



ATHENAVB GIRLS SELECT PROGRAM 2021/2022 CLUB INFORMATION

ATHENAVB GIRLS SELECT PROGRAM

Club Director: Lena Chan

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 (eg NJCAA, NAIA, NCAA D3). The program is a lower cost travel program that provides strong coaching and competition both with clubs in the local CEVA region as well as nationally. Select teams may also be ideal for athletes that have time conflicts with the Girls' National Program season.

MESSAGE FROM LENA CHAN, CLUB DIRECTOR

Welcome to our ATHENAVB 2021/2022 season! As we begin our 21st season of serving young women and their families in Portland, Oregon and the Northwest, we continue to be focused and 100% committed to our founding mission of inspiring greatness through the sport of volleyball. We are passionate about their development to be the best player and teammate they can be. While we will be proud of our record on the court, the lasting benefits truly come from seeing the positive impact on so many female athletes' lives and the many life lessons that volleyball teaches. It's why we say if you want to see the success that ATHENAVB enables, check back in 10 years - when what shaped them to be great athletes and teammates has also prepared them to be successful in life.

As the largest volleyball club in Portland, ATHENAVB offers a diverse level of teams and development opportunities so that you can find the best fit for you and your family. It's important for you to find the right level of practice, competition, travel, commitment and cost. To that end, we offer a choice of National, Select and Regional Teams.

*We believe the continued advancement of this amazing sport is of utmost importance. Volleyball is already the #1 sport for girls in the United States, and it deserves a successful, sustainable professional league in the U.S. that showcases the amazing talent that schools, clubs and college programs around the country help create. **ATHENAVB has joined forces with League One Volleyball (LOVB) to take our club to the next level and to also lay the foundation to launch the best professional volleyball league in the world in 2023.** We believe that in order to build a strong professional league, community-level club support is critical, and we are excited about the many ways that professional volleyball can give back to our club program both on and off the court. We are a founding LOVB club and have joined a network of outstanding clubs across the nation to support this amazing endeavor to grow volleyball from the club/grassroots level and the ground up.*

We will also leverage various League One Volleyball connections to continue to innovate and advance our club program. In the last 6 months, we have learned so much from the LOVB club network and are developing some amazing programs that our athletes will have the chance to experience as early as this season. Aligning with League One will allow us to provide a path for these amazing young ladies to continue their careers (both on and off the court) in the collegiate and professional realm here in the U.S. (and maybe even in Portland soon!).

Some of the programs include:

- Proprietary **Whole Athlete Training (W.A.T.) program**
- LOVB's **National College Recruiting Platform**
- LOVB's **Coach Development and Advancement Program**

There are many other exciting advancements in development that we'll have to offer in the months and years ahead. The bottom line is that with LOVB's support, we will be able to offer the most comprehensive club volleyball experience in the country!

The moment to build this meaningful legacy for volleyball and ATHENAVB is now, and we look forward to this journey and defining our future together. We could not be more excited with our partnership with League One Volleyball and partnering with you – to continue to build the most innovative club program in the Northwest.

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

While we are strong alone, we are unstoppable together! I look forward to seeing you all in the gym soon,

Lena Chan
Club Director
ATHENAVB and AJAXVB

OUR VISION AND MISSION



2021-22 AGE GROUPS & PROJECTED TEAMS

These numbers are projections based on tryout registrations. We ARE prepared to expand or contract based on the quality of our tryout. We anticipate the following Select teams for the upcoming season:

- **13 & Under:** 13 Black, 13 Onyx, 13 Silver
- **14 & Under:** 14 Onyx, 14 Silver
- **15 & Under:** 15 Onyx, 15 Silver
- **16 & Under:** 16 Onyx, 16 Silver
- **17 & Under:** 17 Silver

SEASON "BASICS"

- Season Length: December thru April/May (Tournaments Begin in January)
- Practices/Week: 2.5/2 - depending on your age group, see below
- Competitive Select Tournament Schedule (see Tentative Schedule)

ATHENA VB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

- College Recruiting Support for U15-U17
- SAQ Training Included - once a week run by New Athlete Volleyball (except for 12s)
- Whole Athlete Training Program featuring mental training, nutrition tips, and recovery techniques
- HUDL Video Analysis and access for highlight video creation (16/17 only)
- Nike Select Uniform Package

ROSTERS & PLAYER DEVELOPMENT PHILOSOPHY

Rosters will include up to:

- 2 Setters
- 2 Liberos
- 4-5 Pin Players (Outsides & Opposites)
- 2-3 Middle Blockers

The objective is to put each player in the best position possible to compete for playing time and to advance/develop as a player. Playing time will be competitive in the Select program and equal playing time is not guaranteed.

