball Club