



FREQUENTLY ASKED QUESTIONS

Below you will find a wide variety of commonly asked questions about Triangle. Although we made every effort to anticipate concerns and questions we recognize that it is impossible to cover them all. If you need additional information we invite you to contact us at 919-544-9400 or info@trianglevolleyball.org and we will be happy to assist you.

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What is club volleyball?

USA Junior Olympic (sometimes called J.O.) volleyball or club volleyball is a nationwide, junior volleyball system comprised of individual clubs organized by region under the parent organization, USA Volleyball, for the primary purpose of growing and supporting the sport. Generally, club volleyball offers participants the opportunity to continue to compete and develop skills well beyond the relatively short middle school and high school seasons.

Club volleyball programs, literally and figuratively, come in many different shapes and sizes in terms of programming, administration, benefits provided, etc. Some organizations serve a small niche (e.g., low commitment developmental, high commitment competitive, and everything in-between). Some organizations, like Triangle, commit to providing a wide-range of opportunities for willing participants.

Triangle Volleyball Club is a member of the Amateur Athletic Union (AAU), Carolina Region of USA Volleyball, United States Volleyball Association (USAV), American Volleyball Coaches Association (AVCA), and Junior Volleyball Association (JVA).

When does club volleyball take place?

Again, there is some variation between clubs. Triangle teams begin training in late November/early December. Triangle teams begin tournament competition in January.

Triangle Regional teams compete through late April/mid-May and end their season with either the Triangle Invitational Tournament (12's,13's) or events such as the Jr. Hi-Neighbor or Quest for Excellence spring tournament. Triangle National Teams compete through the AAU National Championships (Orlando, FL) in mid-June and/or USA Junior Olympic Volleyball Championships in late June/early July, if qualified.

What factors (other than cost) should one consider when selecting a club volleyball program?

Simply put, the two primary factors to consider are: training and competition. Triangle's formula for success on the court is the direct result of a comprehensive and progressive training program, led by talented and experienced coaches. Through appropriate competition we challenge and test our teams. The history of our schedule selection (location, level of play, difficulty of field) indicates that we're out to play against the toughest competition.

Triangle offers national and regional level teams (depending on age group). Multiple national teams (Black and Blue) are typically assembled in nearly every age group. All Triangle teams begin the Carolina Region season in the Platinum division and Triangle competes in the elite Open division at national qualifying events in every allowable age level. It should be noted that 16 out of 18 total teams (Black, Blue & White teams) for 2009 competed in the highest Carolina Region division (Platinum) for its age group.

How do you determine the age-eligibility of a student-athlete for the purposes of team placement?

This is determined by our governing body, USAV, and simply stated it is the age your child will be on September 1, 2010.

18 and under division:

Players born on or after September 1st, 1991 or players on or after September 1, 1990 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

17 and under division:

Players who were born on or after Sept. 1st, 1992.

16 and under division:

Players who were born on or after Sept. 1st, 1993.

15 and under division:

Players who were born on or after Sept. 1st, 1994.

14 and under division

Players who were born on or after Sept. 1st, 1995.

13 and under division:

Players who were born on or after Sept. 1st, 1996.

12 and under division:

Players who were born on or after Sept. 1st, 1997.

NOTE: Once a player participates in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to play in any Regional or National JOVC qualifying and championship events.

Are athletes required to play in the age-level specified by the USAV eligibility standards?

While student-athletes may not play at a lower age level than their eligibility they may be able to play at an older age level. Triangle takes very seriously keeping student-athletes in their age level, however, we will consider peer group issues and advanced skills when making final team placements. "Playing up" is not a common practice at Triangle (exception-see below).

My daughter is only 10 or 11 can she play in the 12's division?

Yes. Often times our 12's teams are comprised of younger student-athletes as there is a wide range of athletic ability and skill in this age group. Triangle has had 12 & under athletes who are only 10 years old.

TRIANGLE GENERAL INFORMATION

What is Triangle's mission?

Triangle Volleyball Club's mission is to educate the whole person through excellence in the sport of volleyball. We are also committed, in visible and meaningful ways, to growing volleyball in North Carolina. Triangle was founded in 2002, and is a 501(c)(3) non-profit organization.

Can you help me to better understand how Triangle is organized and its operating practices?

