



TRIANGLE VOLLEYBALL CLUB
2024 PROGRAM GUIDE

#GOTRI

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**11-12
GIRLS'**



GENERAL TEAM INFORMATION

For 2024, Triangle is planning up to **SIX (6)** competitive teams in the 11U and 12U age divisions:

USAV age eligibility criteria: 12 & under = player who was born on or after July 1, 2011

USAV age eligibility criteria: 11 & under = player who was born on or after July 1, 2012

Team Roster Size: Target roster size is 10-11 players per team. Practice Player positions will be considered for national teams in every age level if circumstances make the most sense for the team.

At Triangle, we are fortunate to have over ninety (90) coaches whose talent and experience is among the very best in the nation. Each Triangle team is assigned a **unique** and **dedicated** coaching staff which allows them to be squarely focused on their group of athletes and not burdened by coaching multiple teams and dividing their attention. Our coaches, first and foremost, commit to their team's training and development.

To view bios of our coaches click [HERE](#).

<i>Team Name/Type</i>	12 Black <i>National</i>	12 Blue <i>Regional+</i>	12 White <i>Regional</i>	12 Silver <i>Regional</i>	11 Black <i>Regional</i>	11 Blue <i>Regional</i>
Head Coach	Barry Gower	Mary Alice Pike '04	Megan Shander [▲]	Rob Kent	Erica Phillips [▲]	TBD
Assistant Coach(es)	Ella Philot '22	Kayla Woods	Haley Milne	Savannah Bridgers	Megan Shea	TBD

TRIANGLE'S DEDICATED FACILITY AT THE WAKE COMPETITION CENTER [WCC]

Our [Wake Competition Center](#) facility is the premier dedicated volleyball practice and competition facility in the state of North Carolina. With a state-of-the-art design with eight (8) indoor and three (3) sand courts our gym offers a safe space for elite level training and competition.

TEAM PRACTICE SCHEDULES

<i>Team Name</i>	12 Black	12 Blue	12 White	12 Silver	11 Black	11 Blue
Positional/Specialty Training Pre-practice <i>(starts week of Nov 6) For all positions unless otherwise indicated</i>	Setters only T/Th: 6:45-7pm	Setters only T/Th: 6:45-7pm	NA	NA	NA	NA
Regular Season Team Practices <i>(begins week of Nov 6)</i>	T/Th: 7-9pm	T/Th: 7-9pm	T/Th: 5-7pm*	T/Th: 5-7pm*	T/Th: 5-7pm*	T/Th: 5-6:45pm*
Other practices*	<i>per calendar</i>					

PRACTICE PLAYER POSITIONS will be considered for NATIONAL TEAMS only after team selection is complete.

- *The first 30 minutes of practice will be master coach led for the majority of the season to establish fundamentals and skill development.
- While we are confident in the above information, Triangle reserves the right to make adjustments as necessary.

OUR PRIORITIES

Junior club volleyball has become increasingly popular, competitive, and expensive. Each season we seek to provide athletes exceptional training and competition. What's more, we have and continue to set the standard in North Carolina for team performance nationally and athlete collegiate placement at the highest levels. We don't believe more is *always* better. Instead, we consider numerous priorities when planning our training and competition schedules. These considerations include:

- **Athlete health and wellness** considerations which includes minimizing injury risks in a sport ever increasing in speed and physicality, supporting optimum training mentality while reducing the risk of sport burn out.
- **Cost** – club volleyball is *expensive*. Every added qualifier or 3-day event equates to a minimum of \$1500 out-of-pocket for families in travel costs alone (that's just for one parent and one athlete's-air travel, one shared hotel room and meals). Should other family members travel the number simply grows.
- **Time & Balance** – we believe athletes train and perform better when they have a reasonable life balance between sport, school, social and family responsibilities.
- **Coach Retention** – we maintain a large and capable coaching staff (ca. ninety strong) and new coaches to the area look to Triangle first. Offering practice and competition schedules that allow our staff to continue to coach and maintain an acceptable work–family–coaching–life balance helps keep our coaches on the court and able to offer our best training.

