



## FREQUENTLY ASKED QUESTIONS

Below we've addressed the most commonly asked questions about club volleyball and playing at Triangle. It is impossible to cover every possible question so please feel free to contact us by phone, 919-544-9400 or email, [info@trianglevolleyball.org](mailto:info@trianglevolleyball.org) and we will be happy to answer your questions.

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## What is junior club volleyball?

Junior girls' volleyball or club volleyball is a nationwide junior volleyball system comprised of individual clubs organized under one of several parent organizations [USA Volleyball, AAU, JVA, etc] for the primary purpose of growing and supporting the sport. Generally, club volleyball offers participants the opportunity to continue to compete and develop skills well beyond the relatively short middle school and high school seasons.

Club volleyball programs, literally and figuratively, come in many different shapes and sizes in terms of programming, administration, benefits provided, etc. Some organizations serve a small niche (e.g., low commitment developmental, high commitment competitive, and everything in-between). Some organizations, like Triangle, commit to providing a wide-range of opportunities for its participants.

Triangle Volleyball Club is a member of the Amateur Athletic Union (AAU), Carolina Region of USA Volleyball (USAV), American Volleyball Coaches Association (AVCA), and Junior Volleyball Association (JVA).

## When does club volleyball take place?

Again, there is some variation between clubs. Triangle teams begin training in late November/early December. Triangle teams begin tournament competition in January. Triangle *Regional* and *Regional Plus* teams compete through mid-April depending on age-level. Triangle *National* teams compete through the AAU National Championships (Orlando, FL) in mid/late June and/or USA Junior National Volleyball Championships (location TBD annually) in late June/early July, if qualified.

## What factors (other than cost) should one consider when selecting a club volleyball program?

The two primary factors to consider are: training and competition. Triangle's formula for success on the court is the direct result of a consistent, comprehensive, and progressive training program led by talented and experienced coaches. Through appropriate competition we challenge and test our teams. The history of our competition schedule (location, difficulty of field, quality) indicates that commitment to seek the highest level of competition.

## How do you determine the age-eligibility of a student-athlete for the purposes of team placement?

2017/2018 Season: Eligibility/age level is determined by our governing body, USAV, and simply stated it is based on the age your child will be on September 1, 2018.

### 18 and Under Division:

*Players who were born on or after September 1, 1999 OR players who were 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*

### 17 and Under Division:

*Players who were born on or after September 1, 2000*

### 16 and Under Division:

*Players who were born on or after September 1, 2001*

### 15 and Under Division:

*Players who were born on or after September 1, 2002*

### 14 and Under Division:

*Players who were born on or after September 1, 2003*

### 13 and Under Division:

*Players who were born on or after September 1, 2004*

### 12 and Under Division:

*Players who were born on or after September 1, 2005*

### 11 and Under Division:

*Players who were born on or after September 1, 2006*

*NOTE: Once a player participates in a club or varsity program for any university or college they are ineligible to play in any USAV or AAU qualifying and championship events.*

## Are athletes required to play in the age-level specified by the USAV eligibility standards?

While student-athletes may not play at a lower age level than their eligibility they may be able to play at an older age level. Triangle takes very seriously keeping student-athletes in their age level, however, we will consider peer group issues (i.e. a 9<sup>th</sup> grader whose USAV age level is 14's) and advanced skills when making final team placements. "Playing up" is not a common practice at Triangle with teams above 12 & under.

## My athlete is only 10 can they play in the 11/12's division?

Yes. Often times our 12's teams are comprised of younger student-athletes as there is a wide range of athletic ability and skill in this age group. In the past there have been athletes as young as 9 years old on Triangle 11 & under teams.

## TRIANGLE GENERAL INFORMATION

### What is Triangle's mission?

Triangle Volleyball Club's mission is to educate the whole person through excellence in the sport of volleyball. We are also committed, in visible and meaningful ways, to growing volleyball in North Carolina. Triangle was founded in 2002 by three educators and volleyball coaches, and is a 501(c)(3) non-profit organization.