GIRLS SELECT PROGRAM FEATURES

Experienced, Professionally Trained Coaching Staff

Each of our Head Coaches in the Select Program will have a minimum of 2 years of club, high school, college, or professional coaching experience and will be a minimum of 21 years old. Most have MUCH more than that. In addition, our coaches will be CEVA and USAV certified, undergo background screenings, basic First Aid training, and Safe Sport certification. On the court, our coaches will complete LOVB's internal certification process developed by our Select Technical Director Jamie Morrison. Jamie is the former assistant coach of the US Women's National Team and former head coach of Dutch National Team.

Practice Frequency

- 2.5 Practices/Week for 15s-17s
- 2 Practices/Week for 13s-14s

Practices will be a combination of Bloc and Team Practices.

- Bloc Practices are run and designed by the Technical Director. Our Technical Director will "run the gym" and ensure that every player and team is following our Select Program curriculum. A typical Bloc Practice will feature Pre-Practice Footwork & Warm-Up, Serve & Pass, Team System Work (Sideout or Transition) and Scrimmage/Wash Drills.
- Team practices are run by Head/Assistant Coaches and will be designed to allow the head coach the opportunity to focus on areas of need based on the team's performance at tournaments.

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

Integrated SAQ

ATHENAVB Select teams* will be incorporating an integrated SAQ Training program led by [New Athlete Volleyball](#), who are GOATA certified and specialize in optimizing girls' volleyball performance and recovery. The program will be designed to be age appropriate and specific to volleyball using the [GOATA Locomotive System](#). *Excluding U12s age group.

Recruiting Coordinator (U15-U18)

ATHENAVB is proud to offer one of the most comprehensive college recruiting support programs in the country. We will have access to our LOVB National Recruiting Director (Lauren Hansen) who will be responsible for maintaining a current database of college needs, college contact information and developing the tools and resources that our athletes will use during the recruiting process. In addition, Chris Osborn, our on-site Recruiting Coordinator will work directly with our athletes and their families by conducting PSA (Prospective Student Athlete) and HUDL video consultations throughout the season.

Competitive Select Tournament Schedule

ATHENAVB will be offering their Girls Select Program a competitive tournament schedule that will offer a great level of competition. Teams will play in the CEVA Power League that will be hosted at various facilities in Oregon/Washington and most teams have two flight tournament which will allow them to experience national competition and exposure.

Important Events/Breaks

KEY DATES AND EVENTS	
DATE	EVENT
Oct 24	Parent Information Meeting on Zoom @ 3pm
Nov 2	Parent Information Meeting on Zoom @ 7pm
Nov 7	11-14 Tryouts and Acceptance Deadline @ Beaverton Hoop
Nov 21	15-18 Tryouts and Acceptance Deadline @ Beaverton Hoop
Nov 29	First Week of Practice
Dec 24 - Jan 2	Holiday Break
Jan 15	Tournament Play Begins
Mar 21-Mar 25	Spring Break
Dec TBD	ATHENAVB All Club Meeting

TENTATIVE 2021-22 SCHEDULE – COMPETITIVE SELECT TOURNAMENTS

Below is a TENTATIVE schedule of Select Tournaments. All events should be considered tentative until the All Club Meeting in December. It is possible that these dates may change. All tournaments should be considered tentative until entries are submitted and teams have been accepted. We will determine the remainder of the schedule based on team level, tournament strength and driving distance.

