



ATHENA

In Greek mythology, ATHENA was the goddess of wisdom and battle.

We seek to develop strong women through the sport of volleyball with these same qualities - equipped with technical playing and life skills nurtured through world class training and honed in competition.

A Greek hero of the Trojan War, AJAX was described in the *Iliad* as fearless, strong, and powerful, and with a high level of combat intelligence. A towering figure and a warrior of great courage.

AJAXVB is the premier and largest boys volleyball club in the NW, with the vision of empowering greatness through individual and team excellence.



AJAX



2021/2022
ATHENA VB ACADEMY

STRONG ALONE, UNSTOPPABLE TOGETHER



OUR WHY

TO BE A POSTIVE FORCE OF CHANGE

VISION : STRONG EMPOWERED ATHLETES THAT ARE SUCCESSFUL IN LIFE

MISSION : TO INSPIRE GREATNESS THROUGH THE SPORT OF VOLLEYBALL

CULTURE : CORE VALUES

ARETE – EXCELLENCE OF MIND,
BODY, SOUL

PARAKALEO – UPLIFT ONE
ANOTHER

KOINONIA – COMMUNITY

RESPECT

DISCIPLINE

INTEGRITY

AMBITIONS : WHAT WINNING LOOKS LIKE

DEVELOP PLAYER VB SKILL AND
INTELLIGENCE

EQUIP PLAYERS WHO DESIRE TO
PLAY AT NEXT LEVEL

GROW THE GAME OF
VOLLEYBALL IN PNW

REGIONAL/NATIONAL RANKINGS

CULTIVATE TEACHER/COACHES

"OVERNIGHT" SUCCESSSES IN 10
YEARS

STRONG ALONE, UNSTOPPABLE TOGETHER



WHY ATHENA

THE ATHENA ADVANTAGE

- **22 YEARS OF EXCELLENCE – SINCE 2001**

- What people say about us. “The most technical club.” “Integrity. You do things the right way.” “I’ve learned to love the game again.” “Athena has been like family and vital to our daughter’s development.”
- “You are what you repeatedly do. Excellence, therefore, is not an act, but a habit.”

- **FIND YOUR RIGHT FIT**

- Largest club in Portland with 29 teams to find the right level of practice, competition, travel, commitment, and cost.
- Choice of National/Select/Regional teams.

- **WE ARE A LEAGUE ONE VOLLEYBALL (LOVB) FOUNDING CLUB**

- A focus on the “whole athlete” development, building successful players, teammates and leaders.
- National Recruiting Director and recruiting services to find the best fit for those who want to continue playing in college.
- National Technical Director to guide our training and teaching approach.



WHY ATHENA

THE ATHENA ADVANTAGE

- **FULL RANGE OF SERVICES**

- TRAVEL COORDINATION : Base Travel and team chaperone included in Base Travel Fees – for transparent and upfront budgeting and to reduce parent travel expense.
- Parents wishing to travel can request travel and accommodations service.
- NIKE sponsored since 2010. Base Nike uniforms and practice gear included in costs. We are their Tier 1 club with customized jerseys for National teams.
- SAQ Training Partner (TBA) focused on maximizing athletic performance and injury prevention.

- **THE TRAINING**

- Experienced coaches and teachers of the game. Our coaches have decades of professional, collegiate, high school, club, CYO experience....dedicated to serving different levels and needs of team and individuals.
- Connections nationally and internationally to train with the latest in innovative approaches.



NEW FOR THIS SEASON

THE ATHENA ADVANTAGE

- **BLOC/HYBRID COACHING APPROACH**
 - Increased intraclub consistency, competition and training.
- **LAUREN HANSEN – LOVB NATIONAL RECRUITING COORDINATOR**
 - Greater success and open doors with personal connections.
- **JAMIE MORRISON – LOVB NATIONAL DIRECTOR OF COACHES EDUCATION**
 - Train the trainers
 - Continued growth and development of our leaders.
- **KAIAO NAHALE-A AND TEAM – ASSISTANT CLUB DIRECTOR**
 - Focused on growing our ATHENAVB culture to support player and families.
- **CLUB DUES BREAKDOWN**
 - Comparative costs and benefits to our club.
 - Travel Flights optional.
- **LEAGUEAPPS.COM**
 - Registration and payments made through LeagueApps.