WHY TRIANGLE? - we don't make *claims* to be the best. Instead, we let facts speak for themselves. Additionally, we believe those athletes who truly want to be their best and reach their potential will choose to seek out a club with proven excellence in both training and team performance.

SUCCESS – Triangle leads all North Carolina clubs having won 27 of the 40 ever OPEN level USAV Nationals qualifications achieved in our region. Additionally, year-after-year we lead the region in the number of qualified teams for USAV Nationals.

- In 2013, the [US Club Rankings](#) were established. Triangle has been on the list as a TOP 50 club nationally since the list was founded and has always been the top ranked club in both North and South Carolina since the list was founded.
- Triangle has also led our region in individual athlete recognition. In 2023 we had countless USAV, PrepVolleyball awards including 6 JVA All-National team members, about a dozen USAV NTDP invitations, and more.

COACHES & TRAINING – our staff is extremely experienced, talented and have proven records of success.

- Current or former Collegiate Athletes.
- 12 coaches with one or more qualifications to USAV Nationals. 10 with one of more of those at the OPEN level.
- Each team has a **unique and dedicated coaching team**.
- **Position-Based Training** is part of regular weekday practices and led by numerous Triangle's position-specific experts.
- Triangle's new **Technical Coordinator** will oversee HUDL Assist technology to advance athlete development and support team success.

RECRUITING SERVICES – Triangle's athlete placement is unmatched in the Carolinas.

- 218 DI Recruits with 49 of those in the past 5 years alone.
- In Fall, 2023 there will be 68 Triangle athletes on collegiate courts (37 Division I, 11 Division II, 20 Division III)
- Triangle's dedicated Recruiting Director ([Tammi Fries](#)) helps Triangle athletes effectively navigate the recruiting process and utilize recruiting tools to achieve their goals of playing at the next level.

AND MORE...

- **State-of-the-art facility with orthopedic subfloor** that provides superior impact reduction, thereby reducing injury risk and fatigue common in other surfaces.
- [Award-Winning Injury Prevention program](#) and On-Site Physical Therapy Clinic and Free Athlete Injury Screens.

**each team's actual training elements will vary depending on the team age and competitive level.*

11/12S PROGRAM COST DETAILS

Triangle's costs are derived from two (2) components, **DUES + UNIFORMS**. Triangle exclusively utilizes FAMILY-directed travel club-wide with club dues including all costs associated with coach travel and pay for teams' events.

FAMILY-DIRECTED TRAVEL PLAN – relies on parents' (or designated guardian) to accompany, arrange and pay for their athlete's transportation, meals, lodging, and supervision for the entirety of the trip. Most events have Stay-to-Play requirements meaning the athletes will lodge with their parent, guardian, or teammate(s) at the expense of parents in hotel room blocks secured by Triangle through the tournament's mandatory booking service.

MORE DETAILS:

- **COSTS:** Transportation and lodging expenses for athletes are not included in club dues. Instead, families will pay for expenses related to their family hotel room, athlete transportation, and food needs of their athlete on each trip. All costs associated with coach travel are already included in dues so there will be no separate travel assessment for each trip.
- **TRANSPORTATION:** For trips that would typically involve a flight. Parents should secure flights well in advance as flights become limited in availability and higher in cost as events approach.
- **LODGING:** Triangle will continue to provide lodging support to families using its long-standing relationships with tournament hosts, booking services and hotels. Given the extensive use of Stay-to-Play policies by event organizers, Triangle will secure hotel blocks at competitive rates for all families. Families are expected to book at the team hotel unless given prior approval to make alternative arrangements.
 - **TEAM-BASED** lodging – we know some athletes prefer to room together (and parents prefer to have their own room). Should this be your preference, parents can work together to secure an additional room in the Triangle team block for their athlete and teammate(s) to lodge together. Athlete supervision is the parent's responsibility.
- **FOOD:** Each athlete's parent or designated guardian is responsible for their athlete's food needs including snacks and a healthy meal while playing. Team dinners may be arranged during a trip with each individual responsible for their meal.
- **TEAM ACTIVITIES:** these activities often create great team memories and can be arranged with consideration of the competition schedule. Any cost associated with these activities will be the responsibility of each family. Families are encouraged to take the lead in planning these activities.
- **SUPERVISION:** Once team competition, officiating responsibilities and any team activities are complete for the day the athlete will be under the direct supervision of their parent or designated guardian.