Triangle is a recognized non-profit organization in full compliance with all federal, state, and local laws. We take seriously our non-profit status and recognize that, while it engenders the kind of community of support and shared vision we desire in our club, it also requires us to demonstrate a level of excellence in our financial operations. We are governed by an esteemed Board of Directors and hold regular meetings to address both long-term strategy and financial operations. Fiscal responsibility and transparency are highly regarded and demonstrated by both the Board of Directors and club administration. We file annually all required tax documents, withholding information and maintain all Department of Revenue licensures and registrations. Good accounting practices and sound fiscal management are verified by an annual review conducted by an independent accounting firm. In addition to USAV provided insurance we have full liability coverage for all activities in our gym and our staff, volunteers, and participants.

What makes Triangle Volleyball Club different from other clubs?

Quite a bit! Since club volleyball is a commitment of both time and money for the student-athlete and their family it is important to learn as much as possible about club opportunities prior to making this decision. To assist you in this process we encourage you to take full advantage of our parent informational sessions and our fall programming. These are great opportunities for you to begin to get to know our organization and staff.

Mission

Our mission is the guidepost for Triangle and everything we do is in service of our mission. The volleyball court serves as our classroom; in everything we do, we teach lessons of character, discipline, respect, responsibility, accountability, commitment, leadership, work ethic, teamwork, courage, integrity, communication, cooperation, and the importance of sacrifice and sportsmanship. We firmly believe that, if done properly, athletics is a tremendous domain for training and preparing our young people to succeed in any circumstance.

Club Leadership

Triangle Volleyball Club was founded in 2002 by three professional educators, who all have experience and success as collegiate-level players and coaches. Casey Caram, co-founder and executive Director, has assembled and leads an administrative team of competent volleyball professionals. Administrative offices are located on site in Triangle's gym allowing the entire administrative the opportunity to actively engage with members, families and guests.

An esteemed nine member Board of Directors is comprised of volleyball and business professionals from within the Triangle community and beyond. The Board of Directors is charged with ensuring organizational and financial stability, longevity and continuity of mission and operations.

Staff

The continuing fulfillment of our mission is due, in large part, to our recruitment and retention of experienced, well-trained coaches, a consistent coaching style and curriculum implemented club-wide, and an atmosphere of support and collaboration among all of our coaches, student-athletes and families. You won't find a better collection of volleyball educators anywhere in North Carolina.

Facility

The 2006 opening of our 17,500 square foot four-court volleyball training and competition facility properly positioned Triangle to fulfill its mission and commitment to grow volleyball in North Carolina. With full access to the only club-operated volleyball facility in the state, Triangle has the flexibility, space, and equipment needed to educate the whole person through excellence in the sport of volleyball. Since our opening, our facility has provided a volleyball home for thousands of players and spectators.

In August 2009, we installed a state-of-the-art orthopedic subfloor under our existing Mateflex® ProGYM™ flooring. This surface makes our gym one of the best playing surface available anywhere! This \$60,000 retrofit project utilized NeoShok™ technology which is proven to reduce fatigue and the risk of injury.

Programs

We offer consistent coaching and a club-wide training curriculum which helps to ensure that Triangle student-athletes continue to develop and progress in skill level throughout their years of competitive volleyball. We offer additional training opportunities through skills-based and topic-based programs such as TSA (Triangle Setting Academy), PACT (Power, Agility, and Core Training), and our year-round camp and clinic series which includes our highly-successful summer camp program.

History

In just a few short years Triangle Volleyball Club has achieved tremendous success on and off the court, and has time and again set the bar for the Carolina Region with nineteen regional championships and 28 appearances at the Junior Olympic National Championships. In just 7 years Triangle has become the winningest and most nationally recognized club program in the history of North Carolina junior club volleyball. Our [alumni](#) are in-part testament to our successes. They are currently competing at colleges and universities around the country and have proven themselves well-prepared to achieve next-level success.

TRIANGLE STAFF, COACHING PHILOSOPHY, AND TRAINING

Who coaches at Triangle Volleyball Club?

Triangle Volleyball Club recruits, hires, trains, and retains the most experienced and committed coaches available. We offer training and mentorship for all coaches. And, above all, Triangle coaches make a commitment to serve the mission of our organization.

