

# Welcome to Attack Volleyball Club for the 2019 Season



# Our Mission

- We are committed to providing athletes with a competitive experience that enhances social development, contributes to the teaching of fundamental values including responsibility, teamwork, self-discipline and self motivation.
- Attack Directors
  - Jodi McMillan (Club Director) – [attackvball@gmail.com](mailto:attackvball@gmail.com)
    - National Coach/Competitive/Local
  - Kevin McMillan (Club Director) – [attackvball@gmail.com](mailto:attackvball@gmail.com)
    - National - Master Coach/Player Development/Recruiting

# Who Are We?

- Welcome to Attack Volleyball Club! We are a competitive girls AAU Volleyball Club that is based out of the Lansing Area that provides training at all age levels in the sport of volleyball. We are excited to have you become a part of our family we call “Attack”. The motto of our club states, “Not just a club...We’re a Family”, which we take very seriously, so when your daughter becomes a part of Attack, she along with the rest of your family become part of an elite group of people all wanting the same outcome; the absolute best volleyball experience possible.
- Attack Volleyball Club was started on the basis of providing quality training for competition, as well as assisting athletes in achieving their volleyball goals. Attack focuses on the personal and athletic development of our student-athletes, and creates a safe, positive, and effective learning environment. We are starting our 10<sup>th</sup> season in 2019, and plan to continue growing in the years to come by offering club options for those players looking to continue volleyball at the collegiate level.

# Why Choose Attack over other Clubs?

- We are committed to providing athletes with a competitive experience that enhances social development, contributes to the teaching of fundamental values including responsibility, teamwork, self-discipline and self-motivation. Attack will give your daughter the opportunity to learn advanced volleyball skills, increase their volleyball IQ's, and commitment to an intense program. Practices will be held weekly at a facility near you, along with Saturday and/or Sunday tournaments will be provided.
- Attack volleyball places emphasis on providing “the exceptional volleyball experience” by combining the major skills of the game (serving, passing, setting, blocking, attacking and defense) while learning from experienced coaches and collegiate players to provide each athlete with the knowledge and understanding of the greatest game in the world! Our focus is placed on athletes learning and implementing specific techniques, skills and strategies to become the best volleyball player they can be. The expectation is that participants arrive eager and prepared to respond to the challenges that come with improvement and growth.

# Why Attack?

- Simple...we care about your kids!
- We strive for our student-athletes to become strong independent leaders and role models amongst their peers on and off the court. Someone once posed the question; “Who are you when no one is watching?” We want to coach players who can use that as motivation to work harder, work stronger, be dedicated to the sport they love, to their studies, their family and show us that they want to learn.



# Player Assessments - Tryouts

- Athletes Assessed by Attack Coaching Staff
  - Sunday Oct 14<sup>th</sup>, 2018–1:00pm–2:30pm (10U-12U)– 6<sup>th</sup> Grade and Under
    - Check in at 12:00pm
  - Sunday Oct 14<sup>th</sup>, 2018–3:30pm–5:30pm (13U-14U)- 7<sup>th</sup> & 8<sup>th</sup> Grade
    - Check in at 3:00pm
- Athletes Assessed by Attack Coaching Staff
  - Saturday Nov 3<sup>rd</sup>, 2018–TBD (15U-16U)– 9<sup>th</sup> & 10<sup>th</sup> Grade
    - Check in at TBD
  - Saturday Nov 3<sup>rd</sup>, 2018–TBD (17U-18U)– 11<sup>th</sup> & 12<sup>th</sup> Grade
    - Check in at TBD
  - Saturday Nov 10<sup>th</sup>, 2018 – TBD – all those still participating in post season that could not attend Nov 3<sup>rd</sup> tryout date
- Cancellation Policy - Please note that all tryout fees once registered are non-refundable
- Please note that tryout fees are an additional cost, and are not deducted from club fees once placed on a team.

# Areas of Assessment - Tryouts

- Areas of Assessment
  - Passing
  - Setting
  - Serving
  - Attacking
  - Blocking
  - Coachability (attitude, effort, communication)

# What will my Assessment look like?

- Register with Attack Staff
- Receive t shirt and take picture
- Players will be videotaped during assessment, to give coaching staff an opportunity to evaluate players to be accurate in team selection and placement. Attack takes this process very seriously, and want to make sure that all players are being assessed to the best of our abilities.
- At the completion of the assessment, numbers will be placed on the Website. This will ensure the anonymity of other players on the team, and give you the opportunity to decide whether or not you choose to participate.
- You will not be notified of who your teammates are at the time of placement. You will have the opportunity to meet your teammates at the Attack Team Meet and Greet!