	12 Black <i>National</i>	12 Blue <i>Regional+</i>	12 White <i>Regional</i>	12 Silver <i>Regional</i>	11 Black <i>Regional</i>	11 Blue <i>Regional</i>
CLUB DUES	\$5,350	\$2,700	\$1,700	\$1,700	\$1,700	\$1,700
	Costs are based on a roster size of ten (10) athletes per team and minimally two (2) unique coaches assigned to team staff and in attendance at all events					

INCLUDES THE FOLLOWING:

<i>Team Coach Compensation</i>	✓	✓	✓	✓	✓	✓
<i>Gym Time for practices</i>	✓	✓	✓	✓	✓	✓
<i>Tournament Entry Fees</i>	✓	✓	✓	✓	✓	✓
<i>All Coach-Related Travel Expenses</i>	✓	✓	NA	NA	NA	NA
<i>Athlete Health & Wellness Services</i>	✓	✓	✓	✓	✓	✓
<i>Practice Tee Shirts</i>	✓	✓	✓	✓	✓	✓

▲ *Club dues are paid in installments after an initial Commitment Deposit (\$2000 for national teams, \$1000 for Regional+, \$500 for Regional) which is made at the time of verbal acceptance of a Triangle offer. See [CLUB PAYMENT SCHEDULE \(Girls 11-14s\)](#)*

▲ *Creation of practice player positions is decided once team selection is complete. Typical costs are \$200/month.*



UNIFORM PACKAGE DETAILS

REN ATHLETICS® UNIFORMS – CHECK THEM OUT [HERE!](#)

Triangle is pleased to continue its partnership with [REN Athletics®](#) for the 2024 club season. Families will order uniforms directly from [REN Athletics® online portal](#). Fittings will be held at Triangle on a specific schedule.

Please note the following about Triangle uniforms:

1. The items making up the uniform package for each team depend on the team level and their competition schedule.
2. Solid black spandex or longer length tights/leggings can be worn for competition (no brand specified). No apparel logo can be larger than 1" square nor can there be any contrasting waistband color visible.
3. Crew sock and kneepad color is specified to be WHITE; however, brand and style is the individual's choice.
4. Triangle does not specify volleyball shoe color, style, or manufacturer but prefers white or black for a more cohesive look among the team.
5. We make every effort to keep consistent as many pieces as possible each year to minimize the year-to-year cost associated with uniforms. **RETURNING ATHLETES WILL ONLY NEED TO PURCHASE ITEMS LISTED AS *NEW*, any items not in their previous year's package, and any replacement items for those that are worn, fit poorly, or have been lost.**

	<i>12 Black</i>	<i>12 Blue, 12 White, 12 Silver 11 Black, 11 Blue</i>
UNIFORM PACKAGE	\$350 full package	\$250 full package
<i>Jerseys</i>		
<i>REN Athletics® Short Sleeve Black</i>	<i>New Players</i>	<i>New Players</i>
<i>REN Athletics® Long Sleeve White</i>	<i>New Players</i>	
<i>REN Athletics® Long Sleeve Blue</i>	<i>New Players</i>	<i>New Players</i>
<i>Warm ups</i>		
NEW for 2024 <i>REN Athletics® Pullover</i>	All Players	All Players
NEW for 2024 <i>REN Athletics® Joggers</i>	All Players	All Players
NEW for 2024 <i>REN Athletics® Hitter's</i>	All Players	
<i>REN Athletics® Cover Shorts</i>	<i>New Players</i>	<i>New Players</i>
<i>REN Athletics® logo team Backpack</i>	<i>New Players</i>	<i>New Players</i>
<i>REN Athletics® Black Spandex</i>	<i>***at additional cost if needed***</i>	<i>***at additional cost if needed***</i>

