

ENTERING OUR 10TH SEASON

2002-2012

1

Mission and proven commitment to grow the sport

Host of MAPL Raleigh (Raleigh Convention Center) - the largest, most competitive tournament in North Carolina

Year-round programming for all ages

Educating through volleyball excellence since 2002

Host to over 15 tournaments annually

Pioneered establishment of 12s division and VolleyTots

2

History of success, recognition, and college placement

28 Carolina Region Championships

43 bids earned to Junior National Championships

Winningest club in North Carolina

All alumnae had opportunity to play collegiately

Millions earned in scholarships

Nationally renowned for excellence in volleyball

3

Experienced and professional club leadership and staff

A collaborative TEAM model

Accesible, full-time administrative team

Talented and experienced

50 talented, caring, and quality people

Certified and highly trained

Former/current collegiate players/coaches

4

Proven, consistent, and comprehensive training program

Club training system

Power, Agility, Core training (PACT)

Injury prevention

Position & competition training

Health education

...and so much MORE

5

Emphasis on the process of winning and competitiveness

Discipline

Balanced approach to training and competition

Responsibility

Leadership

Individuals achieve success within a TEAM dynamic

Work-ethic

Character

Model enhances competitiveness and capacity for next-level success

Integrity

6

Club operated facility with state-of-the-art playing surface

Consistent practice schedule and at centrally located four-court gymnasium

Fully equipped for elite training and ensuring the well-being of student-athletes

State of the art facility offers climate controlled environment and orthopedic floor reducing fatigue and risk of injury

7

Club culture is the foundation for a shared vision of excellence

Rooted in a history of excellence and desire to develop long-term partnerships with student-athletes and families

Non-profit environment fosters a strong and pervasive community spirit of support

Serious volleyball...serious FUN!

WHY YOU SHOULD CHOOSE TRIANGLE