### Can you help me to better understand how Triangle is organized and its operating practices?

Triangle is a recognized non-profit organization in full compliance with all federal, state, and local laws. We take seriously our non-profit status and recognize that, while it engenders the kind of community of support and shared vision we desire in our club, it also requires us to demonstrate a level of excellence in our financial operations. We are governed by an esteemed Board of Directors and hold regular meetings to address both long-term strategy and financial operations. Fiscal responsibility and transparency are highly regarded and demonstrated by both the Board of Directors and club administration. We file annually all required tax documents, withholding information, and maintain all Department of Revenue licensures and registrations. Good accounting practices and sound fiscal management are verified by an annual review conducted by an independent accounting firm. In addition to USA Volleyball provided insurance we have full liability coverage for all activities in our gym and our staff, volunteers, and participants.

### What makes Triangle Volleyball Club different from other clubs?

Quite a bit! Since club volleyball is a commitment of both time and money for the student-athlete and their family it is important to learn as much as possible about club opportunities prior to tryouts. To assist you in this process we encourage you to take full advantage of our CLUB/TRYOUT PARENT INFORMATION SESSIONS and our FALL PROGRAMMING. These are great opportunities for you to begin to get to know our organization and staff.

#### **Mission**

Our mission is the guidepost for Triangle and the volleyball court serves as our classroom. In everything we do, we teach lessons of character, discipline, respect, responsibility, accountability, commitment, leadership, work ethic, teamwork, courage, integrity, communication, cooperation, and the importance of sacrifice and sportsmanship. We firmly believe that, if done properly, athletics is a tremendous domain for training and preparing young people to succeed in life.

#### **Club Leadership**

Triangle Volleyball Club was founded in 2002 by three professional educators, who had experience and success as collegiate-level players and coaches. Triangle's key administrators, Sherry Fadool and Mike Schall, have assembled and lead an administrative team of competent volleyball professionals. Administrative offices are located on site in Triangle's gym allowing the entire administrative staff to actively engage with members, families and guests.

An esteemed Board of Directors is comprised of volleyball and business professionals from within the Triangle community and beyond. The Board of Directors is charged with ensuring organizational and financial stability, sustainability, and continuity of mission and operations.

#### **Staff**

The continuing fulfillment of our mission is due, in large part, to our recruitment, retention, and development of experienced, well-trained coaches, a consistent coaching style and curriculum implemented club-wide, and an atmosphere of support and collaboration among our coaches, student-athletes and families. Many of our staff are nationally recognized and you won't find a better collection of volleyball educators anywhere in North Carolina.

#### **History**

Triangle is the most successful and nationally recognized club program in the history of North Carolina junior club volleyball. In the past 15 years Triangle Volleyball Club has realized tremendous achievement both on and off the court, and has time and again set the bar for the Carolina Region with 44 regional championships and 55 appearances at the USAV Junior National Championships. Our [alumni](#) are, in-part, testament to our success. They are currently competing at colleges and universities around the country and have proven themselves well-prepared to achieve next-level success.

## Facility

The 2006 opening of our 17,500 square foot four-court volleyball training and competition facility properly positioned Triangle to fulfill its mission and commitment to grow volleyball in North Carolina. By operating and maintaining our own facility, Triangle has the flexibility, space, and equipment needed to achieve our educational mission with each of our athletes.

In August 2009, we installed a state-of-the-art NeoShok™ orthopedic subfloor under our existing Mateflex® ProGYM™ flooring. This improvement provides our student-athletes the safest playing surface available with and has proven to significantly reduce fatigue and the risk of injury.

In the fall of 2013, we expanded our space into the adjacent suite adding 3 more courts. This project allowed us to add a dedicated strength and conditioning area, classroom, administrative offices and expanded spectator seating. Our 3 new courts were also constructed on top of an orthopedic subfloor.

## Programs

We offer consistent coaching and a club-wide training curriculum which helps to ensure that Triangle student-athletes continue to develop and progress in skill level throughout their years of competitive volleyball. Triangle's comprehensive training program includes a compilation of educational initiatives, *triangle.edu*, which take place outside the skill and team-based training that occurs on court for our student-athletes. Experts in the fields of health, nutrition, injury prevention, mental toughness along with programs addressing effective recruiting, parent involvement, leadership, address the myriad of factors that affect overall athletic performance.

Triangle offers additional training opportunities through skills-based and topic-based programs such as TSA (Triangle Setting Academy), PACT (Power, Agility, and Core Training), PowerCore 360, and our year-round camp and clinic series, which includes our highly-successful summer camp program.