SPIRIT WEAR INFORMATION

Members have access to multiple sources of Triangle logo gear (spirit wear):

1. **REN Athletics®** – REN Athletics® is offering several SpiritWear items for parents/spectators. These items can be purchased when making your athlete's uniform order.
2. **Squad Locker** is an online store for Triangle logo-merch. The VolleyShop has samples of Squad Locker gear.
3. **Triangle VolleyShop** – onsite store which has limited inventory and is a licensed dealer for REN Athletics®, Mizuno® and Molten®. The VolleyShop accepts cash, check, and all major credit cards. Items in the VolleyShop include: kneepads, socks, spandex, and more. VolleyShop pricing is competitive with most items offered at prices below MSRP.

11/12S EVENT/TOURNAMENT SCHEDULE

When choosing events for our teams each season we keep the following things in mind:

- First and foremost, we seek a competitive schedule that is both age and level appropriate.
- We are fortunate to host multiple highly competitive “home” events (City of Oaks Challenge, MAPL Raleigh) that have the distinct advantage of requiring zero travel or added expense for Triangle families.
- Our schedules seek to respect and find a sensible balance for competitive youth sports that considers the financial burden on families, missed days of school and the academic stress felt by student-athletes and the overall mental wellness of our athletes.
- ***NEW for 2024*** - the Carolina Region has announced the formation of an 11s division for regular one-day events.

DATE	EVENT	LOCATION	12 Black National	12 Blue Regional+	12 White Regional	12 Silver Regional	11 Black Regional	11 Blue Regional
Week of Nov 6	Regular Season practices begin	<i>Triangle</i>	▲	▲	▲	▲	▲	▲
January								
13 [Sat]	City of Oaks Challenge – 1 day	<i>Triangle or RCC</i>			▲	▲	▲	▲
13, 14, 15	City of Oaks Challenge	<i>RCC – downtown</i>	▲	▲				
21 [SUN]	Carolina Region event	<i>TBD</i>	▲	▲	▲	▲	▲	▲
February								
3	Carolina Region event	<i>TBD</i>		▲	▲	▲	▲	▲
3, 4	JVA Charm City Challenge	<i>Baltimore</i>	▲					
17	Carolina Region event	<i>TBD</i>			▲	▲	▲	▲
17, 18, 19	Capitol Hill Classic	<i>Washington, DC</i>	▲	▲				
March								
3 [SUN]	Carolina Region event	<i>TBD</i>		▲	▲	▲	▲	▲
2, 3, 4	Sunshine Qualifier	<i>Orlando</i>	▲					
16	Carolina Region event	<i>TBD</i>	▲	▲	▲	▲	▲	▲
29, 30, 31	Big South Qualifier - EASTER	<i>Atlanta</i>	▲	▲	<i>optional</i>		<i>optional</i>	
April								
6	Carolina Region Championships			<i>TBD</i>	▲	▲	▲	▲
*19, 20, 21	Northeast Qualifier	<i>Philadelphia</i>	▲					
May - June								
June 1	Carolina Pre-National	<i>Triangle</i>	▲					
June 13-16	AAU Jr. Nationals** <i>or</i>	<i>Orlando</i>	▲	<i>Season extension available for AAU Nationals</i>				
June 21-24	USAV Jr. Nationals*	<i>Dallas</i>		<i>Requires qualification</i>				

- ▲ **National Teams will attend ONE (1) National Championship event, either AAUs or USAV (if qualified). There are no extra costs payable to Triangle associated with participation in USAV Junior Nationals.
- ▲ Events listed as ‘optional’ are not included in pricing. Participation will be determined after the team is formed and the season is underway.
- ▲ **School Absences**-missed days from school for travel tournaments is common and relies heavily on the athlete’s school system’s calendar and trip transportation schedules. For planning purposes, allow 1-2 days missed for each three-day event when a school holiday is not utilized.
- ▲ **AAU Season Extension Option** - Regional+ team members will have an option for a season extension to include AAUs. Tryouts for AAU teams will occur on **Tuesday, August 9**. Details will be available in early 2024.

**This event had a date change since original posting*