

TRIANGLE
VOLLEYBALL

2023

11-12s

WWW.TRIANGLEVOLLEYBALL.ORG

Welcome to Triangle and the 2023 club season!

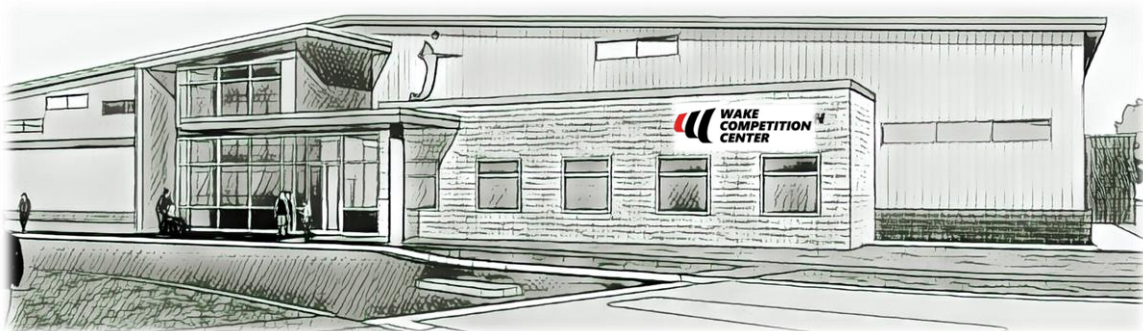
On the heels of a phenomenal 2022 club season that saw tremendous success and growth at all ages and level we look forward to an exciting 2023 club season.

As the area's premier junior volleyball club, we have made considerable investments in securing the best coaching staff to provide elite-level preparatory training for our athletes. Our coaches have years of experience on the court and/or on the side-lines. I am confident you will not find a more dedicated and talented staff nor a team training environment where athletes have access to coaches with multiple positional competencies. In the end, we believe it's simply not enough to just win...our athletes win AND see continued improvement throughout their Triangle experience. In our gym, our athletes acquire next level skills and are developed to reach their athletic potential. Our college placement history is unparalleled and demonstrates our staff's excellence in teaching and knowledge of what it takes for athletes to succeed at the collegiate level. Without question, Triangle athletes are among the most highly recruited in the Carolinas. If your athlete is keenly focused on preparing for their volleyball future, Triangle is, without question, the BEST choice.

Please read through this guide which captures the immense value of a Triangle season. We look forward to seeing you in our gym.

Best, Sherry L. Fadool, Executive Director, Triangle Volleyball Club

Train at the premier state-of-the-art facility in the Carolinas





GENERAL TEAM INFORMATION

For 2023, Triangle is planning up to **FIVE (5)** competitive teams in the 11s and 12s age divisions:

USAV age eligibility criteria: 11 & under = player who was born on or after July 1, 2011

USAV age eligibility criteria: 12 & under = player who was born on or after July 1, 2010

Note: athletes younger than 11 can play on competitive club teams if an appropriate fit with other athletes

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 80 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](#).

Team Name/Type	12 Black National	12 Blue Regional+	12 White Regional+	12 Silver Regional	11 Black National
Head Coach(es)	Nan Parrish '18	Barry Gower	Lande Simpson [▲]	Rob Kent	Erica Phillips [▲]
Assistant Coach(es)	Danielle Stachura	Haley Milne	Mary Alice Pike '04	Savannah Bridgers	Megan Shea

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

Our [Wake Competition Center](#) facility is the premier volleyball practice and competition facility in the state of North Carolina. With a state-of-the-art design and the numerous safety measures we employ, our gym offers a safe space for elite level training and competition. In addition to the eight (8) indoor, over-sized regulation courts, Triangle's three (3) outdoor sand courts provide an alternative cross training option for our indoor teams.

TEAM PRACTICE SCHEDULES

Team Name	12 Black*	12 Blue	12 White	12 Silver	11 Black
Setter Pre-practice <i>(starts Nov 8)</i>	T/Th 6:45-7pm	NA	NA	NA	NA
Optional Skills Pre-practice <i>(starts Nov 8)</i>	NA	T/Th 5-5:30pm	T/Th 5-5:30pm	T/Th 5-5:30pm	T/Th 5-5:30pm
Regular Season Team Practice <i>(begins on Nov 8)</i>	T/Th: 7-9pm	T/Th 5:30-7pm	T/Th 5:30-7pm	T/Th 5:30-7pm	T/Th 5:30-7pm

NOTES:

- *12 Black is a 'transitional' team where the athletes will train and compete (with the exception of national events) at the 13s age level allowing them to compete at a higher level, most especially in the Carolina Region.
- Setter pre-practice training is part of the practice commitment for 12 Black setters.
- Optional Skills-based pre-practice provides fundamental training for all 11s and 12 Blue/White/Silver irrespective of team.

While we are confident in the above information, Triangle reserves the right to make adjustments as necessary.

THE UNIQUE TRIANGLE EXPERIENCE?

