

**TRIANGLE**  
VOLLEYBALL

**2022**

**16s**

**WWW.TRIANGLEVOLLEYBALL.ORG**

*Welcome to Triangle and the 2022 club season!*

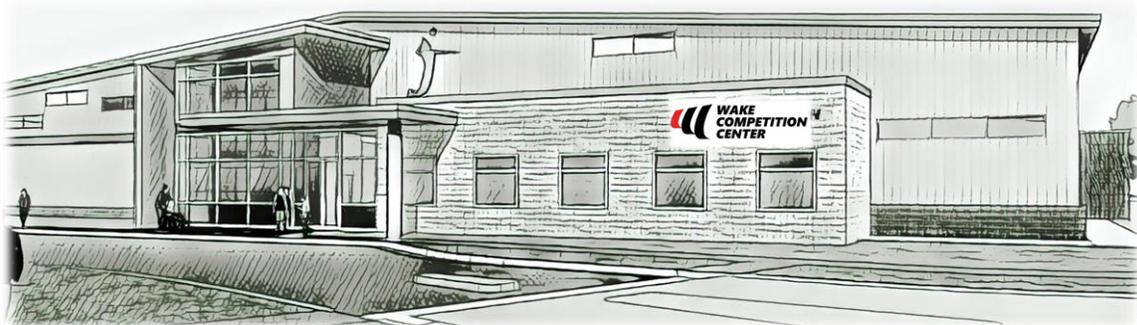
*As we reflect on the 2021 season and prepare for the 2022 season, we recognize that changes are needed to address the escalating cost of junior club volleyball. Additionally, we are unable to ignore the continued presence of the global Coronavirus pandemic and its potential impact on the club experience (and more specifically travel).*

*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 incredible resumes and years of experience on the court and/or on the sidelines. 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 2022, Triangle is planning **FOUR (4)** competitive teams in the 16s age division:

**USAV age eligibility criteria: 16 & under = player who was born on or after July 1, 2005**

***Team Roster Size:** Target roster size is 10 players per team. Roster size may fluctuate slightly on a team-by-team basis but is not expected to exceed 11 or be less than 9 athletes. Practice Player positions will be considered for national teams in every age level.*

At Triangle, we are fortunate to have nearly ninety 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 see Triangle's full slate of coaching staff visit [HERE](#). To view bios of our coaches click [HERE](#).

| <b>TEAM COACHING STAFF</b> |   |   |   |  |
|----------------------------|---|---|---|--|
| <b>Team Name/Type</b>      | <b>16 Black</b><br><i>National</i>                                | <b>16 Blue</b><br><i>National</i>                               | <b>16 White</b><br><i>National</i>                            | <b>16 Navy/Silver*</b><br><i>Regional+</i> |
| <b>Head Coach(es)</b>      | <a href="#">Michael Frank</a>                                     | <a href="#">Michael Webster</a>                                 | <a href="#">Fiona Collichio</a> ▲                             | <a href="#">Breanna Cary</a>               |
| <b>Assistant Coach(es)</b> | <a href="#">Katie Koslowsky</a><br><a href="#">Alissa McGuire</a> | <a href="#">Lauren McManus</a><br><a href="#">Morgan Essert</a> | <a href="#">Nicole Willis</a><br><a href="#">Erin Kearney</a> | <a href="#">Caroline Enloe</a> ▲           |

### 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

| <b>Team Name</b>   | <b>16 Black</b>                               | <b>16 Blue</b>                                | <b>16 White</b>                               | <b>16Navy*</b>                                | <b>16 Silver*</b> |
|--|---|---|---|---|-------------------|
| <b>Regular Season Team Practices</b><br><i>(begins on Nov 1)</i> | M/W: 4:45-6:45pm<br>*Sun evening, time<br>TBD | M/W: 4:45-6:45pm<br>*Sun evening, time<br>TBD | M/W: 7:15-9:15pm<br>*Sun evening, time<br>TBD | M/W: 7:15-9:15pm<br>*Sun evening, time<br>TBD | T/Th: 7-9pm       |

### Supplemental Training

|   |  |                  |                  |                  |     |
|---|--|------------------|------------------|------------------|-----|
| <b>Pre-Season (Sep 12-Oct 31)</b>   | <i>Our priority is to allow athletes to fully focus on their high school season. As appropriate, optional training opportunities will be provided for national teams in the fall; these sessions will vary on a team-by-team basis. We have reserved court time on Sundays [6:30-8pm] for this purpose during the fall</i> |                  |                  |                  |     |
| <b>Setter Pre-practice</b> <i>(starts Nov 1)</i>  | M/W: 4:15-4:45pm   | M/W: 4:15-4:45pm | M/W: 6:45-7:15pm | M/W: 6:45-7:15pm | TBD |
| <b>Positional Pre-practice</b> <i>(starts Nov 1)</i><br><i>Day and frequency depend on position</i> | M/W: 4:15-4:45pm   | M/W: 4:15-4:45pm | M/W: 6:45-7:15pm | M/W: 6:45-7:15pm | TBD |

**PRACTICE PLAYER POSITIONS are available at the NATIONAL TEAM LEVEL. They will be addressed once team selection is complete.**

**NOTES:**

- Pre-season practices/training are **free of charge**.
- \*Sunday evening practices will be incorporated as needed and will occur primarily during the non-travel portions of the season.
- Position-specific pre-practice training is part of the practice commitment for athletes. Exact schedule details will be available as the regular season approaches.
- **\*Only EITHER 16 Navy OR 16 Silver will be formed and formation will depend on the interest at tryouts.**
- 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.

