

TRIANGLE
VOLLEYBALL

2021

18s

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Welcome to Triangle!

As we prepare diligently for the 2021 season we must accept the presence of the global Coronavirus pandemic and the potential it presents to shape our training, competition, and travel opportunities this season. We recognize that families are faced with having to assess, and oftentimes balance, risk vs. reward-type scenarios when it comes to their children's education, social relationships and participation in extra-curricular activities. As the club season approaches it is apparent to us at Triangle that this challenge has created a heightened level of anxiety and uncertainty for many parents and families.

In these unprecedented times Triangle has devoted incredible time, energy, and investment to earn the volleyball community's trust. Since the pandemic struck in early March we have taken a cautious, creative, serious, compassionate and detailed approach to developing a return-to-sport plan, facility protocols and operational enhancements that minimize risk of COVID-19 transmission in our facility. We commit to every family choosing Triangle as their club for 2021 that we will continue our steadfast determination to that effort. Please be sure to read our COVID-19 statement on the back of this program guide to learn more.

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

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





GENERAL TEAM INFORMATION

For 2021, Triangle is planning **TWO (2)** competitive teams in the 18s age division:

USAV age eligibility criteria: 18 & under = player who was born on or after July 1, 2002

Team Roster Size: Target roster size is 11 players per team in order to best ensure team viability while COVID-19 is still prevalent.
Roster size may fluctuate slightly on a team-by-team basis but is not expected to exceed 12 or be less than 10 at this age level.

TEAM COACHING STAFF		
Team Name/Type	18 Black National	18 Blue National
Head Coach	Logan Barber	Drew Hermanson
Assistant Coach(es)	Tonya Holmes	Brendan Koslowsky
Designated 2 nd Assistant Coach	Chad Christensen (shared)	

At Triangle, we are fortunate to have a large coaching staff whose talent and experience is among the very best in the nation. Each Triangle team is assigned a **unique** and **dedicated** coaching team who are committed to their athletes training and development. In many cases teams will have more than two coaches to better assure our teams that they will have consistent and capable coaching staff should high school volleyball or COVID-19 cause absences. To see Triangle's full slate of coaching staff visit [HERE](#).

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

Our [Wake Competition Center](#) facility is the premier volleyball practice 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	18 Black	18 Blue
Pre-Season (see schedule for start date)	Scheduled 2 times per week as close to 'normal' practice day/times as possible. Pre-season schedule will vary from Regular season schedule and will be provided upon team offer.	
Setter Pre-practice beginning November 1 (on team designated court)	Mon/Wed: 4:30-4:45pm	Mon/Wed: 4:30-4:45pm
Regular Season Team Practices (begin Nov 1)	Mon/Wed: 4:45-6:45pm Sun: 4-6pm OR 6:30-8:30pm	Mon/Wed: 4:45-6:45pm Sun: 4-6pm OR 6:30-8:30pm

NOTES:

- Pre-season practices/training are **free of charge** and not included in the team dues presented in this guide.
- An alternating time (early/late) practice schedule option for national teams may be employed during WCPSS high school season, if needed.
- Pre-practice training for specific positions is part of the practice commitment for athletes.
- Initially we are scheduling practices to allow for a 30-minute buffer to allow for athlete screening and check-in. Long term we seek to reduce the buffer to 15 minutes, allowing practice times to expand further.
- Sunday practices will primarily occur during non-travel parts of the season. Should club season overlap with an athlete's high school program, Sunday practices will ensure them regular access to team training.
- Due to COVID-19, PACT is not being incorporated as part of the regular weekday practice time. Options for student-athlete strength and conditioning in our dedicated PACT room will be explored once allowable.
- 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 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.

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 100 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 easily pivot and direct coaching capability to any team should that be necessary.
- △ Every Triangle team has an established **training cycle** which supports both 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* on numerous factors that impact 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. 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** for the purposes of addressing injuries and/or injury risk are delivered weekly on-site during specific practice times and are 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.
- △ **Recruiting Support Services** –Triangle's dedicated Recruiting Director educates athletes and families on how to effectively navigate and utilize the recruiting tools provided to achieve their goals of playing at the next level. For many advanced level teams Triangle has integrated [Sports Recruits](#) services to assist with recruiting.