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 skill development affords athletes access to the collective experience of our staff, thereby providing athletes with the highest level of training at all positions and competitive levels.

COACHING & CONSISTENCY

- △ Triangle's coaching tradition is rooted in an educational model that teaches the *process* of winning. 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.
- △ Triangle has nearly 90 coaches who make delivery on mission their highest priority. Furthermore, to best accomplish individual and team development, each team has a **unique and dedicated coaching team**. Additionally, Triangle has resource and support staff that can offer additional coaching capability to any team when necessary.
- △ Every Triangle team employs an established **training cycle** which supports athlete advancement and an appropriate balance between individual skill development, positional competency, and team skills throughout the club season.

COMPREHENSIVE - In addition to regular weekly team practices designed to focus on both individual and team skills, athletes will be introduced to additional training and education* focused on overall athletic performance.

- △ **Position-Based Training** – is scheduled as part of every regular weekday practice for Triangle National teams. Training in these portions of practice is coached by Triangle's positional experts.
- △ **Athlete Health & Wellness Initiatives** address the many factors beyond volleyball that affect one's ability to reach their athletic potential while avoiding the risks of overuse injuries and athlete burnout that is rising considerably within youth sports. These items include training in the following areas and much more:
 - 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 injury risk and fatigue common in other surfaces.
 - **Functional Movement Screen™[FMS]** – annual screening and engagement with our FMS support application identifies an athlete's injury risk and guides their efforts to reduce their injury potential.
 - [Trinity Wellness Center](#) has established a satellite clinic on site at Triangle Volleyball Club. Triangle's partnership with Trinity Wellness affords Triangle athletes exceptional access to care and injury prevention support in a full-service clinic setting.
 - **Physical therapy [PT] Diagnostic and Support services** to address injuries and/or mitigate injury risk are available regularly on-site to Triangle athletes at **no charge** to athletes.
 - **Direct Access Physical Therapy Care** – Michelle Panzl, PT, DPT is a Triangle coach and physical therapist who provides full-service physical therapy to Triangle athletes, their families and any other referred patient right on-site in our gym.
- △ **Recruiting Support Services** - Triangle's dedicated Recruiting Director educates athletes and families on how to effectively navigate the recruiting process and utilize recruiting tools to achieve their goals of playing at the next level. For many advanced level teams Triangle has integrated [Sports Recruits](#) services to assist with athlete placement.

CLUB CULTURE

- △ The 'whole person' education called for by our mission is the foundation of Triangle's unique club environment that permeates through the entire club.
- △ Coaches invest in every athlete with the intention to take full advantage of the opportunity that sport provides to develop young people of character and teach life lessons that will serve them well both on and off the court.

**The actual training elements delivered to each team will vary depending on the team age and competitive level.*



12S PROGRAM COST DETAILS

Triangle's costs are derived from two (2) components, **DUES + UNIFORMS**. Triangle has adopted FAMILY-directed travel club-wide and dues include the cost of coach travel to the teams' events. Feedback from 2022 overwhelming supported the Family-directed model for its cost-savings and convenience.

FAMILY-DIRECTED TRAVEL PLAN – all teams of all ages (national and regional plus). **FAMILY-DIRECTED Travel** is when an athlete's transportation, meals, lodging, and supervision is arranged and paid for by their parent or designated guardian 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 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 becoming limited in availability and higher in cost as events approach. Thinking one will get a last-minute great deal just simply doesn't happen any longer.
- **LODGING:** Triangle will continue to provide lodging support to families using its long-standing relationships with tournament hosts 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 recognize some athletes prefer to room together and parents prefer to have a room to themselves. Should this be the preference, parents can work together to secure an additional room in the Triangle team block for their athlete and teammate(s) to lodge together.
- **FOOD:** Each athlete's parent or designated guardian will be responsible for the food needs of their athlete including snacks and a healthy meal while playing. Team dinners may be arranged during a trip. Each individual is responsible for their own expense.
- **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.
- **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*		12 Blue	12 White		12 Silver 11 Black
	National option	<i>Regional+ option</i>	<i>Regional+</i>	<i>Regional+ option</i>	Regional option	<i>Regional</i>
CLUB DUES	\$4,000	\$2,650	\$2,400	\$2,400	\$1,400	\$1,400
INCLUDES THE FOLLOWING:						
Team Coach Compensation	✓	✓	✓	✓	✓	✓
Gym Time for practices	✓	✓	✓	✓	✓	✓
Tournament Entry Fees	✓	✓	✓	✓	✓	✓
All Coach-Related Travel Expenses	✓	✓	✓	✓	✓	✓
Athlete Health & Wellness Services	✓	✓	✓	✓	✓	✓
Recruiting Support Services	✓	✓	✓	✓	✓	✓
Practice Tee Shirts	✓	✓	✓	✓	✓	✓
<p>▲ Club dues are paid in installments after an initial Commitment Deposit (\$1,000 for national/Regional+ teams, \$500 for Regional only) which is made at the time of verbal acceptance of a Triangle offer.</p> <p>▲ *12 Black is a 'transitional' team where the athletes will train and compete (with the exception of national events) at the 13s age level allowing them to compete at a higher level, most especially in the Carolina Region.</p>						
OPTIONS:						
<p>▲ 12 Black has a NATIONAL level option available at the cost above and with the schedule shown on page 6. All other team information is the same.</p> <p>▲ 12 White has a REGIONAL+ level option available at the cost above (same as 12 Blue) and with the competition schedule shown on page 6. All other team information is the same.</p> <p>▲ Preferences of the players fitting the teams will be considered by the administration is selecting the team's level for the season.</p>						



