

2018

TRIANGLE
VOLLEYBALL

Boys

14U, 16U, 18U

WWW.TRIANGLEVOLLEYBALL.ORG

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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 **THREE (3)** teams total in our boys program: 14U, 16U, and 18U.

USAV age eligibility criteria:

- **Boys 14 & Under:** Any player who was **born on or after September 1, 2003** OR players born on or after September 1, 2002 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year.
- **Boys 16 & Under:** Any player who was **born on or after September 1, 2001**
- **Boys 18 & Under:** Any player who was **born on or after September 1, 1999** OR players born on or after September 1, 1998 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

GENERAL TEAM INFORMATION

<i>Team Name</i>	<i>14U Boys</i>	<i>16U Boys</i>	<i>18U Boys</i>
<i>Coaching Staff</i>	Holly Paton Chad Christensen	Tim Favreau John Chang/Meredith Blum	Brian Poppe Will Altman
<i>Practice Schedule</i>	Mondays 5-630 pm Sundays 530-730 pm*	Tuesdays 7-9 pm Sundays 7-9 pm* <i>Beginning on January 1st the Sunday time will move to 530-730pm</i>	Wednesdays 7-915 pm Sundays 7-9 pm* <i>Beginning on January 1st the Sunday time will move to 530-730pm</i>

NOTES:

- *In the event teams have Saturday and weekend tournaments, Sunday practices may be cancelled.
- 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

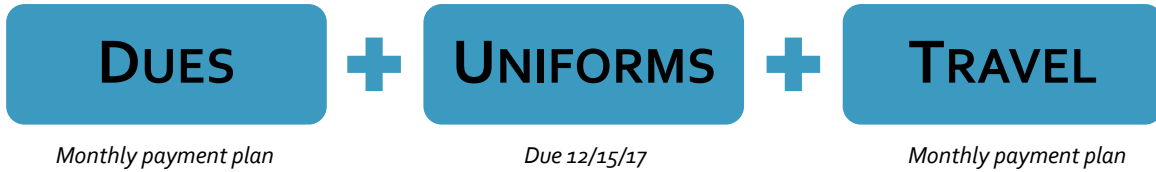
- △ Triangle's coaching tradition is rooted in an educational model that teaches the *process* of winning.
- △ Our staff of more than 90 dedicated and experienced coaches make delivery on mission their highest priority.
- △ A **curriculum-based educational approach** to sport across all age and competitive 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.

BOYS PROGRAM COST DETAILS

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



	<i>14U Boys</i>	<i>16U Boys</i>	<i>18U Boys</i>
CLUB DUES	\$1,050	\$2,850	\$2,850
Tournament Entry Fees			
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>	<i>Included</i>
National Qualifiers		<i>2 included</i>	<i>2 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 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.*
- ▲ *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 (optional) color is specified to be BLACK; 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.

	<i>14U Boys</i>	<i>16U Boys</i>	<i>18U Boys</i>
UNIFORM PACKAGE	\$0-\$130	\$0-\$220	\$0-\$220
<i>Jerseys</i>			
Short Sleeve Blue	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
Sleeveless Black		<i>New Members</i>	<i>New Members</i>
<i>Team Shorts</i>			
Holloway® Black	<i>New Members (2)</i>	<i>New Members (2)</i>	<i>New Members (2)</i>
<i>Warm ups</i>			
Logo Jacket		<i>New Members</i>	<i>New Members</i>
Pants		<i>New Members</i>	<i>New Members</i>
Triangle Sweatshirt	<i>New Members</i>		
<i>Equipment</i>			
Mizuno® logo team backpack	<i>New Members</i>	<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 with our boys' team is different than our girls' teams for a variety of reasons including cost considerations.

GENERAL TRAVEL ARRANGEMENTS:

1. The dues cost listed includes all costs associated with coach transportation, coach lodging and coach meals for all events.
2. Parents are responsible for providing transportation to and from the event on the specified schedule for every trip.
3. For all events that require an overnight stay, boys will lodge with their parent(s) or a designated guardian at the parent's expense*.
4. For multi-day out-of-town trips, a team chaperone will provide/arrange a daytime meal (i.e. lunch) and snacks from a team budget which is included in the dues cost. The chaperone will be compensated for this work as is typical in our travel program (1/2 of team hotel cost to be paid by team which is included in dues).
5. When an overnight stay is required Triangle will, to the best of our ability, assist parent travel by arranging for a team hotel to be paid at the parent's own cost.

EXCEPTIONS TO GENERAL TRAVEL ARRANGEMENTS:

- If athletes are unable to be accompanied by a parent or designated guardian on an overnight trip, Triangle can offer assistance by arranging lodging, supervision, and meals. The cost of these services will be passed on to the families requiring the service. Advanced notice of this type of support will be required so that these services can be arranged in the most cost-effective manner.
- If possible and practical, a trip could be set up to operate more like our girls' program [transportation, all meals included and team to lodge together at team hotel]. If done, that would be at an additional cost to parents.

EVENT/TOURNAMENT SCHEDULE

<u>DATE</u>	<u>EVENT OR TOURNAMENT</u>	<u>LOCATION</u>	<u>14U Boys</u>	<u>16U Boys</u>	<u>18U Boys</u>
November 13	Signing Night	<i>Raleigh Convention Center</i>	▲	▲	▲
December 16	Retreat/Picture Day	<i>Triangle</i>	▲	▲	▲
January					
13, 14	City of Oaks Challenge	<i>Raleigh</i>		▲	▲
14 [Sun]	City of Oaks Challenge	<i>Raleigh</i>	▲		
27	ODR Event [TBD]	<i>TBD</i>		▲	▲
OR 27, 28	K2 Wilderness in the Smokies*	<i>Sevierville, TN</i>		or ▲	or ▲
February					
10	ODR Event [TBD]	<i>TBD</i>	▲	▲	▲
23, 24, 25	Boys' Atlantic Northeastern Qualifier	<i>Harrisburg, PA</i>		▲	▲
March					
10	Battle of the Bros	<i>Raleigh</i>	▲		
10, 11	Battle of the Bros	<i>Raleigh</i>		▲	▲
31, Apr 1 [Easter]	Battle Between Boys Belligerents	<i>North Atlanta</i>	▲	▲	▲
May					
5, 6	Charlotte JVA Challenge	<i>Davidson</i>		▲	▲
26, 27, 28 Memorial Day Weekend	East Coast Championships	<i>Richmond</i>		▲	▲

Please note the following:

- ▲ **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.
- ▲ *We are awaiting final determination if the venues used for MAPL Hampton can support the addition of boys division.
- ▲ For boys events the tournament field size will often determine if an event is held or not. While we are confident based on prior experience that the schedule information is accurate, Triangle reserves the right to make changes.



In the summer of 2018 Triangle will take its third mission trip with [Courts for Kids](#). Triangle student-athletes, 10th grade and up, are eligible to apply to participate in this trip. Space is limited to approximately 25 student-athletes. Trip location to be determined. For information on past trips click [HERE](#).

COMING SOON!

Triangle's New Home for the 2019 Season

