

# Welcome to Attack Volleyball Club for the 2020 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/Program Development Coordinator
  - Kevin McMillan (Club Director) – [kmcmillan@dentco.com](mailto:kmcmillan@dentco.com)
    - National - Master Coach/Player Development/Recruiting

# Who Are We?

- Welcome to Attack Volleyball Club! We are a competitive girls AAU Volleyball Club 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”, so when your daughter becomes a part of Attack, she along with the rest of your family become part of a special group of people all wanting the same outcome; the absolute best volleyball experience possible.
- Attack Volleyball Club was founded to provide 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 11<sup>th</sup> season in 2020, and plan to continue growing in the years to come by offering club options for those players looking to continue volleyball at all levels, including 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, 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 20<sup>th</sup>, 2019–1:30pm–3:00pm (10U-12U)– 6<sup>th</sup> Grade and Under
    - Check in at 1:00pm
  - Sunday Oct 20<sup>th</sup>, 2019–3:30pm–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 9<sup>th</sup>, 2019–9:00am – 11:00am (15U-16U)– 9<sup>th</sup> & 10<sup>th</sup> Grade
    - Registration begins at 8:00am
  - Saturday Nov 9<sup>th</sup>, 2019–11:00am – 1:00pm (17U-18U)– 11<sup>th</sup> & 12<sup>th</sup> Grade
    - Registration begins at 10:00am
  - Saturday Nov 16<sup>th</sup>, 2019 – TBD – all those still participating in post season that could not attend Nov 9<sup>th</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?

- Before Attack Tryout

Online registration will begin on Wednesday September 25, 2019. The cost for Online registration is \$40 to include an Attack t-shirt with a tryout number individual to the athlete for evaluation. Due to the number of athletes who participate, Online registration should be completed at least 72 hours prior to the tryout for your age group. If you are unable to do this, we will have registration available on site at the tryout, but the cost will be \$50 if done on the day of and can often slow the registration process down significantly. The tryout cost is non-refundable and does not go toward your club fees for the season. Please note, we try to get everyone through the registration check-in as quickly as possible and Online registration keeps that process moving quickly and is an added savings to your family.

## Day of the Tryout

You should arrive approximately 30 minutes prior to the start of your tryout time. This will allow you to check in with our Attack Staff, verify player information is correct in our system, athletes will receive their tryout t-shirt and have their photo taken. Players will then be directed to the gym for evaluation. During the process parents may wait outside the gym in the designated seating areas until the tryout is complete. All players will be evaluated by our energetic and competent staff in both written and video form to provide the best evaluation process for each athlete.

## After the Tryout

Once all evaluations have been completed, tryout results will be sent by email to players to either accept or decline team placement. Please note you will have 24 hours from the time of the sent email to accept or decline placement for the season. You will be directed back to the website to confirm your placement and arrange payment for the season. Please note: **New for 2020** - for all those that wish to participate in our payment plan, we will be requiring each family to keep a credit card or bank account information on file to be auto billed on each of the payment due dates.



# How do I commit to Attack

- Upon receiving your placement:
  - You will email – [attackteamplacement@gmail.com](mailto:attackteamplacement@gmail.com)
  - You will have **24 hours** to respond either to accept or decline placement.
  - You will then be directed to our website for the following information
    - 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 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 our 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, along with the Payment/Refund Policy, which will state your commitment to the Attack Volleyball Program. This form along with the Family Deposit must be received at the time of accepting placement. If it is not received at that time, you will be unable to hold your spot on the team that you have been offered.

# 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 be scheduled.
- 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, 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.

# Uniforms and Equipment

- All National Team athletes will receive the following:
  - Jerseys – 3
  - Practice T shirts – 2
  - Warm Up
- All Competitive Team athletes will receive the following:
  - Jerseys – 2
  - Practice T shirts – 2
  - Warm Up
- 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
  - Players will be required to purchase an Attack Back-Pack (Cost approximately \$40) – which can be ordered through our Team Store on the Attack Website
    - Not required if athlete already owns an Attack Back-Pack
- 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 are 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 (1) 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 athlete’s safety first and winning second. As coaches, remaining strong in this ideal 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 team’s 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.



