

2018

TRI  **ANGLE**
VOLLEYBALL

14s

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WELCOME TO TRIANGLE VOLLEYBALL CLUB

The 2018 club season will be Triangle's 16th year of delivering on our mission of "educating the whole person through excellence in the sport of volleyball." Triangle is nationally recognized for providing high caliber volleyball training and a premier competitive youth sports experience. Additionally, the historical performance of our teams on both national and regional levels has led to Triangle being consistently listed among the very best volleyball clubs in the country.

In this guide, you will be introduced to the many distinctions that give rise to our success and inclusion among the country's premier youth sports organizations. Be sure to learn more about, and better yet, experience, our unique club culture and whole-person approach to sport, dedicated and experienced coaching staff, consistent and comprehensive club training program, innovative and award-winning injury prevention initiatives, and the organizational standards and practices at the foundation of our work.

To help you get to know Triangle we suggest the following:

1. Visit our [website](#). To learn about our tryout and team selection process view [Joining Triangle](#).
2. Attend one of several [Club and Tryout Information Meetings](#) for parents.
3. Get comfortable in our gym by attending [free fall programs](#).
4. **Come to tryouts!** Our tryouts are fun and educational, and let YOU experience Triangle.

Should you have additional questions please feel free to contact us by email, tryouts@trianglevolleyball.org; phone, 919-544-9400; or visiting our gym.

For 2018, Triangle expects to field **FIVE (5)** teams total in the 14s age division at two competitive levels:

USAV age eligibility criteria: 14 & under – Any player who was born on or after September 1, 2003.

GENERAL TEAM INFORMATION

Team Name/Type	14 Black National	14 Blue National	14 White National	14 Silver Regional Plus	14 Steel Regional Plus
Coaching Staff	Michael Webster Alyssa Desjardins	CJ Hunter Emery McGee	Davene Mainwaring Jennamarie Aull	Brian Harris Kaitlyn Sitterson	Meredith Blum Barry Gower
Practice Schedule	T/TH 7:10-9:30 pm Setters training at 6:50 pm	T/TH 7:10-9:30 pm Setters training at 6:50 pm	T/TH 7:10-9:30 pm Setters training at 6:50 pm	M/W 7-9:15 pm Setters training at 6:30 pm	M/W 7-9:15 pm Setters training at 6:30 pm
Supplemental Training	Friday or Sunday*	Friday or Sunday*	Friday or Sunday*	Friday or Sunday*	Friday or Sunday*

NOTES:

- *Friday/Sunday practices held only as needed. These practices are scheduled well in advance; athlete participation is mandatory.
- Exceptions to the normal practice schedule may occur during the non-competition portion of the season (between Signing Night and the December holiday break).
- While we are confident in the above information, Triangle reserves the right to make adjustments.

WHAT MAKES THE TRIANGLE EXPERIENCE UNIQUE?

Since its founding in 2002, Triangle has established and nurtured a collaborative and supportive club culture. That culture is the foundation of our nationally recognized, consistent and comprehensive club training program which offers Triangle student-athletes the best overall volleyball training in the area. An established club-wide approach to teaching skills affords athletes access to the collective experience of our talented staff, thereby providing athletes with effective training at all positions and competitive levels.

CLUB CULTURE

- △ The 'whole person' education called for in our mission is the foundation of Triangle's unique club environment that fosters connections across the entire club. Athletes, staff, and parents engage with each other well beyond the team setting, creating a club culture that supports growth and success for all Triangle members.
- △ In all that we do both on and off the court, our staff's efforts are focused on taking full advantage of the opportunity that sport provides to develop young people of character.
- △ Reaching beyond our gym to the greater community through acts of service enhances the overall athlete experience, nurtures our culture, and brings physical activity to those whose circumstances interfere with their access to sport.

COACHING & CONSISTENCY

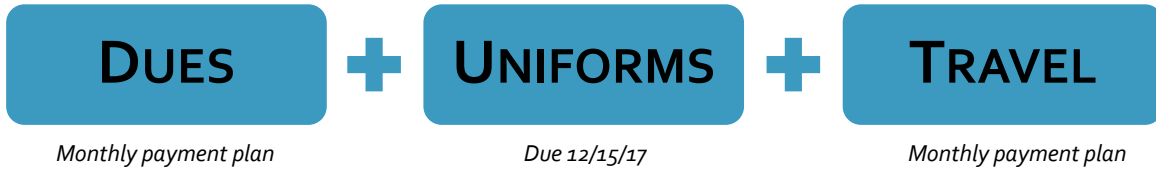
- △ Triangle's coaching tradition is rooted in an educational model that teaches the *process* of winning.
- △ Our staff of more than 90 dedicated and experienced coaches make delivery on mission their highest priority.
- △ A **curriculum-based educational approach** to sport across all age and competitive levels supports continuous skill development in our athletes as they advance through Triangle's program.
- △ Every season begins with **Ball Control Camp** that teaches Triangle's system of fundamentals, tactics, and style of play.
- △ Every Triangle team has an established **training cycle** which supports both advancement and balance between individual skill development, positional competencies, and team skills as teams move through their club season.