- △ **Competition Training** -The substantial talent depth of Triangle teams facilitates high-level competition in our gym. Access to high-level play is a distinct competitive advantage for many Triangle teams.
- △ **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.*

## 16S PROGRAM COST DETAILS

**NEW for 2022** - Triangle's costs are derived from two (2) components, **DUES + UNIFORMS**. For 2022, Triangle dues have been dramatically decreased as we are making significant changes to how our teams travel out-of-state for several reasons:

1. To reduce the cost of junior club volleyball participation for families.
2. To provide families the style of travel most preferred in a time of continued uncertainty surrounding COVID-19.
3. To simplify travel orchestration in an ever-changing and more complicated travel environment.

**2022 TRAVEL PLAN** – all teams of all ages (national and regional plus) will be on **FAMILY-DIRECTED** travel. **FAMILY-DIRECTED Travel** is when athlete transportation, meals, and supervision is managed by their parent or designated guardian for the entirety of the trip. Additionally, athletes will lodge with their parent, guardian, or teammate(s) at the expense of parents in hotel room blocks secured by Triangle.

**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 and no need for travel reconciliation at the conclusion of the season.
- **TRANSPORTATION:** For flying trips by national teams, Triangle will notify families in advance if we are able to provide family access to group airline tickets. Such tickets, if secured, will be available at an additional cost to families and on a first-come, first-served basis.
- **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. Should parents prefer or require **team-based lodging** for their athlete they can secure a room for their athlete and teammate(s) through our group block.
- **FOOD:** Triangle will not have team chaperones or arrange athlete meals on trips as a general rule. 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 by and paid for by families if desired. Coaches will need to take care of their own food needs.
- **TEAM ACTIVITIES:** these activities often create great team memories. We encourage these activities when they do not distract from the primary goal of competition. The cost of 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.

**!!! Costs are tentative based on what we know at this time.** When the season's schedule is firm, costs will be reconfirmed. With that said, we do not anticipate wide variations in pricing.

|   | 16 Black<br><i>National</i>              | 16 Blue<br><i>National</i>               | 16 White<br><i>National</i>              | 16 Navy*<br><i>National</i>              | 16 Silver*<br><i>Regional+</i>           |
|---|--|--|--|--|--|
| <b>CLUB DUES</b>                              | <b>\$7,200</b>                           | <b>\$6,200</b>                           | <b>\$5,700</b>                           | <b>\$5,700</b>                           | <b>\$3,600</b>                           |
| <b>INCLUDES THE FOLLOWING:</b>                |  |  |  |  |  |
| <i>Team Coach Compensation</i>                | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>Gym Time for practices</i>                 | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>Tournament Entry Fees</i>                  | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>All Coach-Related Travel Expenses</i>      | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>Team/Athlete Support Services</i>          | <i>Sports Recruits®<br/>HUDL Assist™</i> |
| <i>Athlete Health &amp; Wellness Services</i> | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>Recruiting Support Services</i>            | ✓  | ✓  | ✓  | ✓  | ✓  |
| <i>Practice Tee Shirts</i>                    | ✓  | ✓  | ✓  | ✓  | ✓  |

- ▲ **Recruiting Support Services**-are provided by a dedicated staff member + athletes receive access to [Triangle's Sports Recruits® platform](#) (value = \$1,250 per team).
- ▲ **HUDL Assist™** is a team-based game analysis service offered to teams in this age/competitive level (value = \$1,000 per team). We are in negotiations with HUDL to expanding HUDL Assist™ to additional Triangle teams.
- ▲ Club dues are paid in four (4) installments after an initial Commitment Deposit (\$2000 for national teams, \$1000 for Regional+) which is made at the time of verbal acceptance of a Triangle offer.
- ▲ Practice player positions will be determined once team selection is complete. Typical costs are \$200/month and do not include any competition.

## UNIFORM PACKAGE DETAILS

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

Triangle is pleased to partner with [REN Athletics®](#) once again for the 2022 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. We specify **Mizuno® brand black spandex** (style is the athlete’s preference) for competition. Athletes are not allowed to wear any other brand during competition.
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.

| <i>16 Black, Blue, White, Navy/Silver</i> |   |
|---|---|
| <b>UNIFORM PACKAGE</b>                    | <b>\$325</b>                              |
| <i>Jerseys</i>                            |   |
| <i>REN Athletics® Short Sleeve Black</i>  | <i>All Players</i>                        |
| <i>REN Athletics® Long Sleeve White</i>   | <i>All Players</i>                        |
| <i>REN Athletics® Long Sleeve Blue</i>    | <i>All Players</i>                        |
| <i>Warm ups</i>                           |   |
| <i>REN Athletics® Pullover</i>            | <i>All Players</i>                        |
| <i>REN Athletics® Joggers</i>             | <i>All Players</i>                        |
| <i>REN Athletics® Hitter’s Pullover</i>   | <i>All Players</i>                        |
| <i>REN Athletics® Cover Shorts</i>        | <i>All Players</i>                        |
| <i>REN Athletics® logo team Backpack</i>  | <i>All Players</i>                        |
| <i>Mizuno® Black Spandex</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. **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.