## TRIANGLE STAFF, COACHING PHILOSOPHY, AND TRAINING

### Who coaches at Triangle Volleyball Club?

Triangle Volleyball Club seeks quality people who share a passion for our mission and a true care and concern for their colleagues and our student-athletes. With that in mind we recruit, hire, train, and retain the most experienced and committed coaches available. We provide both training and mentorship for all coaches.

A truly talented, knowledgeable and dedicated staff is responsible for the guidance of our student-athletes. Triangle Volleyball Club continues to be fortunate to have a coaching staff that rivals the staff of any other club in the nation. Please visit our [website](#) for more information on our coaching staff.

### Is there a coach development program?

Triangle takes seriously the professional development of its coaching staff. We support advanced certification and training for our coaches and provide substantial mentoring and training. Beyond IMPACT certification our coaches receive training on skill development, game strategy, leadership development, health and nutrition, injury prevention, and more.

### Does Triangle have a playing time philosophy?

Our experience has shown that the concept of 'fair' playing time has a different meaning for coaches, parents, and athletes. We also recognize that disparate views on what constitutes 'fair' playing time are the most common source of athlete and/or parent frustration in youth sports.

At Triangle, the playing time philosophy employed by our coaching staff will depend on the age level of the team and the competitive level. As such Triangle has not adopted a club-wide playing time philosophy. The positional nature of volleyball combined with the complexity posed by attempting to balance the dual interests of distributing playing time fairly on the individual level and achieving the goals and objective of the team as a whole requires understanding that 'fair' playing time does not necessarily mean 'equal' playing time.

### Will my athlete have more than one coach?

YES! Every team has a head and assistant coach assigned specifically to that team. In addition, we have lead position coaches and resource coaches who contribute to the training of all teams allowing every athlete to interact with and benefit from the collective experience of our coaching staff.

## I understand you have a 'club-wide' training system. Can you tell me what that means?

Every element of our training program is based on an educational model which allows Triangle student-athletes to progress through fundamentals to elite level skill development and comprehensive knowledge of the game. Triangle's fundamental style of play is ball control and serves as the basis for the majority of our training. This building block approach ensures the student-athlete receives consistent skill training and development throughout the season and their years with Triangle. Furthermore, a specific "training cycle" allows coaches to address both individual skill development and team tactical development relative to the competition schedule of our teams.

## Do teams practice together and/or compete against one another?

Our gym practice schedule is designed to take superior advantage of our training facility, the expertise of our staff, and the depth of talent on our teams. Intra-club competition training is an essential element of team training allowing coaches to focus on specific aspects and strategies of the game. Specific competition training days and scrimmage during regular weekday practices provide numerous opportunities for this beneficial training.

## What is PACT?

PACT [Power, Agility, Core Training] is designed to educate student-athletes on the importance of fitness, conditioning, and flexibility in preventing injury and achieving the performance standards necessary to excel in the sport of volleyball. PACT serves to introduce and reinforce the key elements and proper techniques of a comprehensive training program.

## What other elements make up your training program?

Additional training components are delivered outside of the regular weekday practices for many of our teams. These sessions will occur on either Fridays or Sundays and are scheduled well in advance. Athlete participation in these sessions is mandatory. This training can take one of three forms:

*Group Positional Training*-designed for athletes to achieve core positional competencies. Lead position coaches who are exceptionally trained and knowledgeable at their specific position direct this training. With multiple teams in the gym, position training gives cross team training and allows student-athletes to work with other athletes at their same position.

*Tactics*-group and team training that addresses areas such as communication on the court, offensive systems, defensive systems, and how to gain competitive advantage. Tactics sessions are designed to drive greater team performance.

*Competition Training*-intra-club competition days that allow teams and coaches to focus on specific aspects and strategies of the game. Triangle's competitive and collaborative atmosphere allow players and coaches to make significant strides during these competition days that they otherwise would not have until tournament play.

## What is *triangle.edu*?

*Triangle.edu* is a compilation of educational initiatives which take place outside the skill and team-based training that occurs on court for our student-athletes. Focusing on important issues such as health, nutrition, injury prevention, mental toughness, effective recruiting, parent involvement, leadership, and more uniquely prepares the Triangle student-athlete to compete at the highest level and achieve success both on and off the court. Our training program is comprehensive and addresses all important aspects of athletic performance. *Triangle.edu* information is conveyed in a variety of methods including workshops, on-court training, web-based training, etc.