COMPREHENSIVE - In addition to regular weekly team practices designed to focus on both individual and team skills, athletes will be introduced to other training elements and educated on additional factors that impact overall athletic performance. *The actual training elements delivered will vary depending on the team age and level.*

- △ **Competition Training** -The substantial depth of Triangle teams at all ages facilitates a high level of competition in our own gym and provides a structured environment to easily develop team offensive and defensive skills. The ability to regularly engage in high-level play at weekday practices is a distinct competitive advantage for Triangle teams.
- △ **Position & Tactics** training in both group and clinic-like settings facilitates Triangle athletes developing core capabilities by position and a deeper knowledge of the game.
- △ **PACT [Power, Agility, Core Training]** is held during weekday practices and is meant to teach and train the importance of strength, conditioning, movement, and mobility in preventing injury and enhancing overall athletic performance.
- △ **Athlete Health & Wellness Initiatives** address the many factors beyond volleyball that affect one's ability to reach their athletic potential. These items include training in
 - Good health, nutrition, and hydration
 - Active rest & recovery practices
 - Injury prevention – Triangle has an award-winning injury prevention program that has proven to reduce the overall risk of injury while addressing the early signs of a potential overuse injury. These items include
 - **Orthopedic Subfloor** – our gym floor provides our athletes with superior impact reduction, thereby reducing common overuse injuries like shin splints and stress fractures.
 - **Functional Movement Screen™ [FMS]**– identifies an athlete's injury risk potential.
 - **Trinity Wellness physical therapy diagnostic and support services** are available on a weekly basis to address any athlete concerns regarding potential injury.
 - **Concussion awareness training and baseline testing**
- △ **Recruiting Support Services** – Triangle leads the area in assisting student-athletes with college placement for those who choose to play at the next level.

14S PROGRAM COST DETAILS

Triangle's club costs are *all-inclusive* and derived from three (3) components. Details follow on each component.



	14 Black <i>[National]</i>	14 Blue <i>[National]</i>	14 White <i>[National]</i>	14 Silver/Steel <i>[Regional Plus]</i>
CLUB DUES	\$3,100	\$3,100	\$3,050	\$2,150
Tournament Entry Fees				
Regional Events			<i>Included</i>	<i>Included</i>
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>	<i>Included</i>	<i>Included</i>
Mid-Atlantic Power League [MAPL]	<i>2 Included</i>	<i>2 Included</i>	<i>1 Included</i>	
National Qualifiers	<i>2 Included</i>	<i>2 Included</i>	<i>2 Included</i>	<i>1 Included</i>
Junior Nationals [AAU or USAV]	<i>Included</i>	<i>Included</i>		

Dues for every Triangle team also include the following team-related expenses:

- **Team Coach Compensation** – for Head and Assistant coaches for all training and competition.
- **Supplemental Staff Compensation** – for Resource Coaches, Position Lead staff, and our PACT team.
- **Court Time** – for all team practices, Ball Control Camp, position and competition training, and any other team-related court activities.
- **Professional Services** – Nutrition Training, Physical Therapy Diagnostic and Support Services, Officiating Clinic, and Recruiting Support Services.
- **Athletic Training Equipment & Supplies** – all first aid and emergency response supplies and equipment.
- **Special Club Events** – Signing Night, Retreat Day, and End of Season Celebration.
- **Practice T-shirts** – 2 per athlete.
- **Administrative Related Expenses** – less than 1/3 of Triangle's administrative expenses are paid by Triangle competitive teams. Those fees are shared in proper proportion depending on a team's length of season.

- ▲ *Triangle costs are all-inclusive. When comparing to other clubs, keep in mind the differences in what is and isn't included in club fees.*
- ▲ *Triangle is a founding MAPL club and has representation on MAPL's Competition Committee. Our history of success guarantees MAPL event participation for our Black teams [13s & up] and Blue teams [14s & up]. Additionally, in all past years Triangle 'White' teams 15 & up have earned entry into MAPL events. No other Carolina Region club has such a guarantee or history. Decisions relating to team participation in all MAPL events is made by the MAPL Competition Committee and not by Triangle individually.*
- ▲ *Club dues are paid in installments over the course of each team's season. A signing deposit is due on or before Signing Night. The 2018 Club Payment Plan is available on our website.*

UNIFORMS & SPIRIT WEAR

UNIFORMS

For the 2018 club season Triangle's uniform package will remain the same. Generally speaking, it is our intention to make as few changes as possible to our uniform package in an effort to minimize the year-to-year cost associated with uniforms. Our ability to do so is often rooted in suppliers that we have little control over so we reserve the right to make changes as needed.

