

GA ADRENALINE VOLLEYBALL



Mission Statement: To improve volleyball skills in the North Georgia, Chattanooga and other surrounding areas at the middle and high school levels.

Expectations: We want to *WIN* games but our main focus is to get our girls exposed to higher level of play so that they can become better overall volleyball players. *There are 2 ways to learn the game of volleyball, watch it or play it and when you do play you get better when you play teams better than you.*

Adrenaline Founders: The founder and director of Georgia Adrenaline Volleyball Club (GAVC) has played high school, college, and club volleyball. The Director of GAVC was also a former US Olympian and has also coached club ball 10 years. The GAVC Director and GAVC Coaching Staff are *ALL* committed to giving your child a better opportunity of learning and playing the game of volleyball. The GAVC Director's contact information is as follows:

- *Lisa White-Davis > Director (**Contact Person**) (423) 320-5470, lisawhiteis44@aol.com*

Teams: We are in going into our 7th season as a select travel club and we want to continue to maintain and manage our teams appropriately. Our short-term goal is to have as many teams with manageable numbers that suits our coaching staff. Our long-term goal is to assist in your player becoming the best possible volleyball player that she can be. Obviously the ultimate goal for our club is have maintain a positive reputation while being successful on the court.

Age Groups: Ages for our club range from 10-18. The cut off is *August 31, 2018*. Your child will play in the age group based on how old they are as of that date. However, they can be younger and play up, just not play down below their age group. The age groups for USA Volleyball start at age 13 so players younger than 13 will usually be bumped up to play in the 13's age group unless a younger age group is identified at tournaments.

Club Volleyball Season: Once the GAVC Team is picked, we will begin practices within the next week provided that no barriers arise. Tournaments start *mid to end of January* and usually run to *mid or end of April*. GAVC Teams will practice 2 times per week throughout the club season. However, we will take into consideration holidays along with holiday travel and schedule practices accordingly. GAVC Coaching Staff reserves the right to ask that their individual team practice more than 2 times in the week based on availability.

Planned Practices: Practices will be closed and pre-planned per the GAVC Director to best use our time effectively in the gym. The goal is to keep our practices locally, and will be determined based on the number of teams we have due to tryout numbers as well as the identified practice facilities. All GAVC Teams will practice the designated a minimum of twice a week times unless an extenuating circumstance occurs. We are currently working with several local gyms and churches to secure practice locations for all GAVC Teams.

Practice locations will be based on the age group and availability. The goal is to keep all Adrenaline practice locations local in the North Georgia and Chattanooga areas. However, if a location is not available locally, the possibility will fall of traveling to practice.

Player Commitment: Let me say that ALL SCHOOL SPORTS/ACTIVITIES come first! Adrenaline was founded by someone that is a multi-sport advocate and this club understands that these girls have other commitments in their lives besides just volleyball. However, select travel club volleyball IS a COMMITMENT and if your daughter misses practices excessively due to other conflicts, playing time WILL BE affected. The expectation is that ALL players be committed to GAVC practices and tournaments. If you know there is going to be a problem for your player to be at practices consistently as well as tournaments during season, select travel club volleyball MAY NOT BE an appropriate option for her. Communication with your GAVC Coaching Staff is HUGE!

Tournaments: Home tournaments are usually hosted in the Chattanooga, Cleveland, and Dalton areas. However, there were very few Chattanooga local tournaments this past season. Depending on scheduling and availability, our goal is to play at least *every other weekend*. This will completely depend on tournament availability. There are now just as many 2-day tournaments available as 1 day tournaments each year. The bigger tournaments that have college coaches in attendance are usually 3-day tournaments, which means players are subject to missing school on that Friday. We as a club are NOT advocates for tournament play or practices on Sundays. However, there are possibilities that this may occur in the event that the tournament will benefit the play of our GAVC team. For example, Qualifier and Regional Tournaments are HUGE tournaments that are very strong in competition and will have all the teams that GAVC will face the entire season. 2-day tournaments are Saturday-Sunday tournaments and will be a GREAT benefit for GAVC Teams to attend as appropriate. Other big qualifying tournaments such as Big South and Peachtree are 3-day tournaments and finish up on Sundays.

Travel: Travel to tournaments is usually no more than *2-3 hours away unless voted on by their team and approved by GAVC Director*. Tournaments that are 1 day occur on Saturdays. GAVC Coaches will be responsible for communicating *with GAVC Parents/Players* on times and locations to be at each tournament. A schedule will also be provided to all teams once the GAVC Director approved ALL tournaments for each GAVC Team.

Cost: If your child makes one of the Adrenaline Teams, **the cost is \$900**. The money will help finance the following: *coaches pay, uniforms, t-shirts, socks, spandex and tournament fees*. Last season we charged an additional \$65 for sweat pants and half zip pullovers. Adrenaline apparel such as sweats, warm-ups, and bags may be considered and will have an additional cost. Discounted volleyball shoes are available but optional. Sponsorships are ALWAYS welcome and helpful. Each GAVC team will also be participating in at least 1 fundraiser to help raise the money for our players and club equipment.

Deadline for Cost: **AT LEAST HALF OF THE FEE (\$450) WILL BE DUE BY DECEMBER 1st, 2017. THE TOTAL FEE IS DUE BY JANUARY 1ST, 2018. GAVC Parents are able to pay the full amount (\$900) by December 1st, 2017 if they choose to.** This will allow us enough time to order equipment for our added GAVC teams, apparel for all teams and get them back in time for our first tournaments. The GAVC Director Lisa White Davis is handling ALL money issues so if you have any questions or concerns please see her. GAVC also offers 2 payment

options for the player fee, which is something to be discussed with the GAVC Director as needed. There will be 1 Club-wide fundraiser for GAVC players to participate in. This is NOT optional. Players can use this money earned for their fees or for the extra apparel ordered. Any money raised over the amount needed, will go into the GAVC fund.

Parent Information Meeting: There will be a GAVC Parent Information Meeting in mid October. The meeting will be announced in the near future and posted on our website.

Tryouts for Adrenaline Volleyball Club: Tryouts for ALL age groups are below

Ages 15 and Under > October 28th and 29th

Ages 16 and Up > November 4th and 5th

Both Tryouts are going to be held at Heritage Middle School (4005 Poplar Springs Rd. Ringgold, Ga. 30736).

The times for ALL Tryouts for both days and all dates are 2:00-4:00 pm. The Tryout fee is \$40 per player.

Ga. Adrenaline Volleyball Club Website: GAVC has a website that is currently under construction and will be up and running within the next couple of weeks. It will have tryout information as well as parent meeting information posted as soon as it is up and running.

If you have any additional questions, please feel free to contact GAVC Director Lisa White-Davis. I want to personally thank you for trusting my GAVC Coaching Staff and me with your children. It is an honor to have this opportunity to meet you and help your child grow in the game of volleyball.

“Unless you try to do something beyond what you have already mastered, you will NEVER grow!”

Michael Jordan

Lisa White-Davis, GAVC Director



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