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.*

18S PROGRAM COST DETAILS

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



UNIFORM PACKAGE DETAILS

REN ATHLETICS® UNIFORMS – NEW for 2021. CHECK THEM OUT [HERE!](#)

Triangle is pleased to partner with [REN Athletics®](#) for the 2021 club season to provide our exciting new uniform package. REN Athletics® has a contactless, online uniform fitting and ordering system that will allow families to safely, and most accurately, procure their uniform package for the season.

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>18 Black & Blue</i> <i>[National]</i>	
UNIFORM PACKAGE	\$290
Jerseys	
REN Athletics® Short Sleeve Black	<i>All Players</i>
REN Athletics® Long Sleeve White	<i>All Players</i>
REN Athletics® Long Sleeve Blue	<i>All Players</i>
Warm ups	
REN Athletics® Pullover	<i>All Players</i>
REN Athletics® Joggers	<i>All Players</i>
REN Athletics® Hitter's Pullover	<i>All Players</i>
REN Athletics® Cover Shorts	<i>All Players</i>
REN Athletics® logo team Backpack	<i>All</i>
Spandex - to control costs we will continue to specify Mizuno® Spandex	
Mizuno® Black Spandex	<i>***at additional cost if needed***</i>

TEAM DUES DETAILS

	18 Black [National]	18 Blue [National]
CLUB DUES	\$3,300	\$3,200
Tournament Entry Fees		
Inter-Regional Tournaments	Included	Included
Mid-Atlantic Power League [MAPL]	2 Included	2 Included
National Qualifiers	2 Included	2 Included
USAV Junior Nationals [if qualified]	Included	Included
Team/Athlete Support Services	Sports Recruits® HUDL Assist™	Sports Recruits® HUDL Assist™

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

- **Team Coach Compensation** – salaries for Head and Assistant coaches for all training and competition.
- **Court Time** – for all team practices, position and competition training, and all other team-related court activities.
- **Health & Athlete Wellness Services** – Nutrition Training, Physical Therapy Diagnostic and Support Services, and Injury Prevention initiatives
- **Recruiting Support Services** – are provided by a dedicated staff member + athletes receive access to [Triangle's Sports Recruits® platform](#) (value = \$1,250 per team).
- **Athletic Training Equipment & Supplies** – all first aid and emergency response supplies and equipment.
- **Practice T-shirts** – three (3) per athlete customized with athlete's jersey number
- **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.

NOTES:

- ▲ [HUDL Assist™](#) is a team-based game analysis service offered to teams in this age/competitive level (value = \$1,000 per team).
- ▲ Triangle is a founding MAPL partner club with 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. Team acceptance decisions for all MAPL events are 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. For 2021, we are requiring a Commitment Deposit upon verbal commitment to a Triangle team allowing us to begin the onboarding process and give athletes/families access to numerous Triangle benefits and programs. The Regular Season Deposit is due on or before November 1, the official start of the regular season. The [2021 Club Payment Plan](#) is available on our website.
- ▲ Should COVID-19 interrupt the season you can be certain that Triangle will appropriately deliver on its commitment to athletes and to properly address any financial considerations.

SPIRIT WEAR INFORMATION

Members have access to two [2] 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 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.

TRAVEL AND TRAVEL SERVICES

Without question we must look differently at travel in 2021 due to the sustained impact of COVID-19. Despite the differences warranted by the pandemic, Triangle athletes and families can count on a high-quality, well-organized travel experience. Triangle has tremendous experience and strategic partnerships that allow Triangle’s professional travel staff to consistently create the best environment to support team success on the road.

2021 TRAVEL PLAN - To allow for safe and responsible travel for Triangle teams while the pandemic threat remains, we will be modifying our traditional travel practices. Below are some helpful definitions:

- **TEAM Travel** is defined as when a team travels under the direct supervision of coaching staff and where the Club provides for and arranges team-based transportation, lodging, and all meals.
- **FAMILY Travel** is defined as when an athlete travels primarily with their parent or designated guardian and includes parent/athlete combined overnight lodging arrangements. Transportation and lodging costs are solely the responsibility of the individual family. Once team responsibilities are complete for the day the athlete will be under the direct supervision of their parent or designated guardian.
- **FLEXIBLE Travel** is defined as when the Club offers families a choice of either Team Travel or Family Travel.

For National teams 15 and older Triangle has priced travel under the TEAM Travel model and will seek lodging arrangements that provide athletes their own bed*. Additionally, we are also providing families an estimate for a FAMILY Travel option. Keep in mind both the costs listed are estimates and we fully reconcile all travel expenses at the end of the season.