## TRIANGLE TEAM INFORMATION

### How many teams will Triangle Volleyball Club field this year?

The number of teams that Triangle fields each season is mission-driven meaning that we will only field the number of teams that we can fully support. For the 2018 season we have sufficient facilities, administrative support, and staff in place to field approx. 32 teams.

### How many players will be on each team?

The majority of teams will have 10 players per team. Team size may fluctuate slightly on a case-by-case basis. These differences occur according to team level, make-up, positional needs, and other factors.

### How often do teams practice?

Generally speaking all Triangle teams practice two (2) times per week with competition and/or specialized training scheduled as needed throughout the season. Rarely there are weeks where the competition schedules will cause teams to only have one practice. All practices are published on our club calendar at the start of the season. Changes are rare.

### Do teams have a fixed practice schedule?

Yes, there is a specific weekday practice schedule for each team. Some additional training will occur as shown on the team's schedule. Every team's practice schedule will be specified in our age-level program guides.

***Please check our age-level program guides (available October 1) for more specific information***

### Where do teams practice?

All Triangle teams practice in Triangle's own dedicated, seven-court facility located in Globe Center (near Brier Creek area and RDU International Airport). Our members enjoy a consistent, safe, and centrally-located practice facility. On site we have fitness training support equipment, first aid and injury treatment supplies, changing areas and restrooms, VolleyShop, meeting space, and office space for the club administration.

### What is the difference between a Regional, Regional Plus and National Team?

*Regional* teams primarily compete in regional [NC] and local tournaments held every other weekend throughout the Carolina Region [state of North Carolina]. Many regional teams (*Regional Plus*) will get the additional experience of competing in at least one travel tournament. *National* teams compete in both regional and travel tournaments. For most of our national level teams travel tournaments are held in southeast United States. (Note: ultimately, tournament location for regional tournaments is determined by Carolina Region and is beyond Triangle's control).

***Please check our age-level program guides (available October 1) for team's tournament schedules***

### Will you field as many teams as you have players (i.e. do you form teams from all players attending tryouts)?

We are a mission-driven organization and believe it imperative that our efforts be directed at fulfilling all aspects of our mission. With this in mind, we field as many complete teams as gym space and staff capabilities allow. It should be noted that our tryouts are competitive and not every participant will receive an offer to play on a Triangle team.

### Will we have a choice or say in our athlete's team placement (i.e. National vs. Regional, age-level)?

You are asked to indicate your team-type preference when you register for tryouts. However, an athlete's tryout will determine which team offer is extended. Our process facilitates working with families to determine best "fit".

### I/We have two daughters that would like to be on the same team. Can you accommodate this request?

Possibly, it depends on a variety of factors. If this is your situation we suggest you bring this to our attention early in the tryout process.

### I/We have a son. Do you have boys' volleyball? Please tell me a bit about your boys' program?

Triangle introduced boys in 2014 with the introduction of an 18U boys team. In 2016 a 14U team was also started. As boys develops in NC we take a flexible approach to season planning. Those interested in boys should attend the Parent Info session which is held DURING the boys tryouts each fall in late October. Pre-registration for tryouts is strongly recommended.

### Can boys and girls play on a team together?

While there are some circumstances that allow this to happen we do not have that option at Triangle Volleyball Club.

## Can the multi-sport athlete play at Triangle?

Yes, many Triangle student-athletes participate in more than one sport (or other activity), especially in the younger age divisions. Generally, as athletes advance to higher levels of competition, we see fewer participating in multiple sports.

Our tryout registration module asks prospective student-athletes if they intend to participate in additional sports or activities that may conflict with Triangle team activities. Note that while an athlete's participation in other sports during the club season will not be a determining factor on whether or not a student-athlete is made an offer to play on a Triangle team. It may, however, be a consideration for selection/placement on our most competitive teams.

## How does Triangle view participation in beach volleyball activities [high school, seasonal, etc.]?

We recognize that beach volleyball is growing across the country. For Triangle athletes who participate also in beach we do expect that Triangle indoor club activities [practices, competitions, etc.] take precedence over high school and beach club activities.