USAV AGE DEFINITION

USAV VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2021-2022 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Aug	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Sept	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Oct	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Nov	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Dec	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Jan	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Feb	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Mar	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Apr	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
May	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
June	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014

¹Players who were born on or after July 1, 2003 OR players who were born on or after July 1, 2002 and a high school student in the twelfth (12th) grade or below during some part of the current academic year

²**Female Only** - Players who were born on or after July 1, 2003, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are waived to compete in 17 & Under. (This age waiver is based on recruiting concerns for the 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)



YOUR 2021/2022 COACHES



12s -14s COACHES

<u>14 GOLD</u> Charley Stanton Emily Moran	<u>14 BLACK</u> Sarah Blumthal KT Emerson	<u>14 ONYX</u> Dave Kim Piper Harrop
<u>14 SILVER</u> Ashley Ferris Julie Jurinek	<u>14 WHITE</u> Madisen Higuera Ceanna O'loughlin	<u>13 GOLD</u> Sean Daugherty Kristin Penn
<u>13 BLACK</u> Shelly Smith Kelly Kempf	<u>13 ONYX</u> Tom McKeen Emilie Colner	<u>13 SILVER</u> TBD Taylor DeKoning
<u>13 WHITE</u> TBD	<u>12 GOLD</u> Elizabeth Armstrong Jeff Miller	<u>12 BLACK</u> Kristina Thom Gabby Thom
<u>12 SILVER</u> Courtney Watts TBD	<u>12 WHITE</u> Kara Prynne TBD	

15s -18s COACHES

<u>18 GOLD</u> Kaiao Nahale-a Michelle Hoover	<u>18 BLACK</u> Morgan Ogorzaly Rachel Harvey	<u>17 GOLD</u> Chris Osborn Raina Hembry
<u>17 BLACK</u> Adria Willoughby Kealia Rosa	<u>17 SILVER</u> Hannah Tregoning TBD	<u>16 GOLD</u> Lena Chan Alex Chan
<u>16 BLACK</u> Tiffany Zwick Michelle Hoover	<u>16 ONYX</u> Charlie Rosa Kealani Rosa	<u>16 SILVER</u> Erika Beale Lindsey Edison
<u>16 WHITE</u> Bekah Mather Whitney Fortier	<u>15 GOLD</u> Josh Armstrong Hannah Tregoning	<u>15 BLACK</u> Kristin Penn Lindsey Beck
<u>15 ONYX</u> Jordan Thorpe Ashley Ferris	<u>15 SILVER</u> Emma Schumann Emily Jaramillo	<u>15 WHITE</u> Scott Soles Sarah Gram

STRONG ALONE, UNSTOPPABLE TOGETHER



PROGRAM LEVELS

NATIONAL vs SELECT vs REGIONAL*

- **NATIONAL : COLLEGIATE PLAYER DEVELOPMENT**

12 Gold, 13 Gold, 14 Gold, 14 Black, 15 Gold, 15 Black, 16 Gold, 16 Black, 17 Gold, 17 Black, 18 Gold, 18 Black

– The Girls' National Program is to be considered by athletes who are looking to train and compete nationally at the highest level in club and aspire to play in college. Teams are trained by our most experienced coaches.

- **SELECT : SCHOLASTIC AND COLLEGIATE PLAYER DEVELOPMENT**

12 Black, 13 Black, 13 Onyx, 13 Silver, 14 Onyx, 14 Silver, 15 Onyx, 15 Silver, 16 Onyx, 16 Silver, 17 Silver,

– The Girls' Select Program is designed for advanced players focused on excelling in their middle school/high school programs and may also aspire to play in college. The program is a lower-cost travel program that provides strong coaching and competition.

- **REGIONAL : FUNDAMENTAL PLAYER DEVELOPMENT**

12 Silver, 12 White, 11 Gold, 13 White, 14 White, 15 White, 16 White,

– Girls' Regional Teams are an ideal starting point for elementary/middle school players looking to get started with club volleyball and high school (frosh/soph only) players sharpening their skills. Practices are spent working on individual skills with an emphasis on team play and driving distance competitions in order to minimize cost and time requirements.

*VARIES BY SPECIFIC TEAM



PROGRAM LEVELS

NATIONAL vs SELECT vs REGIONAL*

NATIONAL

SELECT

REGIONAL



3 Practices/Week

2-2.5 Practices/Week

2 Practices/Week



23 + 4 Week Season

19 Week Season

19 Week Season



Elite Tournament Schedule

Select Tournament Schedule

Local Tournament Schedule



SAQ and Weight Training

SAQ Training

SAQ Training



HUDL Video Platform

Optional HUDL Video Platform



LOVB College Recruiting
Support

LOVB College Recruiting
Support

*VARIES BY SPECIFIC TEAM



DUES

BREAKDOWN

BASE CLUB FEE

- All Court Rental, Technical Director, and Coaches' Fees
- All Practice/Training Sessions
- All Position Training
- All Tournament Entry Fees
- Nike Uniform Package (Kneepads, 2 Practice T's, Sweatshirt)

POST SEASON FEES (Required)

- Nationals/Final Season Tournament (if qualified)

BASE TRAVEL FEES (Required)

- Hotel (for overnight tournaments)
- Transportation between hotel and tournament venue
- Cooler Food
- One Team Dinner
- Chaperone
- Coaches Travel

FLIGHT AND MORE TRAVEL FEES (Optional)

- Flight
- Transportation between PDX → Destination → PDX
- Chaperone



TRAVEL DETAILS*

•PORTLAND REGIONAL TOURNAMENTS:

- Players/Parents will drive themselves to and from the tournament.
- They will bring their own food.

