



LIL MAVS VOLLEYBALL CLUB

CLUB HANDBOOK

2017-2018

McCutcheon High School ~ 4951 U.S. 231 Lafayette, IN 47909

www.juniormavsvolleyball.com

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Why Play Club or Train

There are numerous reasons to play club volleyball or train especially at a young age. It is designed for players just wanting to make their high school team to the players who are just starting out. Lil Mavs gives those athletes an avenue to develop their skills in a competitive environment and learn to love the sport of volleyball. Players will benefit from first class coaching and match experience at a variety of levels.

Why Lil Mavs Program

Supporting the organization is the McCutcheon High School coaches and current or former volleyball players of the high school program who are very excited to work with the many Mavs within the community. Through participation in the Lil Mavs Volleyball program, athletes will learn a wealth of knowledge, technique, and skill for future success in their volleyball endeavors. Practices include individual and team driven drills. With that experience, competitions will allow them to have real game experience.

Lil Mavs is for those who may want to experience their initial interest in the sport of volleyball or those athletes who have played in the past on a team or just in camps. From fifth grade to eight grade Lil Mavs is a great place to not only learn the fundamentals of volleyball, but also have a positive and great experience in doing so.

Our program's goal is to have each player finish the season having developed as a person, volleyball player and athlete. The coaches are viewed as teachers, role models and leaders for the young ladies they interact with and strive to work with student-athletes to be successful through strong work ethic, teamwork and performing with integrity.

We also know that time and financial commitment can be overwhelming at times when it comes to off season commitments in volleyball clubs. Our goal is to provide the same training and competition environment for the athletes in our community right in their backyard. One of our top priorities with this program is to keep the costs and travel time down to allow families to have time for each other and other commitments in every day life. Volleyball is one part in your daughter's life and we want her to enjoy it while being able to enjoy other experiences of growing up.

Mission

The Lil Mavs program is dedicated to promoting the sport of volleyball through the development of its athletes from the beginner to the elite volleyball player. Our goal is not only to develop our athletes through first class technical and tactical training, but also to provide lessons in character building and sportsmanship, while also providing a fun and nurturing environment for our athletes to reach their full potential.

Program Philosophy

We are dedicated to promoting wellness in every facet of our players' lives, including strength and conditioning, nutrition, proper rest and time-efficient travel. This allows our student-athletes the opportunity to grow, improve and ultimately excel in many areas of life. We will advance our philosophy throughout the coaching staff to provide all of our players and families with a great training experience at our program. We believe in helping young athletes reach their potential and advance to the highest level of performance that they wish to pursue. Lil Mavs expects teamwork, sportsmanship and a positive attitude from every player and coach as key steps to success!

Training Philosophy

We aim to focus on the most important element of long-term growth in the sport of volleyball, which is the training and development of individual skills.

For all of our levels throughout our travel club teams, skill development is a greater priority than wins and losses. The focus on skill development with an emphasis on team preparation, allows these teams to be successful when competition comes. Developing the all-around athlete is key with younger age athletes and we strive to be successful in this aspect of the game of volleyball.

In volleyball, where each player must master many different individual skills, quality repetitive training and discipline is the difference between mediocrity and greatness. Our entire training philosophy is based on individual player development, with an emphasis on teamwork. This philosophy is being proven best by the success our McCutcheon Lady Mavs are having now and will continue to strive to have.

Level Breakdown

Travel teams (12U – 14U) will train two-three times a week of 2 – 2 ½ hours. They will primarily develop not only individual skills, but also a competitive nature on the court through tournaments. Most rosters will not exceed 10 players. Playing time is not guaranteed on these teams; however, it is in our interest to train each player equally. Although competing to win is part of the game, training is our mission. The focus will be on skill development first, with a small emphasis on team success. Teams will be based on grade instead of age and then their abilities. We will be providing two different levels for our travel teams. The two levels are based on what the team can commit to as a whole for the season and NOT necessarily ability. Some coaches may decide the team needs more training versus competition or vice versus based on the team's ability as a whole. Our goal is to ensure there is improvement in each individual and team creating the best training and competitive schedule based on where each girl is at ability wise. Here are the two levels:

- **Regional Level** can travel up to 7 tournaments with most of them being in Indianapolis area, possibly outside of the state and local. They will start practicing in the beginning of December and conclude at the end of March when TSC spring break occurs. Coaches at this level may add extra practices if schedules and gym space allows to prepare for competition on the weekends. Training will still be the primary emphasis with a push on competing at a higher level. Teams may be placed in more competitive tournaments to help them learn the process of success against tougher competition. Competition will be designed to help teams learn to be successful as a team over individual success.
- **Local Level** can travel up to 5 tournaments with some of them being in Indianapolis area and some local. They will start practicing in the beginning of January and conclude at the end of March when TSC spring break occurs. Coaches at this level may add extra practices as needed for extra training or touches for preparation of competition. Training is the primary emphasis and focus with an introduction to competing well at the next level. Competition will be designed to help teams learn to be successful as a team over individual success.

Tryout and Registration Process

Travel teams – The non-refundable tryout fee of **\$25** will be collected ***before*** the athlete's first tryout and is used to pay for tryout procedures. This fee is separate from club payments.

- To Register: Please head to the website and complete the online registration. This will help us know who is trying out and give us accurate numbers. ALL forms that need to be filled out for registration can be printed from the website www.juniormavsvolleyball.com.
- Paperwork can be filled out ahead of time by printing the forms found on the website under the Travel Teams Tab or under the Online Registration tab.
- Registration will be 2 hours before the first tryout and 1 hour before the other tryout. All forms need to be completed, handed in and each athlete must try on samples to get sizes.
- Tryouts will consist of physical testing, skill evaluation, positional evaluation and competitive wash drills. These will be used to place players accurately on a team based on their abilities and mental aspect of the game.
- Offer emails will be sent out 24 hours after the last tryout. Each player will have 48 hours to respond to the offer with a yes or no.

Fee Structure

Tryout Fee: \$25 non-refundable and will be collected at registration before the athlete can participate in her first tryout. Cash or Checks made out to Lil Mavs Volleyball can be collected.

<u>Payment schedule</u>	<u>Regional</u>	<u>Local</u>
12/08/2018	\$300	\$300
1/12/2018	\$225	\$150
2/09/2018	\$225	\$150
Total	\$750	\$600

The fee structure includes coaching, court time, insurance, 2 practice shirts, tournaments and any clinics offered by Lil Mavs club – all current players will get to participate for free. Items not included in the amounts listed above are uniforms, volleyball, coach travel expenses and any a la carte items individuals may purchase. Uniforms will be the same to help save money each year. Payments will be done through Lil Mavs Volleyball, Gear Munciana and Knoy Apparel.

Payments

Online payments can be done through our website. We recommend this process to ensure that payment is made on time. We will also accept checks made out to **Lil Mavs VB**. We will NOT accept cash as payment. It is very important that all families do their best to stay on track of the payment plan. Please notify us if you may need adjustments to fulfill the total amount within the season.

Uniform Package

Lil Mavs will be using Knoy Apparel, a local company, to provide our program shirts and uniforms. Gear Munciana, located in Muncie, IN, will provide the a la carte items to ensure each athlete has access to purchase proper equipment necessary for volleyball athletes. Each travel team will receive a tryout shirt to use for practices and 2 practice shirts as part of the club fees.

What is required: Each athlete must purchase a molten volleyball and 2 uniforms, 1 long sleeve and 1 short sleeve purchased for tournament playing. The girls are to bring their volleyball they purchase to each tournament to use for warm-ups and to practices to ensure we have enough to train each team. Instead of having it part of the club fees, it is separate to allow athletes to reuse what they purchased the previous season. Only NEW members of Lil Mavs will be required to make these purchases; however, any one can re-order these items each season.

A I A Carte Items

Other items that are needed for volleyball players to be considered will be at the tryouts for ordering. These items are the following: spandex, knee-pads, socks, ankle braces, sports bras, athletic shorts and passing bands. Items do not have to be purchased through our club, but they are provided to ensure you have access to these items. Black spandex will be needed to compete in uniform and kneepads are necessary for safety reasons.