Chaperone Responsibilities – Triangle will continue to employ the services of a team chaperone but how that service is executed will change and will not involve team dining, meetings, or other group activities in the chaperone’s hotel room. Additionally, pre-packaged or ordered foods will be the preferred source of food for athletes and coaching staff.

TRAVEL COSTS

1. **Transportation** – TEAM travel estimates include the cost of team-based transportation while FAMILY travel does not. The schedule page shows which mode of transportation is included in the TEAM travel estimate. Should travel by motor coach be ill-advised due to COVID-19, driving with parents will be an alternative for drivable events and that cost expected for motor coach service will be credited in the travel reconciliation process.
2. **Lodging** – travel estimates reflect **athletes rooming 2 per hotel room (1 per bed)**. When hotel arrangements allow for 3 per room (when room includes a sleeper sofa), that lodging density will be utilized to save families money.
3. For both TEAM and FAMILY travel, **all meals and snacks*** are provided throughout the trip utilizing chaperone purchases, catering, and/or local restaurant service.
4. The TEAM travel estimates for each trip include the estimated costs of coach transportation and lodging, food-related expenses and any other anticipated trip costs (i.e. ground transportation if needed)

TEAM TRAVEL ESTIMATES.	<i>18 Black National</i>	<i>18 Blue National</i>
(TEAM TRAVEL FAMILY TRAVEL)	\$4,525 \$1,950	\$3,425 \$1,450
Mid-Atlantic Power League (Hampton, VA)	▲	▲
Triple Crown Sports (Kansas City)	▲	
National Qualifiers	▲ (2)	▲ (2)
Junior Nationals [USAV]	▲	▲

- ▲ The estimated total for travel shown above **includes** the cost anticipated for participation in USAV Jr. Nationals. Should the team not qualify or elect not to attend these travel funds are refundable.
- ▲ Should COVID-19 interrupt a team’s travel plans, families can expect Triangle to invest considerable effort to recover any and all travel-related expenses and credit those funds directly to each family’s club account. Excess credits are always refundable to families.
- ▲ Travel estimates are combined with Club Dues and paid over the course of the club season in equal payments. The [2021 Club Payment Plan](#) is available on our website.

EVENT/TOURNAMENT SCHEDULE

DATE	EVENT	LOCATION TRANSPORTATION	18 Black <i>National</i>	18 Blue <i>National</i>
Sept 21	Pre-Season begins	Triangle	▲	▲
Nov 1	Regular Season begins	Triangle	▲	▲
January				
16, 17, 18	City of Oaks Challenge	RCC – downtown	▲	▲
30, 31	MAPL Hampton Roads	Hampton, VA 🚌	▲	▲
February				
13, 14, 15	Triple Crown Sports	Kansas City ✈️	▲	
19, 20, 21	Beast of the Southeast Qualifier	Atlanta ✈️	▲	▲
27 & 28	MAPL Raleigh	RCC – downtown	▲	▲
March				
20, 21, 22	Northeast Qualifier	Philly ✈️	▲	▲
27, 28, 29	Red Rock Rave Qualifier (option)	Las Vegas ✈️	option	option
April				
TBD	Local Competition Event	TBD	▲	▲
23, 24, 25	USAV Jr. Nationals 18s	Columbus ✈️	▲	▲
May				
5	College Prep Training & Senior Seminars	Triangle	▲	▲
21, 22, 23	USAV Jr. Nationals 18s (alternative date under consideration)	Columbus ✈️	▲	▲
26	Senior Celebration – Last Group 1 practice	Triangle	▲	▲

🚌 – Team travel by motor coach

✈️ - Team travel by airplane

All associated transportation expenses are included in TEAM travel costs

FAMILY travel has families provide transportation, lodging and overnight supervision for their athlete.

This program guide lays out an abbreviated national, but intense, college preparatory experience for the members of Triangle 18s teams. While the training in May does not conclude with a competitive event, this training period is essential and regular participation has proven to best prepare athletes for their collegiate experiences.