•DRIVING OVERNIGHT TOURNAMENTS:

- Players/Parents will drive themselves to and from the tournament.
- Players will stay in rooms with 3-4 players at a hotel the club arranges.
- Team Chaperones will help organize food for players in the gym as well as one team meal.
- Team Hotel Rooms, Cooler Food, and 1 Team Meal are covered with your required Base Travel Fees.
- OPTIONAL– parents can request a room at same hotel through our travel coordinator.

•FLYING OVERNIGHT TOURNAMENTS:

- All items above are covered with your required Base Travel Fees – however players are required to get to hotel on their own. →
- OPTIONAL FLIGHTS AND MORE TRAVEL FEE (Recommended)
 - The Flights And More option means that flights are arranged by the club for players, coaches, and team chaperones, AND club will handle all logistics from and back to PDX airport.
 - OPTIONAL- Parents can request flight and rooms at same hotel through our travel coordinator.

***VARIES BY SPECIFIC TEAM**



DUES EXAMPLE

Regional 14 White Example

BASE CLUB FEES

TOTAL

Nov 7th Dec-Apr
1 DEPOSIT MONTHLY (x5)

\$2950

\$550

\$480/month

TRAVEL FEES

TOTAL

Dec-Apr
MONTHLY (x5)

Flight option

Dec-Apr
MONTHLY (x5)

\$400

\$80/month

0

- WVBA President's Day in Seattle
- Local Power Leagues and Friendship Tournaments.



DUES EXAMPLE

Select 16 Onyx Example

BASE CLUB FEES

TOTAL

Nov 7th Dec-Apr
1 DEPOSIT MONTHLY (x5)

\$3300

\$750

\$510/month

TRAVEL FEES

TOTAL

Dec-Apr
MONTHLY (x5)

Flight option

Dec-Apr
MONTHLY (x5)

\$1875

\$375/month

\$90/month

- MLK in Seattle
- NCVA President's Day in San Mateo
- Windy City in Chicago
- Local Power League and Friendship Tournaments



DUES EXAMPLE

National 12 Gold Example

BASE CLUB FEES

TOTAL

Nov 7th Dec-Apr
1 DEPOSIT MONTHLY (x5)

\$2950

\$550

\$480/month

TRAVEL FEES

TOTAL

Dec-Apr
MONTHLY (x5)

Flight option

Dec-Apr
MONTHLY (x5)

\$1525

\$305/month

\$60/month

- WVBA President's Day in Seattle
- Salt Lake City Showdown in Utah
- PNQ in Spokane
- Nationals (not included but required if qualified)
- Local Power League and Friendship Tournaments



DUES

PAYMENTS THROUGH LEAGUEAPPS.COM

- 1st deposit due at Tryouts on Nov 7th or 21st.
- 5-8 monthly payments will be due the 10th of each month beginning Dec 10th.



DUES DISCLAIMER

POSTED DUES

- Dues are calculated on no interruptions due to COVID state guidelines. ATHENAVB will adhere to state/federal COVID mandates.

REFUND POLICY

- If a tournament is cancelled, each player's dues will reflect the amount we were refunded from the tournament and travel.
- Just as always, if a player is unable to attend an event because they are sick or injured - NO REFUNDS WILL BE ISSUED.