A truly talented, knowledgeable and dedicated staff is responsible for the guidance of our student-athletes. Triangle Volleyball Club continues to be fortunate to have a coaching staff that rivals the staff of any other club in the nation. Please visit our [website](#) for more information on our 2010 coaching staff.

Is there a coach development program?

Triangle takes seriously the professional development of its coaching staff. We support advanced certification and training for our coaches and provide substantial mentoring and training at our own facility. Beyond IMPACT certification our coaches receive training on skill development, game strategy, leadership development, health and nutrition and more.

Will my child have more than one coach?

YES! Every team has a head and assistant coach and will benefit throughout the entire season from the collective experience of our entire coaching staff. Lead position coaches will train by position, exposing athletes to a variety of Triangle coaches. Cross training within age levels and beyond age levels is also supported and encouraged.

I understand you have a ‘club-wide’ training system. Can you tell me what that means?

Our entire training program is based on an educational model which allows Triangle student-athletes to progress through fundamentals and eventually elite level skill development and knowledge of the game. This building block approach ensures consistent skill training and development. Triangle’s fundamental style of play is ball control and it is the basis for the majority of our training. Every student-athlete is given this training annually in a ball control camp. This training is emphasized repeatedly throughout the season and their years with Triangle.

Do teams practice together and/or compete against one another?

Our gym practice schedule is designed to take superior advantage of our training facility, the expertise of our staff, and the depth of talent on our teams. Intra-club competition training is an essential element of team training allowing coaches to focus on specific aspects/strategies of the game.

What is PACT?

PACT stands for Power, Agility, Core Training and is incorporated into every weekday practice. The creation and implementation of PACT is intended to address the overall fitness and strength of a student-athlete which we believe is vital for endurance, athletic performance, and injury prevention.

What is position training?

Position training is simply training by position and is incorporated into every weekday team practice. Lead position coaches who are exceptionally trained and knowledgeable at their specific position direct this training. With multiple teams in the gym, position training gives cross team training and allows student-athletes to work with other athletes who also share their position.

What other types of training does Triangle provide?

Our training program is comprehensive and addresses all important aspects of athletic performance. Information on nutrition, hydration, injury prevention, leadership, mental toughness are addressed in a variety of methods including seminars, on-court training, web-based training, etc.

TRIANGLE TEAM INFORMATION

How many teams will Triangle Volleyball Club field this year?

The number of teams that Triangle fields each season is mission-driven. What does this mean? It means that we do not field teams that we cannot fully support. For the 2009 club season, we have the facilities, administrative support, and staff in place to field 19 teams.

How many players will be on each team?

The majority of teams will have 10 players. Team size may fluctuate slightly on a case-by-case basis. These differences occur according to team level, make-up, positional needs, and other factors. With our younger developmental/regional teams (12s, 13s only), we may deem it prudent to place as many as 12 student-athletes on one team.

How often do teams practice?

Although the number of practices may vary by one (1) from week to week, National teams will typically practice two (2) times per week with competition and specialized training at least one additional time per month (ca. 9 training slots per month). Most Regional teams have a similar practice frequency as that described above for National teams. The exception is our 12’s program where they practice and/or compete no more than twice per week.

Please check our program information guides (available October 1) for more specific information.

Do teams have a fixed practice schedule?

Yes! AND a fixed practice site (see below). Every teams practice schedule will be outlined in our age-level program guides.

Where do teams practice?

All Triangle teams practice in Triangle's own dedicated, four-court facility located in Globe Center (near Brier Creek area and RDU International Airport). We formally dedicated Triangle Volleyball Club in June, 2006. It is the first facility of its kind in North Carolina and now features the preferred playing surface for volleyball players, an orthopedic subfloor supporting sport court tile.

Our members love having a consistent, safe, and centrally-located practice facility. On site we have fitness training support equipment, first aid and injury treatment supplies, changing areas and restrooms, the VolleyShop (we are licensed dealer for Mizuno®, Molten®, Third Degree Sportswear®, and SMACK Sportswear®), and meeting space, and office space for the club administration.

What is the difference between a Regional, Regional Plus and National Team?