17 SILVER Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Pre Season Trip	Dec	Idaho
Power League Qualifier	Jan 22	TBD

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

Power League #1	Feb 5	TBD
NCVA President's Day Classic	Feb 19-21	San Jose, CA
Power League #2	Mar 5	TBD
Red Rock Rave	Apr 2-4	Las Vegas, NV
Power League #3	Apr 9	TBD
Regional Championships	Apr 30-May 1	TBD
Rumble in the Rockies	May 6-8	Aurora, CO

16 ONYX Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
MLK Seattle	Jan 15-17	Seattle, WA
Power League Qualifier #1	Jan 23	TBD
Power League Qualifier #2	Feb 6	TBD
NCVA President's Day Classic	Feb 19-21	San Jose, CA
Power League #1	Feb 27	TBD
Power League #2	Mar 6	TBD
Power League #3	Apr 10	TBD
Windy City Qualifier	Apr 15-17	Chicago, IL
Regional Championships	Apr 23-24	TBD

16 SILVER Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
MLK Seattle	Jan 15-17	Seattle, WA
Power League Qualifier #1	Jan 23	TBD
Power League Qualifier #2	Feb 6	TBD
NCVA President's Day Classic	Feb 19-21	San Jose, CA
Power League #1	Feb 27	TBD
Power League #2	Mar 6	TBD
Red Rock Rave	Apr 2-4	Las Vegas, NV
Power League #3	Apr 10	TBD
Regional Championships	Apr 23-24	TBD

15 ONYX Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
MLK Seattle	Jan 15-17	Seattle, WA
Power League Qualifier #1	Jan 23	TBD
Power League Qualifier #2	Feb 6	TBD
NCVA President's Day Classic	Feb 19-21	San Jose, CA
Power League #1	Feb 27	TBD
Power League #2	Mar 6	TBD
Power League #3	Apr 10	TBD
Lone Star Qualifier	Apr 15-17	Dallas or Austin, TX
Regional Championships	Apr 23-24	TBD

15 SILVER Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
MLK Seattle	Jan 15-17	Seattle, WA
Power League Qualifier #1	Jan 23	TBD
Power League Qualifier #2	Feb 6	TBD
NCVA President's Day Classic	Feb 19-21	San Jose, CA
Power League #1	Feb 27	TBD
Power League #2	Mar 6	TBD

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

Power League #3	Apr 10	TBD
Lone Star Qualifier	Apr 15-17	Dallas or Austin, TX
Regional Championships	Apr 23-24	TBD

14 ONYX Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Power League Qualifier #1	Jan 9	TBD
Power League Qualifier #2	Jan 30	TBD
Power League #1	Feb 12	TBD
CEVA President's Day	Feb 19-21	Springfield, OR
SLC Showdown Qualifier	Mar 5-7	Salt Lake City, UT
Power League #2	Mar 13	TBD
Power League #3	Apr 16	TBD
Far Western Qualifier	Apr 23-25	Reno, NV
Regional Championships	Apr 30-May 1	TBD

14 SILVER Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Power League Qualifier #1	Jan 9	TBD
Power League Qualifier #2	Jan 30	TBD
Power League #1	Feb 12	TBD
NWJ President's Day	Feb 19-21	Seattle, WA
Friendship Tournament (TBD)		
SLC Showdown Qualifier	Mar 5-7	Salt Lake City, UT
Power League #2	Mar 13	TBD
Power League #3	Apr 16	TBD
Regional Championships	Apr 30-May 1	TBD

13 BLACK Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Power League Qualifier #1	Jan 9	TBD
Power League Qualifier #2	Jan 30	TBD
Power League #1	Feb 12	TBD
CEVA President's Day	Feb 19-21	Springfield, OR
Power League #2	Mar 13	TBD
Pacific NW Qualifier	Apr 1-3	Spokane, WA
Power League #3	Apr 16	TBD
Far Western Qualifier	Apr 23-25	Reno, NV
Regional Championships	Apr 30-May 1	TBD

13 ONYX Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Power League Qualifier #1	Jan 9	TBD
Power League Qualifier #2	Jan 30	TBD
Power League #1	Feb 12	TBD
NWJ President's Day	Feb 19-21	Seattle, WA
Power League #2	Mar 13	TBD
Pacific NW Qualifier	Apr 1-3	Spokane, WA
Power League #3	Apr 16	TBD
Far Western Qualifier	Apr 23-25	Reno, NV
Regional Championships	Apr 30-May 1	TBD

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

13 SILVER Select Schedule		
TOURNAMENT NAME	DATE	LOCATION
Power League Qualifier #1	Jan 9	TBD
Power League Qualifier #2	Jan 30	TBD
Power League #1	Feb 12	TBD
NWJ President's Day	Feb 19-21	Seattle, WA
Friendship Tournament (TBD)		
Power League #2	Mar 13	TBD
Power League #3	Apr 16	TBD
Far Western Qualifier	Apr 23-25	Reno, NV
Regional Championships	Apr 30-May 1	TBD

2021-2022 DUES & FEES

Below are the dues and fees for the 2021-22 Season (based on current tournament schedule and tentative until December)

If comparing club costs, please note everything included in our Base Club and Base Travel Fees in order to get an apples to apples comparison. We try to provide all club costs upfront in order to provide full transparency and to minimize additional costs so you can budget properly.