# Little Attackers 10U

- Teams at this level will play in state only, in single Friday evening Saturday, 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 \$300.00, to include the following:
  - Practice – 2 times per week for 1.5 hours (except for tournament weeks which will include 1 practice and (1) tournamentTournament schedule posted at <http://www.attackvolleyballclub.com/little-attackers-10u-team.html>

# 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 \$600.00, to include the following:
  - Practice – 2 times per week for 1.5 hours
  - 5 AAU sanctioned tournaments
  - Schedule posted at <http://www.attackvolleyballclub.com/12u-local.html>

# Attack 12U Competitive

- This team requires a (6) month commitment. Teams at this level will play in (11) AAU Sanctioned events, to include the AAU State Championships. This group will play in (4) 1-day Power League events, (3) 1-day tournaments, (1) Pre-Season training date, as well as (4) 2-day tournaments, for a total of (16) dates. The cost for the Competitive (12U), is \$1,000.00, to include the following:
  - Practice – 2 times per week for 2 hours
  - 11 AAU sanctioned tournaments (16) total days of play
    - Schedule posted at <http://www.attackvolleyballclub.com/12u-competitive.html>

# Team Pricing Local

- Attack Local 13U-16U
  - Cost for the 13U-16U athletes will be \$800 to include (8) dates of training or tournament play. We offer our local team option for those families who have busy schedules, more than 1 athlete playing a sport, are unable to travel long distances, or want to keep the costs of travel volleyball to a minimum. Our Local Team schedule provides a great training opportunity, accompanied with competitive play, with less travel, all while offering the best price in any area, or any club.
  - Practice – 2 days per week for 2 hours
  - 5 AAU Sanctioned Events (6) total tournament dates
    - 13U/14U Schedule posted at <http://www.attackvolleyballclub.com/13u-14u-local.html>
    - 15U/16U Schedule posted at <http://www.attackvolleyballclub.com/15u-16u-local.html>

# Team Pricing Competitive

- Attack Competitive 13U-18U
  - Attack Competitive (7 Month Program): This is for the player who is looking for a high level of competition. Teams at this level will play in (4) 1-day power league tournaments, as well as (7) 2-day events, for a total of (18) dates.
  - Cost is \$1,600.00 to include:
    - 18 tournament dates - Tournament schedule posted at [www.attackvolleyballclub.com/competitive-teams-1.html](http://www.attackvolleyballclub.com/competitive-teams-1.html)
    - (2) Saturday Training Dates in December
    - (2) practices per week for 2 hours

# Team Pricing National

- Attack National 13U-18U
  - Attack National (7 Month Program): This is for the player who is looking for the highest level of volleyball. Teams at this level will play in and out of the State of Michigan, which will consist of 2 and 3-day events in surrounding states within the Midwest. These teams will also participate in the AAU National Championships held at both the Orange County Convention Center, and ESPN Wide World of Sports in Orlando, FL.
  - Cost is \$2,100.00 to include
    - 22 - 24 tournament dates
      - 13U - 17U Tournament Schedule posted at <https://websitebuilder.godaddy.com/builder/edit/desktop/f1393d91-568a-43e8-b272-3bd2405a2c18>
      - 18U Tournament Schedule posted at <https://websitebuilder.godaddy.com/builder/edit/desktop/8d7525dc-d730-4246-8f43-bf881ace255d>
    - (2) 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.
  - 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!
  - **New for 2020** - for all those that wish to participate in our payment plan, we will be requiring each family to keep a credit card or bank account information on file to be auto billed on each of the payment due dates.
    - 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.
- Fundraising opportunities:
  - Biggby
  - Serve-a-thon
  - Snap Raise



# Age Classifications 2020

- 18 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2001 or players who were born on or after Sept 1<sup>st</sup>, 2000 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>, 2002
- 16 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2003
- 15 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2004
- 14 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2005
  - If you are an 8<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2004
- 13 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2006
  - If you are a 7<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2005
- 12 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2007
  - If you are a 6<sup>th</sup> grader or below for the current school year & were born on or after June 1, 2006
- 11 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2008
- 10 and Under –
  - Players who were born on or after Sept. 1<sup>st</sup>, 2009

# Payment Schedule

- Attack National
  - At Placement – Deposit (\$525)
  - 12/11/19 – 1<sup>st</sup> Payment (\$525)
  - 1/10/20 – 2<sup>nd</sup> Payment (\$525)
  - 2/5/20 – 3<sup>rd</sup> Payment (\$525)
- Attack Competitive
  - At Placement – Deposit (\$400)
  - 12/11/19 – 1<sup>st</sup> Payment (\$400)
  - 1/10/20 – 2<sup>nd</sup> Payment (\$400)
  - 2/5/20 – 3<sup>rd</sup> Payment (\$400)
- Attack Local
  - 13U/14U
    - At Placement – Deposit (\$400)
    - 11/22/19 – 1<sup>st</sup> Payment (\$200)
    - 1/10/20 – Final Payment (\$200)
  - 15U/16U
    - At Placement – Deposit (\$400)
    - 12/13/18 – 1<sup>st</sup> Payment (\$200)
    - 1/10/19 – Final Payment (\$200)

## Questions?

If you have any additional questions, please let us know. Do not leave today before all 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 & Kevin McMillan  
Attack Volleyball Club  
Club Directors