Please note the following about Triangle uniforms:

1. The uniform package for each team depends on the type of team and competition schedule.
2. We do our best to select high quality uniforms designed to hold up for many years of use. As such, athletes who played in the prior season may not need to purchase any uniform items.
3. Sock and kneepad color is specified to be WHITE; however, the brand and style is the decision of the individual student-athlete. Additionally, we do not specify shoe color, style, or manufacturer.
4. Uniform fee is billed on a separate invoice from Dues and Travel and is due on December 15, 2017.

	14 Black, Blue & White [National]	14 Silver & Steel [Regional Plus]
UNIFORM PACKAGE	\$0-\$360	\$0-\$280
Jerseys		
Long Sleeve Black	<i>New Members</i>	<i>New Members</i>
Long Sleeve White	<i>New Members</i>	
Short Sleeve Blue	<i>New Members</i>	<i>New Members</i>
Short Sleeve Graphite	<i>New Members</i>	
Spandex		
Mizuno® Black	<i>New Members (3)</i>	<i>New Members (2)</i>
Warm ups		
Logo Jacket	<i>New Members</i>	<i>New Members</i>
Pants	<i>New Members</i>	<i>New Members</i>
Triangle custom Shorts	<i>New Members</i>	<i>New Members</i>
Equipment		
Mizuno® logo team backpack	<i>New Members</i>	<i>New Members</i>

SPIRIT WEAR AND THE VOLLEYSHOP

Members have access to two [2] sources of Triangle logo gear (spirit wear):

1. **Triangle VolleyShop** – onsite store and a licensed dealer for Mizuno® and Molten®. The VolleyShop accepts cash, check, and credit cards [VISA®, MasterCard® and Discover®]. Items in the VolleyShop include: kneepads, socks, spandex, shoes, balls, and more. VolleyShop pricing is competitive with most items offered at prices below MSRP. At the beginning of each season member families have the opportunity to utilize a limited-time 10% member discount on the purchase of spirit wear and equipment from the VolleyShop.
2. **Special Order Spirit Wear** – once or twice per season Triangle will offer a special order line of spirit wear items for families. Deadlines for purchasing these items is firm.

TRAVEL AND TRAVEL SERVICES

Triangle's commitment to seek the highest level of competition means that many teams travel beyond North Carolina to compete in tournaments offering exposure to different styles and levels of play. Achieving team and club success on the road requires advanced planning and organization, thorough communication, and a well-orchestrated travel plan.

Triangle's approach to travel is unique among most clubs in North Carolina. It is fully inclusive allowing families' flexibility and support when competition takes athletes outside of North Carolina. We have tremendous experience in this area and professional staff who are dedicated to achieving the following travel services goals:

TRAVEL SERVICES GOALS:

1. To support the competitive experience by fully addressing the logistical, housing, and supervisory needs of our teams*. This includes, but is not limited to, providing transportation, accommodations, meals, and incidentals for Triangle student-athletes and coaching staff.
2. To provide comprehensive travel services* enabling student-athletes to travel safely without a parent or guardian should work, family obligations, or finances make that limited, difficult or impossible.

TRAVEL COSTS

The essential elements of a Triangle travel trip are:

1. Athletes travel by plane or motor coach to events outside of the state of North Carolina. Parents have the option of bringing athletes directly home from competition when team travel is by motor coach or when arranged well in advance for trips that utilize air transportation.
2. Athletes lodge together* in groups of 3 or 4 per room with a chaperone and/or coach nearby.
3. All meals and snacks* are provided utilizing chaperone purchases, hotel catering, and/or local restaurants.
4. All supervision* is under the direction of team coaching staff.

All costs associated with providing this level of service are included in the travel estimates for each team*. These estimates reflect travel arrangements already secured for the upcoming season and consider the actual numbers realized in the previous year for the same or similar trip. Every travel assessment includes transportation, hotel, all meals, snacks, ground transportation, and incidentals; **there are no extra costs.** **Exceptions to these inclusions exist for our 12 & under teams*

MORE ABOUT TRAVEL SERVICES

Travel Services makes every effort to secure room blocks at team hotels for parents. Strict deadlines and cancellation policies govern access to these reservations. At the end of each season, travel teams are provided a complete travel reconciliation report and issued the resulting credit or invoice.