## TOURNAMENT INFORMATION AND TRAVEL

### What tournaments do Triangle teams play in?

There are two basic types of tournaments, regional/local-based and travel. Regional/local tournaments all occur in North Carolina and are typically against other North Carolina teams. Travel tournaments are those events, for the most part, located outside of the Carolina Region and are against a broader field of competition including teams from other states. Depending on team level [National, Regional, Regional Plus] teams will have a different mix of tournament types.

Triangle typically participates in the following types of travel tournaments:

1. **Inter-Regional Tournaments** are multi-day events (2 or 3 days) like the City of Oaks Challenge, Mid-Atlantic Power League [MAPL] events, and Capitol Hill Classic in Washington, DC.
2. **National Qualifiers**-These are three-day USA Volleyball events located throughout the country at which teams can earn bids to the Junior National Championships.
3. **National Championships**-Every Triangle national-level team will attend a national championship event. It will either be the AAU Jr. Nationals in Orlando or the USA Volleyball Junior National Championships (held at a different site each year). Entry into USAV Junior Nationals requires teams to earn a bid to qualify.

*\*Two inter-regional events, City of Oaks Challenge and MAPL Raleigh, are held in Raleigh and therefore are not considered travel tournaments. For these two events no travel arrangements are provided by Triangle.*

### How often are tournaments?

To some extent this will depend on the age of the team and program level. Regional/local tournaments are scheduled basically every other weekend from January until late-March/early-April.

Travel tournaments outside the Carolina region, are an essential component of our teams' competitive experience. Scheduling for travel tournaments can vary year-to-year and is done by independent organizations-we have no control over the travel schedule and must simply select the best tournaments to attend by team based on schedule, anticipated costs and competitiveness. As a general guideline, Triangle national teams compete in one in-state and one out-of-state tournament each month.

### For an "out-of-state" tournament, how far do you travel?

Most of our National teams will travel in the southeast, however there are exceptions for our most competitive teams. For example, in 2017 our teams attended tournaments in Atlanta, Hampton Roads, VA, Orlando, Washington, DC and as far away as Minneapolis, Philadelphia, Indianapolis, Boston, Chicago and Salt Lake City.

*School schedule impact: Teams which travel to National Qualifying events and other 3-day events can expect to miss up to 1-1½ days of school for each of these events (most teams will only travel to two or three such events).*

Although my athlete is able to travel on weekends our family situation will not allow for me to accompany them, can they still play on a club team at Triangle?

Yes! Triangle Travel Services and overall travel program provides for the supervision and all services (transportation, lodging, meals, snacks and incidentals) required by our student-athletes and coaches in attendance. While parents and families are welcome to attend travel trips we recognize that family obligations, work schedules, and financial considerations can oftentimes make this impossible. For these reasons, Triangle provides a travel program that is comprehensive and affords families a choice as to whether they attend travel tournaments, attend for less than the entire trip, or not attend at all.

What if we have schedule conflicts during the club volleyball season (i.e., vacations, year-round school track-outs, junior/senior prom, etc.)?

We strongly believe in the concept of TEAM...all team members have a role to play on the team and therefore the team is strongest only when all members are present. That being said, our philosophy is achieve an appropriate balance between family, academic, and athletic activities. Unavoidable scheduling conflicts are addressed on a case-by-case basis. It is imperative that student-athletes inform the Club of such conflicts well in advance if alternative arrangements are to be made.

## TRYOUT INFORMATION

How and when do I sign up for tryouts?

Our tryout registration is an online process and opens each year on October 1<sup>st</sup>. You can access the link on our website. It is imperative that athletes be registered in advance for tryouts. Walk-ins have proven to cause the athlete considerable stress as registration needs are addressed on site. To best prepare your athlete for tryouts please take care of this important step in advance.

Can I just bring my athlete to the tryout as a walk-in?

See above. This is strongly discouraged.

Are we able to watch the tryout process?

You are welcome to watch tryouts but we ask that you not distract student-athletes or coaching staff. We will not have room in the gym for bleachers and we don't allow chairs so that we can best facilitate athlete movement amongst our seven courts. As a reminder, only participants are allowed on the playing surface at any time.

My athlete will also be trying out for other clubs. If they are offered a spot with Triangle will they have to accept it or risk losing her spot before she hears from the other clubs for which they have attended tryouts?