Sponsorships

The Lil Mavs Volleyball Club seeks out sponsorships to help assist in paying costs to run a club while keeping the club fees at a lower cost. Sponsorships are specifically for the program as a whole and not each individual athlete. Each sponsorship the club receives allows the club to have an impact in the community by helping that company or business by advertising their logos on our website, shirts and possibly a banner at a tournament we would like to host. The money received helps pay any extra costs that help our club run successfully.

Incentive: If an athlete brings in \$100 total in sponsorship, they will receive \$20 toward their club fees. If an athlete brings in \$250 total in sponsorship, they will receive \$50 toward their club fees. If an athlete brings in \$500 or more total in sponsorship, they will receive \$100 toward their club fees.

Sponsorship Levels Include:

\$500 Premier Sponsorship includes:

- Official Sponsor of the 2018 Lil Mavs Volleyball Tournament: banner recognition, tournament t-shirt, and logo on all advertising materials.
- Premier display of company name and / or logo on:
 - Practice t-shirts
 - Website recognition from January 1st, 2018 - December 31st, 2018
 - Booth and recognition night at a McCutcheon Varsity Volleyball Match during the Fall 2018 season AND booth at Sponsorship Fair held at 2018 Lil Mavs Volleyball Tournament.

\$250 Gold Sponsorship includes:

- Premier display of company name and / or logo on:
 - Practice t-shirts
 - Website recognition from January 1st, 2018 - December 31st, 2018
 - Booth at Sponsorship Fair held at 2018 Lil Mavs Volleyball Tournament.

\$100 Silver Sponsorship includes:

- Premier display of company name and / or logo on:
 - Practice t-shirts
 - Website recognition from January 1st, 2018 - December 31st, 2018

\$50 Bronze Sponsorship includes:

- Premier display of company name and / or logo on:
 - Website recognition from January 1st, 2018 - December 31st, 2018

****Sponsorship letters will be handed out at the program meeting after teams are made****

Fundraiser

Lil Mavs Volleyball will be offering a fundraiser to assist each individual in club fees. ALL money earned through this fundraiser will be used to assist the individual club fees. Our club will be running this during the holidays to help the girls have the opportunity to sell them at the right time of the year. More information about this will be handed out after teams have been made.

Frequently Asked Questions

Does everyone make a team at tryouts?

Not necessarily BUT our goal is to train each player that walks in through our doors. We place each player where we believe she will benefit the most in improving as an athlete, while making sure teams are created with the wellbeing of the athletes and club in mind. If we do not think the player will succeed in our training or on a team, the player may not be given an offer to be on a team.

What are the travel policy and coach travel expenses?

Lil Mavs believes in families traveling together. This allows parents to be responsible for their children, so the coach can focus on coaching. Our coach travel expenses will be .50 per mile for traveling to tournaments. This mainly affects those traveling to Indianapolis area. All local tournaments have no costs.

Does my daughter have to play in her age group?

Since Lil Mavs is a feeder club program, the teams will be based on grade versus age. However, if we feel a player will benefit better with her age, we will make adjustments. Our goal is to prepare the players based on the level they will be competing in the school year: Middle school vs. High school.

Can my daughter play in other sports or participate in other extra-curricular activities during the season?

Absolutely! We believe athletes learn valuable skills from playing other sports. We also understand that our players are young and have so much more to experience at the middle school or elementary levels in other extra-curricular activities as well. All we ask is that schedules are communicated early and often with the coach. This will help us plan practices and tournaments accordingly.

Why will my daughter benefit from this program?

Being a feeder base club, the benefits are huge especially in the athlete's preparation for high school competition. Our desire is to help our community have opportunities to experience volleyball year-round and to improve in the game. Your daughter will also improve at an early age with our training core group and start seeing changes before her first middle school match. Most importantly, we want your daughter love the game and create friendships with her teammates and fellow club members.

Facilities and Contact

McCutcheon High School will be the main center of operations with their main gym and auxiliary gym. Wea Ridge and Southwestern Middle Schools will also be used for practices and training.

McCutcheon:
4951 U.S. 231
Lafayette, IN 47909

Wea Ridge:
4410 South 150 East
Lafayette, IN 47909

Southwestern:
2100 W 800 S
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