Regional teams primarily compete in regional tournaments held every other weekend throughout the Carolina Region. Many of our regional teams (Regional Plus) will get the additional experience of competing in at least one travel tournament. National teams compete in both regional and travel tournaments. For most of our teams the travel tournaments are in the southeast. (Note: ultimately, tournament location is determined by Carolina Region and beyond our control).

Do Triangle teams compete only at the highest level of regional play?

Within the Carolina Region there are multiple divisions of play at nearly every age group: Platinum, Gold, Silver, Bronze, and Copper, etc. In the early phase of the regional club season a team's performance will establish their placement in one of these groups (teams move up or down based on their performance). However, all Triangle teams will begin play at the Platinum (highest level) level.

Will you field as many teams as you have players (i.e. will you make up teams from all players available at tryouts)?

We are a mission-driven organization and it is imperative that our efforts are directed at fulfilling all aspects of our mission. With this in mind, we will field as many complete teams as possible given space and staffing considerations.

Will we have a choice or say in what team our daughter plays on (i.e., National vs. Regional, playing up vs. playing at age-level)?

Yes, you are asked to indicate your preference when you register for tryouts. We also work with families throughout the tryout process to determine the best fit.

Can the multi-sport athlete play at Triangle Volleyball Club?

Yes, many of our student-athletes participate in more than one sport, especially in the younger age divisions. Typically, as the teams advance to a higher level of competition, we see less and less multi-sport participation.

At tryouts, we ask that prospective student-athletes notify us if they intend to participate in additional sports or activities that may conflict with Triangle. While an athlete's participation in other sports during the club season will not be a determining factor on whether or not a student-athlete is made an offer to play. It may, however, be a consideration for placement on our most competitive teams.

I/We have two daughters that would like to be on the same team. Can you accommodate this request?

Possibly, it depends on a variety of factors. If this is your situation we suggest you bring this to our attention early in the tryout process. Additionally, we do offer a 10% discount for siblings in the Club.

What are the tournaments do Triangle teams play in?

There are two basic types of tournaments, regional and travel. Regional tournaments all occur in the Carolina Region (entire state of North Carolina) and are against other Carolina Region teams. Travel tournaments are those events, for the most part located outside of the Carolina Region and are against a broader field of competition including teams from other regions.

Triangle typically participates in the following types of travel tournaments:

1. **Inter-Regional Tournaments** (2 and 3-day events) like the Monument City Classic in Richmond, Virginia and Capitol Hill Classic in Washington, DC.
2. **Mid-Atlantic Power League [MAPL]** events (three 2-day events against elite competition)
Triangle partners with Virginia Elite Volleyball Club to provide the MAPL for elite level teams along the eastern seaboard. Triangle hosts MAPL Raleigh annually at the Raleigh Convention Center. As a result of Triangle's MAPL leadership we are able to guarantee MAPL entry for all Triangle Black and Blue teams from 14 & under through 18 & under.
3. **National Qualifiers**
These are three-day USAV events located throughout the country at which teams can earn bids to the Junior Olympic National Championships.
4. **National Championships**
Every Triangle national-level team will attend a national championship event. It will either be the AAU Jr. Nationals in Orlando or the Junior Olympic National Championships [JOVC] (held at a different site each year). Entry into JOVC's requires teams to earn a bid to qualify.

How often are tournaments?

This depends on the team and program level. Regional tournaments are scheduled every other weekend from January until late-March. Travel tournaments outside the Carolina region, are an essential component of our teams' competitive experience.

Scheduling for both regional and travel tournaments can vary year to year and is done by independent organizations-we have no control over the travel schedule and must simply select the best tournaments by team based on schedule, anticipated costs and competitiveness. As a general guideline, Triangle national teams compete in one in-state and one out-of-state tournament each month.

For an "out-of-state" tournament, how far do you travel?

Most of our National teams will travel in the southeast. For example, in 2009 our teams attended tournaments in Richmond, Atlanta, Baltimore, Denver, Washington, DC, Orlando and Miami. In the past we have traveled as far as Las Vegas, Salt Lake City, and Minneapolis.

School schedule impact: *Teams which travel to National Qualifying events can expect to miss up to 1-1½ days of school for each of these events (most teams will only travel to one or two such events).*

Although our daughter is able to travel on weekends our family situation will not allow for me to accompany her, can my daughter still play on a club team at Triangle?