One of our tryout mantras is a "no pressure" atmosphere. At Triangle, we place no higher priority than the well-being of the student-athlete and strictly adhere to the [tryout guidelines](#) set forth by the Carolina region. We promise to conduct our tryouts with the utmost integrity. When you receive an offer from Triangle, that offer stands and is available for consideration up to the Carolina Region established "Signing Date". We do this so the student-athlete and her family have sufficient time and opportunity to weigh all factors in the club decision making process. We do request that families respond to their Triangle offer as soon as they know of their decision to expedite the team selection process.

*\*Note that we will NOT offer more than one athlete a specific roster position on our teams.*

What if my athlete is sick or injured for her tryout?

We deal with this situation at nearly every tryout. Please let us know if this is the case with your athlete. We recognize that illness and injury happen and we will appropriately address each situation on a case-by-case basis.

My athlete is still in their middle or high school season during your tryouts. Can they still tryout?

We are aware that the recommended Carolina Region tryout schedules will require some student-athletes to tryout during their school seasons. Please understand this situation is unavoidable for Triangle. Fortunately, our multiple-session tryout format gives us the flexibility necessary to accommodate student-athletes in this circumstance. Please contact us if this is your situation and we will assist in making any possible accommodations for your daughter to participate in our tryouts.

What is the Carolina Region Athlete/Club Bill of Rights and Letter of Commitment?

The [Athlete/Club Bill of Rights](#) and [Letter of Commitment](#) are documents designed to protect both the club and the student-athlete from misrepresentation by either party. Due to the binding nature of the *Letter of Commitment*, whether signed in person or electronically, student-athletes and their families should be certain they have explored all their club options and made their **final decision** before signing this document with a particular club.

### What is meant by the Carolina Region established ‘Signing Dates’?

Every year the Carolina region establishes signing dates for each age group. The intent of the signing dates is to give clubs and student-athletes an appropriate and fair time-frame to attend tryouts and make an informed club decision. It is unfair and contrary to Carolina Region guidelines for any club to pressure and/or require that a student-athlete commit prior to the established signing dates.

#### 2018 season signing dates:

- **October 27, 2017:** 14’s, 13’s, 12’s and 11’s age groups
- **November 10, 2017:** 15’s, 16’s 17’s, and 18’s age groups.
- There is no signing date established for boys programs

*Carolina Region guideline: Clubs must commit to hold an offer open to a player to join a particular team in the club or the club in general until the respective age group signing date.*

## PARENT INVOLVEMENT AT TRIANGLE

### What is the role of parents in Triangle Volleyball Club?

As coaches, administrators, and parents, we are committed to the creation of a positive athletic experience for all members of our Club. Triangle Volleyball Club recognizes the vital role that parents play in their daughter’s growth as a student-athlete. Triangle cannot be successful without the support of our student-athletes’ families. Parents actively support our mission and contribute to our success in roles as chaperones and volunteers.

### Other than volunteer opportunities, how does Triangle include parents in the Triangle club experience?

Parents play an important role in our many club events. We offer a Parent’s Clinic prior to the start of the club season to help parents better understand the sport of volleyball. Parents attend and are included in the Signing Night Celebration and End of Season Celebration. We also host social events when possible on the road and parent informational sessions on nutrition, recruiting, etc.

### I want to be a positive sport parent. What does Triangle do to promote positive parent involvement in youth sports?

We host Volleyball 101 as a first introduction to the game and to help define the best and most appropriate way to enjoy and support your athlete’s club volleyball experience. Additionally every family must attend a Parent Orientation Meeting at the start of the season where information about how the season’s activities are organized and the role of the parent in team success are presented. We strongly value and emphasize a positive dynamic and visible commitment to support by each team’s parent group. Numerous studies and our tremendous experience has shown that it is undeniable the potential impact a positive parent dynamic can have on an athlete’s and the team’s overall success.

### Do parents stay with the athletes/team for travel trips?

Whether or not a parent(s) attends a travel trip is their own decision which considers their schedule, other responsibilities and finances. Triangle Travel Services often times helps to facilitate parent travel on these trips. **Note, with the exception of our 12’s teams and our 13’s attending AAU National championships as an “AAU team”, student-athletes share a room with their teammates on travel trips and not their parent(s).**

## TRIANGLE FEES AND PAYMENT SCHEDULES

### What does it cost to play on a Triangle team?

Cost is the most common comparator families use when making their club decision. We caution families to dig deep into the details as they compare clubs as cost is a big differentiator. Triangle has consistently provided the best value in club volleyball in the area as we use a cost-based model to prepare our club fees and have all costs included in the fees we present in our fall marketing materials.