UNIFORM PACKAGE DETAILS

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

Triangle is pleased to partner with [REN Athletics®](#) once again for the 2023 club season. Families will order uniforms directly from REN Athletics® online portal. Fittings are available at Triangle if needed.

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 color (i.e. waistband, etc.).
3. Crew sock and kneepad color is specified to be WHITE; however, the brand and style is the decision of the individual student-athlete.
4. Triangle does not specify volleyball shoe color, style, or manufacturer.
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.

	12 Black (National option)	12 Black (Regional+ option) 12 Blue 12 White (Regional+ option)	12 White (Regional option) 12 Silver 11 Black
UNIFORM PACKAGE	\$350	\$250	\$175
Jerseys			
REN Athletics® Short Sleeve Black	All Players	All Players	All Players
REN Athletics® Long Sleeve White	All Players		
REN Athletics® Long Sleeve Blue	All Players	All Players	
Warm ups			
REN Athletics® Pullover	All Players	All Players	All Players
REN Athletics® Joggers	All Players	All Players	
REN Athletics® Hitter’s Pullover	All Players		
REN Athletics® Cover Shorts	All Players	All Players	All Players
REN Athletics® logo team Backpack	NEW for 2023	NEW for 2023	NEW for 2023
Black Spandex		***at additional cost if needed***	

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. **Triangle VolleyShop** – onsite store and 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, shoes, balls, and more. VolleyShop pricing is competitive with most items offered at prices below MSRP.

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, Carolina Pre-National) that have the distinct advantage of requiring zero travel or added expense for Triangle families.
- Our schedules also seek to respect and find a balance that makes sense considering the many other factors that accompany travel sports
 - Financial burden on club volleyball families.
 - Missed days of school and the academic stress felt by student-athletes.
 - Overall mental wellness of our athletes.

DATE	EVENT	LOCATION	<i>12 Black</i> <i>National option</i>	<i>12 Blue)</i> <i>Regional+</i>	<i>12 White/Silver</i> <i>11 Black</i> <i>Regional</i>
November 8	Regular Season practices begin	<i>Triangle</i>	▲		▲
January					
14	City of Oaks Challenge	<i>RCC – downtown</i>			▲
14, 15, 16	City of Oaks Challenge	<i>RCC – downtown</i>	▲	▲	
21	Carolina Region event	<i>TBD</i>	▲-13S		
22 [SUN]	Carolina Region event	<i>TBD</i>		▲	▲
February					
4	Carolina Region event	<i>TBD</i>		▲	▲
4, 5	Charm City Challenge	<i>Baltimore</i>	▲		
5 [SUN]	Carolina Region event	<i>TBD</i>			
18	Carolina Region event	<i>TBD</i>	▲-13S		▲
18, 19, 20	Capitol Hill Classic	<i>Washington, DC</i>		▲	
March - April					
3, 4, 5	Sunshine Qualifier (note change)	<i>Orlando</i>	▲		
March 4	Carolina Region event	<i>TBD</i>		▲	▲
March 18	Carolina Region event	<i>TBD</i>	▲-13S		
March 19 [SUN]	Carolina Region event	<i>TBD</i>		▲	▲
March 31, April 1, 2	Big South Qualifier	<i>Atlanta</i>	▲	▲	
April 1	Carolina Region Championships	<i>TBD</i>			▲
April 9	OFF – Easter weekend 😊		😊	😊	😊
May - June					
June 3	Carolina Pre-National	<i>Triangle</i>	▲		
June 14-17	USAV Jr. Nationals*	<i>Minneapolis</i>	▲		Season extension available or athletes can participate in AAU Team tryouts on April 11th
June 22-25	AAU Jr. Nationals*	<i>Orlando</i>	▲		

Please note the following:

- ▲ *Whether 12 Black will be National or Regional+ and whether 12 White will be Regional+ or Regional will be made at tryouts considering the preferences of the players fitting the teams and the input of club administrators.*
- ▲ **National Teams will attend ONE (1) National Championship event, either AAUs or USAV (if qualified).*
- ▲ **USAV Junior Nationals** – there are no extra costs payable to Triangle associated with participation in USAV Junior Nationals.
- ▲ **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 transportation schedules. For planning purposes allow 1-2 days missed for each three-day event when a school holiday is not utilized.