Yes! Our in house travel service and overall travel program provides all the necessary supervision and services (transportation, lodging, meals, snacks and incidentals) required by our student-athletes and coaches attending travel tournaments. While parents and families are always welcome to travel with teams on these trips (Travel Services even assists families with their travel arrangements) we know that family obligations, work schedules and financial reasons can oftentimes make this impossible. For these reasons, Triangle provides a travel program that is comprehensive and affords families a choice as to whether they attend travel tournaments or not.

What if we have schedule conflicts during the club volleyball season (i.e., vacations, year-round school track-outs, junior/senior prom, etc.)?

We strongly believe in the concept of TEAM...all team members have a role to play and therefore the team is strongest only when all members are present. That being said, our philosophy is to put health, family, and academics above club volleyball in terms of priorities. We will fairly address scheduling conflicts on a case-by-case basis. It is imperative that student-athletes inform the Club of such conflicts well in advance if alternative arrangements are to be made.

TRYOUT INFORMATION

Are we able to watch the tryout process?

You are welcome to watch tryouts but we ask that you make every effort to not distract the student-athletes or coaching staff. Please note that at all times only participants are allowed on the playing surface.

My daughter will be trying out for other clubs after the Triangle tryouts, if she's offered a spot with Triangle will she have to accept it or risk losing her spot before she hears from the other clubs she is trying out for?

Unfortunately, this pressure tactic is often used by volleyball programs (both collegiate and club) to secure student-athlete commitments. At Triangle, we place no higher priority than the well-being of the student-athlete and strictly adhere to the [tryout guidelines](#) set forth by the Carolina region. We promise to conduct our tryouts with the utmost integrity. When you receive an offer from Triangle, that offer stands and is available until the student-athlete and her family have taken sufficient time and opportunity to weigh all factors.

Note that we will NOT offer more positions than exist on our teams.

My daughter is in the middle of her middle or high school season at the start of your tryouts. Can she still tryout?

We are aware that the recommended Carolina Region tryout schedules will require student-athletes to tryout during their school seasons. Please understand this situation is unavoidable for Triangle. Fortunately, our multiple-session tryout format gives us the flexibility necessary to accommodate student-athletes in this circumstance. Please contact us if this is your situation and we will make accommodations for your daughter to participate in our tryouts.

What is the Carolina Region Letter of Commitment?

The Letter of Commitment is a binding document designed to protect both the club and the student-athlete from misrepresentation by either party. Due to the binding nature of this document whether signed in person or electronically by simply 'checking a box' student-athletes and their families should be certain they have explored all their club options and made their final decision before signing this document with a particular club. Triangle provides the Letter of Commitment for review in their complete offer packet to student-athletes.

What is meant by the Carolina Region established 'Signing Dates'?

Every year the Carolina region establishes signing dates for each age group. The intent of the signing dates is to give clubs and student-athletes an appropriate and fair time-frame to attend tryouts and make an informed club decision. It is unfair and against the Carolina Region guidelines for any club to pressure and/or require that a student-athlete commit prior to the established signing dates.

2010 SEASON SIGNING DATES:

- **Nov 2, 2010:** 14's, 13's, and 12's age groups
- **November 16, 2010:** 15's, 16's 17's, and 18's age groups.

Carolina Region guideline: Clubs should commit to hold an offer open to a player to join a particular team in the club or the club in general until the respective age group signing date.

PARENT INVOLVEMENT AT TRIANGLE

What is the role of parents in Triangle Volleyball Club?

As coaches, administrators, and parents, we are committed to the creation of a positive athletic experience for all members of our Club. Triangle Volleyball Club recognizes the vital role that parents play in their daughter's growth as a student-athlete. Triangle cannot be successful without the support of our student-athletes' families. We solicit and value our parents input on a variety of issues relating to the operation of our club and its programs. Parents actively support our mission and contribute to our success in roles as ambassadors, in advisory positions, as chaperones, and as volunteers.

Are parents allowed to stay with the team for travel trips?

Whether or not a parent(s) attends a travel trip is their own decision which considers schedule, other responsibilities and finances. Triangle Travel Services actually facilitates parent travel on these trips. Note that the student-athlete will share a room with their teammates and not their parent(s).

