



FREQUENTLY ASKED QUESTIONS

Below you will find a wide variety of commonly asked questions regarding our organization, its mission and structure, our programs and tryout process and policies. 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.

What is the mission of Triangle Volleyball Club?

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.

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), the Carolina Region of USA Volleyball, and the United States Volleyball Association (USAV).

When does club volleyball take place?

Again, there is some variation between clubs. *Triangle* teams begin formal practices immediately after our club signing date in late November/early December (the 2009 club season signing date is Sunday, Nov 16, 2008).

Most *Triangle* teams begin formal competitions in early January (sometimes late December). Most *Triangle* Regional teams compete through late April/mid-May and end their season with either the *Triangle Friendship Tournament* (12's and some 13's) or the *Quest for Excellence* spring tournament. Some *Triangle* regional teams play a longer season. *Triangle Volleyball Club* National Teams compete through the AAU National Championships (Orlando, FL) in mid-June and/or USA Junior Olympic Volleyball Championships, if qualified.

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

The two primary factors to consider are a club's training program and the competition level for its teams. Success on the court is the direct result of a comprehensive and progressive training program. Year-to-year training that builds on previous skill instruction develops strong and competitive student-athletes. Secondary to training is the competitive level sought by the teams. Regional and national level tournament schedules can be a good indication of a club's intent to seek good competition for its teams.

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. It should be noted that 15 out of 16 total teams

(Black, Blue & White teams) for 2008 competed in the highest Carolina Region division (Platinum) for its age group.

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. Please also feel free to give us a call. These are great opportunities for you to begin to get to know our organization and staff.

Administration

Triangle Volleyball Club was founded in 2002 by three volleyball professionals who all have demonstrated and considerable experience and success as collegiate-level players and coaches, and, most importantly as professional educators of young people. Our club is run by competent volleyball professionals led by an Executive Director, full-time Director of Programs & Facilities, full-time Director of Business Operations and several support staff all with many years of experience.

Staff

The continuing fulfillment of our mission is due, in large part, to our recruitment and retention of experienced, well-trained coaches of outstanding character, 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.

Facility

We believe that the 2006 opening of our 17,000+ square foot four-court volleyball training and competition facility has properly positioned *Triangle Volleyball Club* 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 new volleyball home for as many as 1,500 players and spectators per week.

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 Conditioning Training*), our annual clinic series (e.g.: winter ball control camp, college recruiting, etc.), and our highly-successful summer camp series.

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 sixteen regional championships in six seasons and repeated best-ever national championship finishes of any North Carolina club in history. Our [alumni](#) are in-part testament to our successes. They are currently competing at colleges and universities around the country and have proven to be prepared to achieve success at the next level.

Mission

Our mission is our unique point of view. Everything we do at *Triangle* is in service of our mission *to educate the whole person through excellence in the sport of volleyball*. 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.



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, chaperones and as volunteers.

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 2008-2009 staff.

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 at least 17 teams.

How many players will be on each team?

While there is no magic number, the majority of teams will have 9, 10, or 11 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.

Where do teams practice?

All *Triangle* teams practice in our 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. By having our own home our members can be assured of 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, retail and concession areas, and meeting and office space for the club administration.

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. 10 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.

How often are tournaments?

This depends on the team and program level. Regional tournaments are scheduled every other weekend from January until mid-April. Travel tournaments outside the Carolina region, are an essential component of our teams' competitive experience. Scheduling for these 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 such some end up as substitutes for regional tournaments and others are on the typical “off” weekend and are therefore, in addition to the regional tournament schedule. As a general guideline, *Triangle* national teams compete in one regional 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 2008 our teams attended tournaments in Richmond, Atlanta, Baltimore, Dallas, Indianapolis, and Orlando. Our 17s and 18s teams travel each year to the Las Vegas Classic. The USA Junior Olympic Championships for 2009 will be held in Miami, FL.



School schedule impact: Teams which travel to National Qualifying events can expect to miss 1-2 days of school for each of these events (most teams will only travel to one or two such events).

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, 2009. For more details please visit the Carolina Region website.

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 do 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 in the student-athlete selection process. It may, however, be a consideration in student-athlete placement on our most competitive teams.

//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 is the difference between a Regional and National Team?

Regional teams primarily compete in regional tournaments held every other weekend throughout the Carolina Region. Many of our regional teams 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).

Does Triangle Volleyball Club only field teams that compete at a high level?

While all of our teams compete at a high level, within the Carolina Region there are five divisions of play at nearly every age group: Platinum, Gold, Silver, Bronze and Copper. In the early phase of the regional club season a team’s performance will establish their placement in one of these groups. This ensures that each team has the appropriate level of competition relative to their skill and ability.

My daughter will still be competing for her middle or high school team at the start of your tryouts, can she still tryout?

We are aware that the newly established tryout schedule for the Carolina Region will require student-athletes to tryout during their school seasons. Please understand this situation was unavoidable for *Triangle*. Fortunately, our multi-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.



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) as a response, among other things, to the serious reality that teams need players in order to fully form. 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 that prohibit all clubs from requiring player commitments prior to the official region signing day (*For the 2009 season: October 27th for 12-15's; November 10th for 16-18's*). 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*

Are we able to watch the tryout process?

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

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 PROVIDING we have sufficient space in our facility AND we are able to recruit experienced staff of the caliber we have set as our standard.

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.

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

We strongly believe in the concept of TEAM...that 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. Please let us know if you have scheduling conflicts, we make every effort to find ways to make *Triangle* possible for those who want the experience we offer.

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 travel tournament program provides chaperoning and coach monitoring. In addition, travel assessments cover all meals, lodging and transportation (where required). Please note that *Triangle* is willing to assist in these types of situations.

Will Triangle cost more because they have their own facility?

Absolutely not! As a matter of fact we anticipate that this will help us to control costs associated with all our programs.

What does it cost to play?

There are three cost components to playing club volleyball at *Triangle*. Each team has a specific tuition/dues rate; uniform cost; and travel package. Uniform packages depend on the age, team level and whether you are a returning *Triangle* athlete. Travel costs are also based on the team's particular travel schedule and can vary significantly from team to team. Please note that your travel assessment includes all costs associated with the student-athletes participation in the travel tournament (lodging, food, and transportation costs*)

*transportation costs only apply when teams travel by bus or plane.

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 travel bag. We also specify certain color/style of socks and color of kneepads to be worn with uniform (brand is not specified). We also offer SpiritWear—*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.