SEASON DUES

- **\$3300 Base Club Fees**
- **\$1075-\$2525 Base Travel Fees*** *Depending on the team
 - 17 Silver \$2525 Base Travel Fees
 - 16 Onyx \$2250 Base Travel Fees
 - 16 Silver \$2190 Base Travel Fees
 - 15 Onyx \$2030 Base Travel Fees
 - 15 Silver \$2030 Base Travel Fees
 - 14 Onyx \$1795 Base Travel Fees
 - 14 Silver \$1085 Base Travel Fees
 - 13 Black \$1630 Base Travel Fees
 - 13 Onyx \$1630 Base Travel Fees
 - 13 Silver \$1075 Base Travel Fees

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

WHAT'S INCLUDED IN DUES?

- **BASE CLUB FEES**
 - ALL Team and Bloc Practices/Training Sessions
 - ALL Technical Director and Coaches' Fees
 - ALL Tournament Entry Fees
 - SAQ Training
 - LOVB Whole Athlete Training Program (W.A.T. Program)
 - LOVB National Recruiting Platform (U15-U18)
 - HUDL Video Analysis and access for highlight video creation (16/17 only)
 - Nike Select Uniform Package (2 Nike Jerseys, 2 Nike Logo Spandex, Nike Kneepads, 2 practice T's, Nike Warm Up Top and Bottom, 2 Custom Logo Socks)
- **TRAVEL CLUB FEES**
 - Hotel (for overnight tournaments)
 - Transportation between hotel and tournament venue (for overnight tournaments)
 - Cooler Food
 - One Team Dinner
 - Coaches Overnight Travel Expenses (flight, hotel and food per diem)
 - Chaperone Overnight Travel Expenses (flight, hotel, and food per diem)

WHAT'S NOT INCLUDED IN FEES?

- **Optional Flight and More Travel Fee** **Approximate Cost : \$300-600***
 - Many families take advantage of this optional F.A.M. service which includes cost of flight, transportation between PDX→Destination→PDX, and chaperone. This reduces the planning, need and expense for a parent to travel with the athlete for all tournaments requiring flights.
- **Optional Nike Team Shoes** **Approximate Cost : \$80**
 - We are a Nike sponsored club, and offer a 25% discount on footwear through GearUp and Eastbay. If you would like to purchase on your own, we would ask that you wear white based Nike shoes.
- **Payment Processing Fees** (Credit Card Processing is an additional fee of 3.0% + 0.30)

** Represents the anticipated amount for the upcoming season. We will always do our best to keep the costs as minimal as possible .*

PAYMENT INFO

ATHENAVB is partnering with **LeagueApps** to handle our payment processing for dues and fees throughout the season that will ease the burden of staying on top of your fees.

- Standard Payment Plans in installments
- Pay online by Debit or Credit Card (Transaction Fee applied).
- Set it and forget it! Once you set your payment types your accounts will automatically be billed on the Payment Plan due dates throughout the season.
- Reminders and receipts ... you will receive automatic reminders and receipts throughout the season. Handy for financial tracking and to ensure your chosen payment account is ready.
- Pay any additional Clinics, Private Lessons, Additional Travel Invoices in the system.
- Unique user dashboard to track your activity throughout the season.

ATHENAVB GIRLS SELECT PROGRAM

2021/2022 CLUB INFORMATION

HOW TO MAKE YOUR PAYMENT

- Click the "My Account" button on our website (or visit LeagueApps by clicking the link in your Offer Email).
- Register for an account and select your program and enter your debit/credit card or bank account.
- LeagueApps will auto-charge your account on the date(s) presented (no need to login monthly to pay).
- If you need to modify a payment schedule, payment date, or if you need a Custom Payment Plan at any point during the season, please contact our **Director Lena Chan**.
lana@athenavb.net 5033307326.

Check payments are accepted offline only IF they are mailed in prior to due date (No transaction fee). No checks handed to coaches/admins.