Other than volunteer opportunities, how does Triangle include parents in the Triangle club experience?

Parents play an important role in our many club events. We offer a Parent's Clinic prior to the start of the club season to help parents better understand the sport of volleyball. Parents attend and are included in the Signing Night Celebration and End of Season Celebration. We also host social events when possible on the road and parent informational sessions on nutrition, recruiting, etc.

TRIANGLE FEES AND PAYMENT SCHEDULES

Does playing for Triangle cost more because Triangle has its own facility?

Absolutely not! You actually pay less and get more. As a matter of fact our billable court rate to team dues is substantially less than the average cost of gym space rental in the area. Year after year we find that having our own gym is a competitive cost advantage versus other programs that must secure rental space at area schools and sports facilities. What's more? You have a 'home', no uncertainty in practice location, and we can simply do MORE in terms of additional programming (camps/clinics/lessons) and services (open gyms) with four dedicated courts at our disposal.

What does it cost to play on a Triangle team?

There are three cost components to playing club volleyball at Triangle:

1. **Dues** are a fixed cost (payable over the course of the season). They cover everything associated with your training, services, and tournament entries for your team. Coach salaries, practice tees, court time, tournament entry fees, etc. is included. There are NEVER any add-ons or surprises.
2. **Uniforms** are used year-to-year. So, the cost of a student-athlete's uniform package in any given year will depend on age, team level, and whether or not the athlete is a returning Triangle athlete. Many returning student-athletes have little to no uniform costs.
3. **Travel** costs are presented as estimates for each trip and payable along with dues in equal payments throughout the season. Travel costs are actual travel costs...period. Every trip is fully reconciled and families are returned any overage or billed for any cost overruns. Triangle has an exceptional track record of projecting sound travel estimates and managing cost-effective travel for its teams. We have national account status with major hotel chains and exceptional relationships with booking agents. We are able to use our size, experience, and relationships to secure the best quality travel experience at a very competitive rate. As a reminder our travel trips are FULL SERVICE. Triangle Travel Services does it all: transportation*, lodging, meals, snacks, and incidentals. Families pay NOTHING related to their student-athlete's participation on team travel trips beyond the club assessment.

**transportation is always included except in the rare circumstance where it is more practical for team carpools to be utilized.*

Please check our program information guides (available October 1) for more specific information.

How much are uniforms?

The cost of uniforms varies depending on the program and team placement for each student-athlete. Uniform items include jerseys, spandex, practice t-shirts, warm up jacket and pants, and team bag. We specify certain color/style of socks and color of kneepads to be worn with uniform (brand is not specified). We offer SpiritWear that can be purchased at the club. SpiritWear is Triangle logo merchandise for players and their families. The purchase of these items is strictly optional.

How do I pay for club?

Our payment plan offers families the opportunity to spread costs out over the length of the season. Payment plan information will be available prior to the beginning of tryouts. Club membership fees may be paid using cash, check, or credit card.

COLLEGIATE RECRUITING AT TRIANGLE

Does Triangle expect all its student-athletes to play in college?

Playing collegiately is a serious commitment to be evaluated on an individual basis by the student-athlete and their family. Triangle very actively and personally supports the recruiting effort of every student-athlete that is committed to playing in college.

What is Triangle's recruiting support program?

Recruiting support varies with age, skill level and the aspirations of the student-athlete. Initially this effort involves recruiting seminars and panel discussions. Some of these sessions are for parents, others for student-athletes. NCAA regulations, appropriate and effective communication strategies and the development of 'recruiting package' are all topics of these sessions. As the recruiting process progresses there are one-on-one meetings with the student-athlete and their family. Throughout the student-athletes entire recruiting process Triangle actively works with the nationwide network we've established with college and university recruiters.

Does every Triangle alumnae play in college?

Not every Triangle student-athlete chooses to play in college for a wide-variety of reasons. Triangle is proud that every single Triangle alumnae was given the opportunity to play in college. Including the Class of 2009 91% of our alumnae have embarked on a collegiate playing experience.

Do most Triangle student-athletes receive scholarships?

Triangle student-athletes have been awarded millions of dollars in scholarship monies. For some athletes this is a combination of both athletic and academic awards. Each situation is unique and depends on the particular university or college and the student-athletes athletic and academic performance.