# How do I commit to Attack

- Upon receiving your placement:
  - You will email – [attackteamplacement@gmail.com](mailto:attackteamplacement@gmail.com)
  - You will have **48 hours** to respond either to accept or reject placement.
    - The Website will contain the following information
      - Team Placement
      - Practice and Tournament Schedule
      - Coaches Information
      - Date for Attack Team Meet and Greet
      - Fundraising dates and information
    - If you do not respond, we will assume that you are no longer interested and we will remove you from the team. Please make sure that we have an accurate and working email address, or if you do not utilize email, please give us the best way to contact you.

# National/Competitive/Local Teams

- How many players will be on my team?
  - All teams will consist of approximately 8 – 10 players
  - All teams will have 1 Head Coach with a Master Coach, and Assistant Coaches available in the gym at all times to assist.
- Master Coach Philosophy
  - We will be utilizing the Master Coach model, meaning that all teams will be taught the same techniques, drills, and philosophies to ensure that each team is on the same page, and that every player is receiving the optimal level of instruction.
  - Each team will utilize a team specific, daily practice plan that will be provided by the Master Coach – Kevin McMillan.

# Playing Time

- Playing time will be determined by the Head Coach
  - Upon placement, you are not guaranteed a starting role, that must be earned.
  - We do not guarantee equal playing time – playing time will be earned based on the following criteria:
    - Attitude
    - Commitment
    - Ability
    - Willingness to learn and grow
- Each team parent and player will be asked to sign a Parent/Athlete contract which will state their commitment to the Attack Volleyball Program. This form along with the Family Deposit must be received no later than Saturday, October 20<sup>th</sup>, 2018 (10U – 14U), and Saturday, November 17<sup>th</sup>, 2018 (15U-18U). If it is not received at that time, players will not be able to begin practices that begin on December 1<sup>st</sup>, 2018, until form and payment are received.

# Playing Time Continued...

- Attack coaches will not discuss playing time, with anyone other than the player themselves, or the player's parents. If the discussion between coach and player/parent cannot be resolved, a meeting with the Club Director will occur.
- Players will not be guaranteed any amount of playing time for any reason!
  - We believe that each athlete should work hard in practice, be fully committed to the team, which will in turn provide opportunity for playing time.
  - CLUB FOCUS: "At practice, there are no timeouts, no subs, and no excuses. You just go flat out until it's over. And if you want to wear the uniform bad enough, it's never over. It takes a little more to make a CHAMPION." Anonymous

# Missed Practice

- Practice time is critical to the success of our athletes and their teams.
  - It is the expectation that each player will attend every practice, unless there are extenuating circumstances.
    - Examples – Inclement weather, death in family, injury, or illness
- If an athlete participates in a sport outside of Attack, an appropriate schedule will be set up to make sure the player can be committed to both program's success.
- Unexcused Absences will be placed on a point system
  - 1 unexcused absence in 1 month will result in the loss of 1 match at the next tournament the team is set to participate in
  - 2 unexcused absences in 1 month will result in the player being unable to participate in the entire next tournament
    - Player will be expected to attend and assist with scoring, stats, and support her team
  - 3 unexcused absences in 1 month will result in temporary suspension until a meeting between family and Club Director occurs.
  - If during the course of the season a player misses on a regular basis, they may be removed from the team and all team fees will be forfeited.
    - If on payment plan – You are responsible to pay remaining balance due on account.

# Uniforms and Equipment

- All National Team athletes will receive the following:
  - Jerseys – 2
  - Practice T shirts – 2
  - Choice of (1) of the following – Pullover, Backpack, Sweatshirt or Sweatpants
- All Competitive Team athletes will receive the following:
  - Jerseys – 2
  - Practice T shirts – 2
  - Choice of (1) of the following – Sweatshirt or Sweatpants
- All Local Team athletes will receive the following:
  - Jerseys – 2
  - Practice T shirts – 2
- The remaining items required:
  - Black knee pads
  - Black spandex
  - Black shoes
- After team selection there will be a “Team Meet and Greet” night where uniforms will be sized and all necessary orders will be placed with our vendor, Sports Stop.



# Coaching Staff

- Our Staff Rocks! We feel extremely blessed at Attack Volleyball Club to have such a wonderful group of individuals who have all levels of experience. We believe it is important to have our student-athletes feel comfortable with our staff, so our focus is on each team having one head coach, along with other coaches and assistants available during practice times to work on all skills. We also utilize a “Master Coach” philosophy where our Master Coaches will assist Head Coaches and assistants during practice times, with practice planning, and with specific positional training, as they are the “experts” in their area of the game. We believe this gives individual athletes and each team more opportunities to be successful.
- At Attack Volleyball Club, we support the philosophy of athletes safety first and winning second. As coaches, remaining strong in this idea means that every decision a coach makes is based on first, what is safe and best for the athletes and secondly, what may improve the athlete’s or teams chance of winning. This in NO WAY suggests that winning is not important, but we feel through this process and style of coaching, it will instill enjoyment of the game and a desire to work harder, stronger, and faster. These components will create a winning and successful volleyball experience.