Please note the following:

- ▲ Obviously with the Coronavirus pandemic expected to continue all events are tentative. Whether an event is held/attended will rely on national, state, and local public health guidance and any associated travel restrictions.
- ▲ **Team Travel** will utilize the transportation mode indicated above. The cost of transportation is built into the travel estimate and is included along with lodging and food. Actual transportation mode utilized will consider current public health guidance.
- ▲ **Family Travel** relies on parents to transport, lodge and provide overnight supervision for their athlete. Team food is included in the Family travel estimate (along with coach travel, pay, and team incidentals)
- ▲ 🙌 It's important to note that most travel arrangements have already been secured meaning both flights and hotels. The ability to have arrangements in place will best assure families that event participation will occur AND costs can be contained.
- ▲ **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 probable that tournaments around the country will restrict spectator numbers in order to maintain social distancing and comply with local regulations on large gatherings. Parents should prepare themselves for spectator levels averaging 1 per student-athlete at such events.



COVID-19 and the 2021 Season

Public health experts believe that the COVID-19 pandemic will be prevalent through the end of 2020 and into 2021. Until a vaccine is developed and widely distributed, protocols meant to reduce the likelihood of viral transmission will be in effect. These protocols have the possibility of affecting both the practice environment, and more dramatically, the competition and travel experiences of the traditional club volleyball season.

With that said, the near future of club volleyball remains uncertain due to the presence of COVID-19 in our state and the cities and states hosting competitions. At Triangle, we are committed to doing our very best to give the club season each of us desires with excellent training and competition at the core of the student-athlete experience. To that end we are planning, with an optimistic eye, a competitive season. Along with the training families have come to expect from Triangle, athletes can expect to engage in high-level competition both inside and outside our gym.

As we seek normalcy in training and competition, we will prioritize protecting our athletes and coaching staff by employing appropriate controls, safety protocols, and instituting the guidance of our national, state and local public health officials. Triangle's ***Pandemic Response and Return-to-Sport Plan*** provides the framework for keeping our gym safe and protecting those in our community. This plan was created after thorough research and collaboration with nationally-recognized clubs like Michigan Elite, Wave, and VCNebaska and considers the vast public health guidance from the CDC and NC Department of Public Health.

There are many unknowns in the months ahead and while the future impact of COVID-19 is beyond our control, we can confidently assure our members and their families that they can trust Triangle to handle the upcoming season with integrity and with the utmost concern for their athlete's health and safety. Here are some relevant facts:

- Triangle is, without question, a [nationally recognized leader](#) when it comes to safety, health and the protection of athletes.
- In response to the COVID-19 pandemic we have adopted extensive sanitization procedures for our courts, volleyballs, equipment and other high-contact surfaces. These practices were reviewed by officials in the Office of Governor Cooper and have been in place since reopening in late May. When combined with gym and participant protocols Triangle is uniquely equipped to consistently provide the needed protection for our training space and ensure the safety and well-being of our athletes and staff.
- Scientists have established that Coronavirus is highly contagious and transmitted through shared air space. As such, public health officials including the CDC have emphasized the need for highly efficient and effective ventilation in indoor athletic spaces. The large open-span air space in Triangle's WCC facility is managed by eight large air handlers specifically designed for volleyball/athletic activities and engineered with humidity controls and a high-performance capacity. Our partners at Piedmont Service Group regularly monitor our HVAC equipment to ensure it is operating with maximum air turnover and fresh air intake. In doing so the risk of airborne disease transmission is minimized in our gym.
- As has been seen on campuses, K-12 schools and sports of all kinds, COVID-19 is a continuing risk. Proper controls and having the capability to effectively contact trace will minimize the impact should an athlete, coach or visitor infected with COVID-19 be in our gym. Triangle has personnel certified in Contact Tracing by Johns Hopkins University.
- As was the case when the pandemic first struck North Carolina, we promise to transparently communicate with our families regarding current public health guidance and if needed, how it will impact our gym operations and any competition events and/or travel.
- We have proven and will continue to be good financial stewards of our member's club fees and make every effort to provide a quality training and competition experience while at the same time mitigating the financial risk associated with engaging in youth sport activities while COVID-19 is still prevalent. It is worth mentioning that for the 2020 club season Triangle communicated with parents in a transparent fashion and handled refunds fairly for travel and club services not realized. Additionally, a comprehensive virtual training program served to keep athletes engaged on a regular practice schedule until the end of the season.

We know that families eagerly, yet anxiously, approach the upcoming club season. We also understand that a club's reputation and past practices regarding safety, fiscal management, and organizational integrity matter more than ever. Triangle's reputation in these areas is well known, proven, and a tangible value add. We invite you to talk to our past members or reach out to us if you have any questions or concerns that we can help to address so you can feel confident when making your club choice for 2021.

Most sincerely, Sherry Fadool, Executive Director