There are three cost components at Triangle:

1. **Dues** are a fixed cost (established October 1 and payable over the course of the season). Dues cover all costs associated with team training, member services, and tournament entries for your team. Costs covered by dues include but are not limited to coach salaries, practice tees, court time, tournament entry fees, administrative costs, etc. In its fifteen-year history Triangle has NEVER had a dues increase during the course of the season.
2. **Uniforms**-a uniform package is established each year. When possible, minimal changes are made each year\*. The cost of a student-athlete's uniform package in any given year will depend on age, team level, and whether or not the athlete is a returning Triangle athlete.

*\*For 2018 we expect to have no uniform changes*

3. **Travel** costs are presented as estimates for each trip and payable along with dues in equal payments throughout the season. Travel costs are actual travel costs...period. Every trip is fully reconciled and families are returned any overage or billed for any cost overruns. As a reminder our travel trips are FULL SERVICE. Triangle Travel Services does it all: transportation\*, lodging, meals, snacks, and incidentals. Families pay NOTHING related to their student-athlete's travel needs while on team travel trips beyond the club assessment. For our boys teams and beach teams travel is handled differently than indoor club. See program guides for details.

*\*transportation is included except in the very rare circumstance where carpools are more practical*

***Please check our age-level program guides (available October 1) for more specific information.***

### How much are uniforms?

The cost of uniforms varies depending on the program and team placement for each student-athlete. Uniform items include jerseys, spandex/shorts, practice t-shirts, warm ups, and team backpack. Triangle makes every effort to minimize changes year to year in their uniform package. We specify certain color/style of socks and color of kneepads to be worn with uniform (brand is not specified). We offer SpiritWear that can be purchased at the club. SpiritWear is Triangle-logo merchandise for players and their families. The purchase of these SpiritWear items is strictly optional.

### How do I pay for club?

Our payment plan allows families to spread costs over the length of the season. Payment plan information will be available prior to the beginning of tryouts. Club membership fees may be paid using cash, check, or credit card.

### Does Triangle offer financial assistance for athletes?

Triangle's ability to provide financial assistance to athletes is limited and is only awarded in cases where financial need is demonstrated. Financial assistance decisions are made IN ADVANCE of tryouts and requires the submission of several items along with an application. If an athlete requires financial assistance it is imperative that this be discussed with club administration prior to tryouts so as not to impair the tryout and team selection process.

## COLLEGIATE RECRUITING AT TRIANGLE

### What is Triangle's recruiting support program?

Recruiting support varies with age, skill level and the aspirations of the student-athlete. Initially this effort involves recruiting seminars, workshops, and panel discussions. Some of these sessions are for parents, others for student-athletes. NCAA regulations, appropriate and effective communication strategies and the development of a recruiting strategy are all topics of these sessions. As the recruiting process progresses there may be one-on-one meetings with the student-athlete and their family. Triangle has established and maintains strong relationships with collegiate recruiters and actively utilizes our nationwide network to the benefit of every student-athlete throughout their recruiting process.

### Does Triangle expect all its student-athletes to play in college?

Playing collegiate volleyball is a serious commitment to be evaluated on an individual basis by the student-athlete and their family. Triangle very actively and personally supports the recruiting effort of every student-athlete that is committed to playing in college.

### **Does every Triangle alumnae play in college?**

Not every Triangle student-athlete chooses to play in college for a wide-variety of reasons. Triangle is proud to claim that, since its founding, nearly every Triangle alumnae has been given the opportunity to play in college. Including the Class of 2017 approximately 90% of our alumnae have embarked on a collegiate playing experience.

### **Do most Triangle student-athletes receive scholarships?**

Triangle student-athletes have been awarded millions of dollars in scholarship monies. For some athletes this is a combination of both athletic and academic awards while others may be exclusively 'recruited walk ons'. Each situation is unique and depends on the particular university or college and the student-athlete's athletic and academic performance. To date, Triangle alumnae have earned in excess of over \$16 million dollars in academic and athletic aid.