	14 Black National	14 Blue National	14 White National	14 Silver Regional Plus	14 Steel Regional Plus
TEAM TRAVEL ESTIMATES	\$4,050	\$3,975	\$3,625	\$1,300	\$1,300
Beast of the Southeast (Atlanta)	▲				
Capitol Hill Classic (Washington DC)		▲	▲	▲	▲
Mid-Atlantic Power League* (Hampton, VA)	▲	▲			
National Qualifiers	▲ (2)	▲ (2)	▲ (2)	▲ (1)	▲ (1)
Junior Nationals [AAU or USAV]	▲	▲	▲		
<i>*MAPL Raleigh & City of Oaks are not travel trips</i>					

- ▲ *The estimated total for travel includes the cost anticipated for AAU Jr. Nationals. Teams earning USAV Jr. Nationals bids in lieu of AAU Jr. Nationals should expect a minimum \$400 in additional travel costs.*
- ▲ *While Triangle travel cost estimates are carefully prepared, some critical cost information is not available at the time of publication of this program guide. We do our best to estimate and control costs to minimize the risk of trip overage.*
- ▲ *Travel estimates are combined with Club Dues and paid over the course of the club season in equal payments. The **2018 Club Payment Plan** is available on our website.*

EVENT/TOURNAMENT SCHEDULE

<u>DATE</u>	<u>EVENT OR TOURNAMENT</u>	<u>LOCATION</u>	<u>14 Black National</u>	<u>14 Blue National</u>	<u>14 White National</u>	<u>14 Silver Regional Plus</u>	<u>14 Steel Regional Plus</u>
November 13	Signing Night	Raleigh Convention Center	▲	▲	▲	▲	▲
December 16	Retreat/Picture Day	Triangle	▲	▲	▲	▲	▲
January							
6	Regional Event	TBA			▲	▲	▲
13, 14, 15	City of Oaks Challenge	Raleigh	▲	▲	▲	▲	▲
27, 28	MAPL Hampton Roads	Hampton, VA	▲	▲			
28 [Sun]	Regional Event	TBA			▲	▲	▲
February							
10	Regional Event	TBA			▲	▲	▲
10	Carolina Power Event	Triangle	▲	▲			
17, 18, 19	Capitol Hill Classic	Washington, DC		▲	▲	▲	▲
24	Regional Event	TBA			TBD	TBD	TBD
24, 25	Beast of the Southeast*	Atlanta	▲				
March							
3	Carolina Power Event	Triangle		▲			
10, 11	MAPL Raleigh	Raleigh	▲	▲	▲		
10	Regional Event	TBA				▲	▲
25 [Sun]	Regional Championships	TBA				▲	▲
30, 31, Apr 1	Big South Qualifier [Easter]	Atlanta	▲	▲	▲	▲	▲
April							
14	Raleigh Roundup	Triangle				▲	▲
14, 15, 16	Lone Star Classic	Dallas	▲	▲	▲		
May-June							
May 12	Carolina Power Event	Triangle	▲	▲	▲		
June 2, 3	A5/Triangle Playdate	Atlanta	▲	▲	▲		
June 17-20	AAU Jr. Nationals**	Orlando	▲	▲	▲		
June 25-28	USAV Jr. Nationals**	Detroit					

Optional AAU season extension participation is available to all members of 14 Silver/Steel

Requires qualification

Please note the following:

- ▲ Triangle has no role in determining playing site locations for *regional* events. Regional event sites are typically announced on the Carolina Region website 2-3 weeks in advance of each event.
- ▲ **School Absences**-we do our best to minimize the number of missed days from school for travel tournaments. The number missed depends on the athlete's school system's calendar and our ability to arrange transportation around school schedules. For planning purposes allow 1-2 days missed for each three-day event when a school holiday is not utilized.
- ▲ MAPL participation for some teams will depend on size of tournament field and team performance. See page 4 for explanation.
- ▲ *Past exemplary performance of Triangle teams makes possible Triangle's ability to receive an invitation to these events.
- ▲ **AAU Extended Season**-should sufficient interest exist there will be an opportunity for athletes on Triangle Regional Plus teams to try-out for an AAU-bound team. This tryout occurs after the Regional Plus season is complete and participation in the AAU extended season is at an additional cost. More information on AAU teams will be available after January.
- ▲ While we are confident in the scheduling information provided, Triangle reserves the right to make changes.

***Teams attend only one (1) national championship event. Which event depends exclusively on qualification for USAV Jr. Nationals.*

COMING SOON!

Triangle's New Home for the 2019 Season