## 16S EVENT/TOURNAMENT SCHEDULE

At this time some events have not posted complete event information, so we reserve the right to make changes.

| DATE                   | EVENT                                   | LOCATION       | 16 Black<br>National | 16 Blue<br>National | 16 White<br>National | 16 Navy*<br>National | 16 Silver*<br>Regional+ |
|------------------------|---|----------------|----------------------|---------------------|----------------------|----------------------|-------------------------|
| Week of November 1     | Regular Season begins                   | Triangle       | ▲                    | ▲                   | ▲                    | ▲                    | ▲                       |
| <b>January</b>         |   |                |                      |                     |                      |                      |                         |
| 15, 16, 17             | City of Oaks Challenge                  | RCC – downtown | ▲                    | ▲                   | ▲                    | ▲                    | ▲                       |
| 22                     | Carolina Region Event                   | TBD            |                      |                     |                      |                      | ▲                       |
| 29, 30                 | MAPL Hampton Roads                      | Hampton, VA    | MAPL or CCC          | MAPL or CCC         | MAPL or CCC          | MAPL or CCC          |                         |
| <b>February</b>        |   |                |                      |                     |                      |                      |                         |
| 5                      | Carolina Region Event                   | TBD            |                      |                     |                      |                      | ▲                       |
| 5, 6                   | JVA Charm City Challenge NEW            | Baltimore      | CCC or MAPL          | CCC or MAPL         | CCC or MAPL          | CCC or MAPL          |                         |
| 19, 20, 21             | Triple Crown Sports                     | Kansas City    | ▲                    | ***                 |                      |                      |                         |
| 19, 20, 21             | Capitol Hill Classic                    | Washington DC  |                      | CHC or SEI          | ▲                    | ▲                    | ▲                       |
| 26, 27                 | Southeast Invitational (formerly Beast) | Atlanta        |                      | SEI or CHC          |                      |                      |                         |
| <b>March</b>           |   |                |                      |                     |                      |                      |                         |
| 6 [Sun]                | Carolina Region Event                   | TBD            |                      |                     |                      |                      | ▲                       |
| 12, 13                 | MAPL Raleigh *SAT Test Date             | RCC – downtown | ▲                    | ▲                   | ▲                    | ▲                    |                         |
| 19                     | Carolina Region Event                   | TBD            |                      |                     |                      |                      | ▲                       |
| 25, 26, 27             | Mideast Qualifier                       | Indianapolis   | ▲                    | ***                 |                      |                      |                         |
| <b>April</b>           |   |                |                      |                     |                      |                      |                         |
| 1, 2, 3                | Sunshine Qualifier *ACT Test Date       | Orlando        | ▲                    | ▲                   | ▲                    | ▲                    |                         |
| 2                      | Carolina Region Championship            | TBD            |                      |                     |                      |                      | ▲                       |
| 15, 16, 17             | Big South Qualifier [EASTER]            | Atlanta        | ▲                    | ▲                   | ▲                    | ▲                    | ▲                       |
| 22, 23, 24             | Northeast Qualifier                     | Philadelphia   | ▲                    | ▲                   |                      |                      |                         |
| <b>May-June</b>        |   |                |                      |                     |                      |                      |                         |
| Late May or early June | Pre-National Event *SAT Test Date 6/4   | TBD            | ▲                    | ▲                   | ▲                    | ▲                    |                         |
| Dates TBD              | AAU Jr. Nationals or USAV*              | Orlando        | ▲                    | ▲                   | ▲                    | ▲                    |                         |
| June 25-July 6         | USAV Jr Nationals* [4 days in window]   | Indianapolis   |                      |                     |                      |                      | requires qualification  |

***Please note the following:***

- ▲ This schedule is tentative as some events have not released final details of their events. This represents our current best guess. Decisions on “either or” events will be done when more information is known.
- ▲ \*Teams attend only one (1) national championship event. Teams qualifying for USAV Jr. Nationals will attend that event in lieu of AAUs
- ▲ **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 secure transportation outside of school hours. For planning purposes allow 1-2 days missed for each three-day event when a school holiday is not utilized.
- ▲ **Spectator Considerations** – it is possible that due to ongoing Coronavirus considerations, large tournaments may restrict spectator numbers in order to maintain social distancing and comply with local regulations on large gatherings.

\*\*\* Once team formation is complete for 16 Blue, a determination will be made if participation at Triple Crown and MEQ is warranted. Triangle 16 Blue is already on the Triple Crown wait list. Attending these events is not included in current pricing.