

Columbus Juniors Volleyball Club

2010 Season Parent Information

Director: Chris Akers

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Club Structure

Directors:

Chris Akers, Director – 15 years playing + 7 years of coaching experience. USAV CAPI Certified.

Liz Underwood, Technical Director - 6 yrs as **Head Coach at Auburn**; 7 years **TAV Technical Director**

At this time we have commitments from six coaches in addition to the directors. Biographies our coaches will be posted online as we receive them. All coaches will be **USAV certified** and will attend **mandatory coaching clinics** directed by Coach Underwood.

Teams:

Travel (16-18s): Travel Team will consist of **8-12 players**. The purpose of the travel team is to provide players with the highest level of competition available. This level will travel throughout the southeast and participate in approximately **6- 8 tournaments** and will **practice 2-3 times a week**. A high level of commitment is expected of all Travel Team participants. We expect to form several travel teams in the 16U thru 18U age group.

Limited Travel (14-15s): Limited Travel Team will consist of **8-12 players**. The purpose of the Limited Travel Team is to provide a high level of training and competition. This level will limit travel to the Atlanta area and compete in **4-5 tournaments**. This level will **practice 1-2 days a week**. A high level of commitment is expected of all Limited Travel Team participants. We look to form 2 limited travel teams in the 14U and 15U age group.

Intra-Club League (ages 9-13): We are looking for female athletes in Auburn/Opelika, Columbus, Phenix/Smiths and LaGrange area to form teams in their area. These teams will practice at local gyms and travel within the area to compete against other Intra-Club teams. The purpose of these teams will be to provide a strong base of training and an introduction into the club. This level will **practice 1-2 days a week** and will provide **3-4 play dates and multiple scrimmages**.

Training: A **select few** may be given the opportunity to train but not travel. This will all depend on **the need of the team, and future potential** of the player. This is a great opportunity to train at a high level, and keep pace with your age group.

Practice Facilities:

- Columbus State University
- Lee-Scott Academy, Auburn AL
- Salvation Army, Warm Springs Road
- Wacoochee Middle School, Salem, AL

Skill and Position Clinics:

In addition to team practices skill and position specific training will be offered. Additional training allows our players to receive more repetitions and individual instruction in the specific techniques required of their position. These will be conducted in November and December.

Strength and Conditioning:

A level of strength and conditioning for injury prevention will be incorporated into each team practice. In addition we would like to offer the opportunity to train with a certified trainer to improve speed, agility, and vertical jump. The club will facilitate but will not require this training. We estimate this option will be **\$60 for 6-8 sessions**. Sessions will be planned during the preseason and will be have limited openings.

Tryouts

- Athletes will be selected based on skill, athleticism, and attitude.
- Please bring a towel, sports drink, and volleyball attire including knee pads.
- USAV forms will be available day of in case you have issues on-line

Travel & Limited Travel Tryouts:

- Open to girls 12-18
- Cost will be \$25 pp: Cash, check or money order payable to CJVBC will be accepted.
- New USAV online registration will be in effect this year and must be complete prior to tryouts. More information to be released soon.

Intra-Club Tryouts:

- Open to girls 9-13
- Cost will be \$20 pp: Cash, check or money order payable to CJVBC will be accepted.
- USAV form must be filled out and turned in at tryouts

Tryout Dates: *please see website.*

USA Volleyball Age Definitions:

Your daughter is eligible to play in her age group, or a higher age group, should the coaches decide she needs to play up.

18 and Under Division: Players who were born on or after September 1, 1991

17 and Under Division: Players who were born on or after September 1, 1992

16 and Under Division: Players who were born on or after September 1, 1993

15 and Under Division: Players who were born on or after September 1, 1994

14 and Under Division: Players who were born on or after September 1, 1995

13 and Under Division: Players who were born on or after September 1, 1996

12 and Under Division: Players who were born on or after September 1, 1997

Travel & Limited Commitment Night:

- Time and Location TBA
- *First Payment Due* - 1/3 of Base Fees
- Forms Due: **Contract - Reduced Fee** - Grant Request - **Medical Release (bold items are mandatory)**
- If unable to attend a fax number will be provided to send in your signed contract.
- Georgia Commitment Date November 11;
- Alabama November 9th (**Players from Alabama must have contracts and forms in on this date**)

Intra-Club Commitment Night:

- November 12, 2009
- Time and Location To Be Announced on the Website

Financial Information

Base Fees:

Base fees include Gym Rental, Equipment, Coaches (Salary, Registration and Training), USAV or AAU Registration, Uniforms and Administrative Costs. Base fees do not include tournament or travel costs. Players/Parents are financially responsible for hotel, transportation, and food costs associated with practices and tournaments. All base fees are subject to change.

- **Travel** \$870
- **Limited** \$660
- **Intra-Club** \$350 est
- **Training** TBD

Tournament Fees:

Below are estimates based on '08-'09 tournaments. Fees include the **events, coaches travel, and food table**. Fees are determined by the schedule selected by each team.

- **Travel Power** \$555 pp (included Big South National Qualifier)
- **Travel Club** \$410 pp (included Peachtree Classic)
- **Limited** \$235 pp (included 5 Atlanta Area Tournaments)
- **Intra-Club** \$ 50 (includes 4 play dates)
- **Training** N/A

Food table costs are \$5-10 pp, depending on the length of the event. This table is setup by the parents, available to all players, and will cover lunch and snacks throughout the day of the event. This is done due to the fact that it rare that we are able to leave to eat due to the schedule.

Optional Events:

AAU National Championships at Disney's Wide World of Sports, June 16-23, 2010. \$160 pp estimate for additional gym time, coaching, and AAU registration. Tournament fees of around \$700 per team will be split plus travel expenses not covered in estimate above. http://www.aausports.org/sprt_Volleyball.asp

Payments:

- Base fees payments will be offered in three equal payments; First payment is due Nov. 12th, commitment night, second payment Dec. 15th, and final payment Jan. 15th.
- Small fee per payment added.
- Intra-Club payment schedule will be announced.
- Tournament fees will be billed separately.
- Except for commitment night payments, **ALL** payments must be mailed in. At NO time are payments to be handed to a coach before, during or after practice.
- Paypal is being considered for credit card payments. If we accept credit card payments a 2-4% surcharge will be added to offset fees incurred by the club.

Financial Aide:

For travel and limited travel (those registered USAV), \$100.00 through the SRVA is available to those that fill out the proper paperwork. This should only be filled out by those with financial hardships, low income, etc...

Fundraising:

- **Christmas Dinner Raffle** - from Minnie's Uptown. \$3.00 per ticket sold goes toward travel.
- **Letters** to relatives and friends. Very successful!!! **Avg. \$190 pp** if 10 letters sent.
- **Valentine Day Basket** – also been a success. \$1,000 in 2008