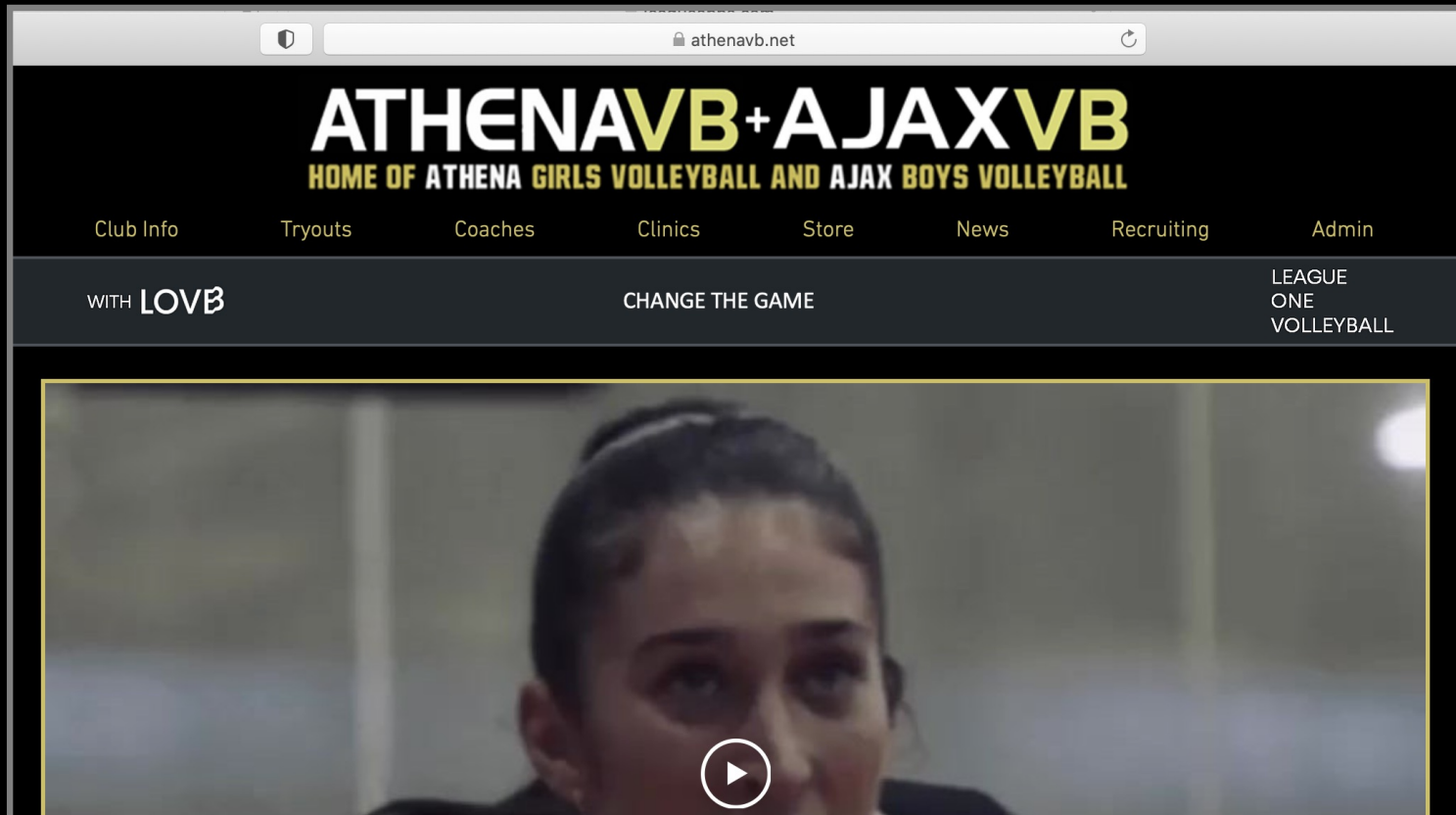
NEXT STEPS

TRYOUTS

- 1. COMPLETE TRYOUT REGISTRATION BEFORE TRYOUTS.**
- 2. UNDERSTAND ATHENA VB BENEFITS AND OFFERINGS.**
 - If you tryout and are offered a spot, be prepared to commit that day.
 - Team and Program Information Handout will be available in next few days.
- 3. ATTEND TRYOUTS ON SUNDAY, NOV 7TH FOR 14 AND UNDER.**
 - Tryouts TBD @ The Hoop Beaverton
- 4. ATTEND TRYOUTS ON SUNDAY, NOV 21ST FOR 15 AND OLDER.**
 - Tryouts TBD @ The Hoop Beaverton
- 5. IMMEDIATELY AT END OF TRYOUTS**
 - Individual spots and teams will be announced.
 - Commitment decision needs to be made that day.
 - Parents need to be there to sign commitment and for a parent/coaches meeting.
 - 1st deposit required via LeagueApps (\$550 - \$750 depending on team).
- 6. HEAD OVER TO APPAREL TABLE TO SELECT SIZE FOR TEAM GEAR.**



WWW.ATHENAVB.NET





INFORMATION PACKET

COMING SOON



2021/2022 CLUB INFORMATION

ATHENA VB GIRLS NATIONAL PROGRAM

Club Director: Lena Chan

Technical Director:

The Girls National Program is to be considered by athletes who are looking to train and compete nationally at the highest level in club and aspire to play in college. Teams are trained by our most experienced coaches.

All players accepting spots on National teams will be required to compete in **USAV National Championships** (if qualified) or **AAU National Championships** (if qualified) at the end of the season.

Our Vision and Mission

TO BE A POSITIVE FORCE OF CHANGE



THANK YOU!

STRONG ALONE, UNSTOPPABLE TOGETHER