# Attack 10U Local

- Teams at this level will play in state only, in single Friday evening or Sunday morning tournaments. Athletes will receive a high level of competition, but a lower commitment level in terms of time and travel. Special note...for those just getting started in the sport at this age division, this program can assist with players being placed in tournaments at a “beginner” level. The cost for the Local Winter or Local Spring session (10U-11U), is \$400.00, to include the following:
  - Practice – 2 times per week for 1.5 hours (except for tournament weeks which will include 1 practice and tournament to be played on either Friday night, or Sunday morning)

# Attack 12U Local

- Teams at this level will play in state only, in single day power league events, and will include (1) 2 day Tournament. Athletes will receive a high level of competition, but a lower commitment level in terms of time and travel. Special note...for those just getting started in the sport at this age division, this program can assist with players being placed in tournaments at a “beginner” level. The cost for the Local Winter or Local Spring session (12U), is \$500.00, to include the following:
  - Practice – 2 times per week for 1.5 hours (Friday/Sunday)
  - 5 AAU sanctioned tournaments – dates on table out front

# Team Pricing Local

- Attack Local 13U-14U
  - Winter Only Pricing - \$600.00
  - Spring Only Pricing - \$600.00
  - Winter and Spring Pricing - \$1,150.00
    - Attack Volleyball Local Team Special – For those athletes who participate in the Local Winter session, and want to continue in the Spring session, they must tryout in March for placement, but will receive a discounted rate for the Spring session of \$550.00, to make the total \$1,150.00 to participate in both sessions. They will receive an additional 4 tournament dates in the Spring. This is something that no other club programs offer.

# Team Pricing Competitive

- Attack Competitive 13U-18U
  - This is a 7 month commitment – December - June
    - Cost is \$1,500.00 to include:
      - 14 tournament dates
      - Saturday Training Dates in December
      - 2 practices per week
        - Wednesdays & Fridays at Kinawa School in Okemos
          - 1900 Kinawa Dr, Okemos, MI

# Team Pricing National

- Attack National 13U-18U
  - This is a 7 month commitment – December - June
    - Cost is \$2,100.00 to include
      - 21 tournament dates
      - Saturday Training Dates in December
      - 3 practices per week
        - Wednesday, Friday & Sunday's when not playing in tournament
        - Practices will be held at Kinawa School, 1900 Kinawa Dr, Okemos (Wednesdays/Fridays); Eden Church, 1938 Eden Rd, Mason, MI (Sundays)



# Fundraising/Payment Options

- Our Mission for this club is to remain focused on teaching those who have a desire to grow in the sport, and as young people. We are determined to turn no one away because of financial hardship by providing fundraising opportunities that allow athletes to participate.
- Fundraising opportunities:
  - TBD
- With that being said, we believe it is the responsibility of the student-athlete and their families to communicate financial concerns with us to collectively find the best solution for participation.
- No players will be allowed to play for free!
- All payments must be made by their deadlines, or it will affect players standing on the team and in the club.
- Thank you for your understanding in this matter, as your timely payments, keep us in good standing with the facilities we rent from.
- Each family will receive a detailed email about when the fundraising event will occur, where, and what the expectations are for each athlete. We look forward to all families being involved in our fundraisers to help curb the costs for club participation and travel.

# Age Classifications 2019

- 18 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2000 or players who were born on or after Sept 1<sup>st</sup>, 1999 and are a high school student during some part of the academic year
- 17 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2001
- 16 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2002
- 15 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2003
- 14 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2004
  - If you are an 8<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2003
- 13 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2005
  - If you are a 7<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2004
- 12 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2006
  - If you are a 6<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2005
- 11 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2007
- 10 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2008

# Payment Schedule

- Attack National
  - 11/12/16 – Deposit (\$420)
  - 12/10/16 – 1<sup>st</sup> Payment (\$420)
  - 1/4/17 – 2<sup>nd</sup> Payment (\$420)
  - 2/8/17 – 3<sup>rd</sup> Payment (\$420)
  - 3/8/17 – 4<sup>th</sup> Payment (\$420)
- Attack Competitive
  - 11/12/16 – Deposit (\$350)
  - 12/10/16 – 1<sup>st</sup> Payment (\$350)
  - 1/4/17 – 2<sup>nd</sup> Payment (\$350)
  - 2/8/17 – 3<sup>rd</sup> Payment (\$350)
- Attack Local
  - 11/12/16 – Deposit (\$300)
  - 1/4/17 – Remaining Balance (\$300)

## Questions?

If you have any additional questions, please let us know. Please do not leave today before all of your questions or concerns have been addressed. We truly appreciate every family that has taken their time to become a part of the Attack Family.

Sincerely,

Jodi McMillan

Attack Volleyball Club

Club Director

