



# ATHENAVB GIRLS REGIONAL PROGRAM 2021/2022 CLUB INFORMATION

## ATHENAVB GIRLS REGIONAL PROGRAM

Club Director: Lena Chan

Girls' Regional Teams are an ideal starting point for elementary/middle school looking to get started with club volleyball and high school players (fresh/soph only) sharpening their skills. Practices are spent working on individual skills with an emphasis on team play. Regional teams compete locally (driving distance) against other regional-based club programs at competitive events and foregoes travel via flight, which minimizes cost and time requirements. Local overnight tournaments still provide good level of competition and team bonding experiences. Regional teams are perfect for those with other extracurricular activities and starting to fall in love with this game!

### MESSAGE FROM LENA CHAN, CLUB DIRECTOR

*Welcome to our ATHENAVB 2021/2022 season! As we begin our 21<sup>st</sup> 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!*

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*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.*

*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 Regional teams for the upcoming season:

- **12 & Under:** 12 Silver, 12 White, 11 Gold
- **13 & Under:** 13 White
- **14 & Under:** 14 White
- **15 & Under:** 15 White
- **16 & Under:** 16 White

## SEASON "BASICS"

# **ATHENAVB GIRLS REGIONAL PROGRAM**

## **2021/2022 CLUB INFORMATION**

- Season Length: December thru April (Tournaments Begin in January)
- Practices/Week: 2
- Local Regional Tournament Schedule (see Tentative Schedule)
- 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
- Nike Regional 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
- 1-2 Defensive Specialists

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 Regional program and equal playing time is not guaranteed.

## **GIRLS REGIONAL PROGRAM FEATURES**

### **Experienced, Professionally Trained Coaching Staff**

Each of our Head Coaches in the Regional Program will have a minimum of 1 year 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 Regional 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 Practices/Week

### **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 Regional Program curriculum. A

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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.

### Integrated SAQ

ATHENAVB Regional 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.

### Regional Tournament Schedule

ATHENAVB will be offering their Girls Regional Program a tournament schedule where teams will play in the CEVA Power League that will be hosted at various facilities in Oregon/Washington and also a few weekend tournaments that are all driving distance.

### Important Events/Breaks

| KEY DATES AND EVENTS |  |
|----------------------|--|
| DATE                 | EVENT  |
| Oct 24               | Parent Information Meeting on Zoom @ 3pm                 |
| Nov 2                | Parent Information Meeting on <a href="#">Zoom</a> @ 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 – REGIONAL TOURNAMENTS

Below is a TENTATIVE schedule of Regional 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.

| 16 WHITE Regional 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             |
| CEVA President's Day Classic | Feb 19-21 | Springfield, OR |
| Power League #1              | Feb 27    | TBD             |
| Power League #2              | Mar 6     | TBD             |
| Power League #3              | Apr 10    | TBD             |

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|                        |           |     |
|------------------------|-----------|-----|
| Regional Championships | Apr 23-24 | TBD |
|------------------------|-----------|-----|

| 15 WHITE Regional 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             |
| CEVA President's Day Classic | Feb 19-21 | Springfield, OR |
| Power League #1              | Feb 27    | TBD             |
| Power League #2              | Mar 6     | TBD             |
| Power League #3              | Apr 10    | TBD             |
| Regional Championships       | Apr 23-24 | TBD             |

| 14 WHITE Regional 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         |
| Regional Championships      | Apr 30-May 1 | TBD         |

| 13 WHITE Regional 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         |
| Regional Championships      | Apr 30-May 1 | TBD         |

| 12 SILVER Regional Schedule |           |             |
|-----------------------------|-----------|-------------|
| TOURNAMENT NAME             | DATE      | LOCATION    |
| Power League Qualifier      | Jan 8     | TBD         |
| Power League #1             | Jan 29    | TBD         |
| NWJ President's Day         | Feb 19-21 | Seattle, WA |
| Friendship Tournament (TBD) |           |             |
| Power League #2             | Mar 12    | TBD         |
| Power League #3             | Apr 9     | TBD         |
| Regional Championships      | Apr 23-24 | TBD         |

| 12 WHITE Regional Schedule |           |             |
|----------------------------|-----------|-------------|
| TOURNAMENT NAME            | DATE      | LOCATION    |
| Power League Qualifier     | Jan 8     | TBD         |
| Power League #1            | Jan 29    | TBD         |
| NWJ President's Day        | Feb 19-21 | Seattle, WA |

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|                        |           |     |
|------------------------|-----------|-----|
| Power League #2        | Mar 12    | TBD |
| Power League #3        | Apr 9     | TBD |
| Regional Championships | Apr 23-24 | TBD |

| 11 GOLD Regional Schedule |           |             |
|---------------------------|-----------|-------------|
| TOURNAMENT NAME           | DATE      | LOCATION    |
| Power League Qualifier    | Jan 8     | TBD         |
| Power League #1           | Jan 29    | TBD         |
| NWJ President's Day       | Feb 19-21 | Seattle, WA |
| Power League #2           | Mar 12    | TBD         |
| Power League #3           | Apr 9     | TBD         |
| Regional Championships    | Apr 23-24 | TBD         |

# ATHENAVB GIRLS REGIONAL PROGRAM

## 2021/2022 CLUB INFORMATION

### 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.

#### 11s/12s SEASON DUES

- \$2550 Base Club Fees
- \$400 Base Travel Fees

| DATE     | PAYMENT |
|----------|---------|
| DEPOSIT  | \$550   |
| Dec 10   | \$480   |
| Jan 10   | \$480   |
| Feb 10   | \$480   |
| Mar 10   | \$480   |
| April 10 | \$480   |

#### 13s/14s SEASON DUES

- \$2950 Base Club Fees
- \$400 Base Travel Fees

| DATE     | PAYMENT |
|----------|---------|
| DEPOSIT  | \$550   |
| Dec 10   | \$560   |
| Jan 10   | \$560   |
| Feb 10   | \$560   |
| Mar 10   | \$560   |
| April 10 | \$560   |

#### 15s/16s SEASON DUES

- \$2950 Base Club Fees
- \$800 Base Travel Fees

| DATE     | PAYMENT |
|----------|---------|
| DEPOSIT  | \$550   |
| Dec 10   | \$640   |
| Jan 10   | \$640   |
| Feb 10   | \$640   |
| Mar 10   | \$640   |
| April 10 | \$640   |

### WHAT'S INCLUDED IN DUES?

- BASE CLUB FEES
  - ALL Team and Block Practices/Training Sessions
  - ALL Technical Director and Coaches' Fees
  - ALL Tournament Entry Fees
  - LOVB Whole Athlete Training Program (W.A.T. Program)
  - SAQ Training with New Athlete Volleyball
  - Nike Regional Uniform Package (Includes: 2 Nike Jersey, 2 Nike Logo Spandex, Nike Kneepads, 2 practice T's, Nike Sweatshirt, 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 (hotel and food/travel per diem)
  - Chaperone Overnight Travel Expenses (hotel and food/travel per diem)

### WHAT'S NOT INCLUDED IN FEES?

- **Optional Nike Team Shoes** **Approximate Cost : \$80-\$100**
  - 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.

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- **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.

### 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](mailto: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.