

11-12s

TRIANGLE

VOLLEYBALL

2020

Only North Carolina club ranked among the top 50 clubs in the nation

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Welcome! The 2020 club season will mark Triangle's 18th year of delivering on our mission to "educate the whole person through excellence in the sport of volleyball." In 2019, we moved our operations to our beautiful state-of-the-art facility at the new [Wake Competition Center](#) in Morrisville. Combining the premier training and competition center in the state of North Carolina with our talented and experienced staff and our whole person approach to sport clearly establishes Triangle as the best club choice for athletes to receive high caliber volleyball training and an exceptional competitive youth sports experience.

In this guide, you will be introduced to the many distinctions that give rise to our success and national reputation. We invite you to learn more about, and better yet experience, Triangle Volleyball Club in one or more of the following ways:

1. Visit our [website](#) and [FAQs](#). To learn more about our tryout and team selection process view [Joining Triangle](#).
2. Attend one of several [Club and Tryout Information Meetings](#) for parents.
3. Experience our new gym and meet our coaches in advance of tryouts by attending [free fall programs](#).
4. **Come to tryouts!** They are fun and educational, and let YOU experience Triangle. **10-12's Tryout Schedule:**
Session 1: Sat, Oct. 26, 1230-3pm | Session 2: Sun, Oct. 27, 230-430pm | Session 3: Tue, Oct. 29, 5-630pm

Should you have additional questions please feel free to contact us by email, info@trianglevolleyball.org; phone, 919-462-8196; or visiting our gym.

919.462.8196 ▲ info@trianglevolleyball.org

GENERAL TEAM INFORMATION

For 2020, Triangle expects to field up to **SEVEN (7)** teams total in the 11-12s age division at two competitive levels:

USAV age eligibility criteria: 11 & under – Any player who was born on or after **September 1, 2008**

USAV age eligibility criteria: 12 & under – Any player who was born on or after **September 1, 2007**

NOTE: it is not unusual to have athletes USAV age level 10 on 11U teams

Team Roster Size: Our target roster size is 10 players per team. Roster size may fluctuate slightly on a case-by-case basis but will not exceed 11 or be less than 9 at this age level.

TEAM COACHING STAFF

Team Name/Type	12 Black Transitional Regional Plus	12 Blue Regional Plus	12 White Regional Plus	12 Silver Regional	12 Steel Regional	11 Black Regional	11 Blue Regional
Head Coach	Jenna Hinton	Barry Gower	Kari Council	Kelsey Smith	Skylar Wine	Mary Wands	Maddy Riley
Assistant Coach	Nicole Powers	Brittany Brown	TBD	Hailey Long	Katharine Esterley '16	TBD	Pam French

At Triangle, we are fortunate to have a coaching staff whose talent and experience rivals that of any other club in the nation. Each Triangle team is assigned a unique and dedicated coaching team committed to their team and delivery of the 'Triangle experience.' In addition, we have lead position coaches and resource coaches who contribute to the training of our teams, allowing every athlete to interact with and benefit from the collective experience of our coaching staff.

- Any positions listed as TBD will be filled after tryouts are complete.

TRAINING FACILITY AT THE WAKE COMPETITION CENTER [WCC]

Our new facility at the [Wake Competition Center](#) opened in January 2019 and provides Triangle athletes with the premier volleyball practice facility in the state of North Carolina. With eight (8) over-sized regulation courts suitable for both training and competition, three (3) outdoor sand courts, fully-outfitted strength and conditioning center, classroom, and mezzanine viewing area. **WCC gym address:** 121 Competition Center Drive, Morrisville, NC 27560.

TEAM PRACTICE SCHEDULES

Team Name	12 Black	12 Blue & 12 White	12 Silver & 12 Steel	11 Black & 11 Blue
Pre-practice	Setters: M/W 6:30-7pm	All: 5-5:30pm (optional)	All: 5-5:30pm (optional)	All: 5-5:30pm (optional)
Team Practice	M/W 7-9pm	M/W 5:30-7pm	M/W 5:30-7pm	M/W 5:30-7pm
Special Training	Friday or Sunday*	Friday or Sunday*	Friday or Sunday*	Friday or Sunday*

NOTES:

- Pre-practice training for 11 Black/Blue, 12 Blue/White/Silver/Steel from 5-5:30pm is optional and included at no extra cost to athletes. Training is skill-based group training led by Jenna Hinton and Mary Wands.
- 12 Black setter training (6:30-7pm) is mandatory for those designated setters by coaching staff.
- *Friday/Sunday training/competition sessions are held occasionally and only as needed. These practices are scheduled well in advance and shown on each team's training schedule. Athlete participation is expected as these are not optional.
- Exceptions to the normal practice schedule may occur during the first month of the season (between Signing Day and the December holiday break).
- While we are confident in the above information, Triangle reserves the right to make adjustments as necessary.

THE UNIQUE TRIANGLE EXPERIENCE?

Since its founding in 2002, Triangle has established and nurtured a collaborative and supportive club culture. That culture is the foundation of our nationally recognized, consistent and comprehensive club training program which offers Triangle student-athletes the best overall volleyball training in the area. An established club-wide approach to teaching skills affords athletes access to the collective experience of our talented staff, thereby providing athletes with effective training at all positions and competitive levels.

CLUB CULTURE

- △ The 'whole person' education called for by our mission is the foundation of Triangle's unique club environment that fosters connections across the entire club. Athletes, staff, and parents engage with each other beyond the formal team setting, creating a club culture that supports growth and success for all Triangle members.
- △ Coaches invest in every athlete with the intention to take full advantage of the opportunity that sport provides to develop young people of character and teach life lessons that will serve them well both on and off the court.
- △ Triangle offers service opportunities for athletes (and parents) to engage with those with minimal or no access to sport. These acts of service enhance the overall athlete experience while nurturing our club culture and sense of community.

COACHING & CONSISTENCY

- △ Triangle's coaching tradition is rooted in an educational model that teaches the *process* of winning. A **curriculum-based educational approach** to sport across all age and competitive levels supports continuous skill development in our athletes as they advance through Triangle's program.
- △ Triangle has nearly 100 coaches who make delivery on mission their highest priority. Furthermore, to best accomplish individual and team development, each team has a **unique and dedicated coaching team**.
- △ Every Triangle team has an established **training cycle** which supports both athlete advancement and an appropriate balance between individual skill development, positional competency, and team skills throughout the club season.

COMPREHENSIVE - In addition to regular weekly team practices designed to focus on both individual and team skills, athletes will be introduced to additional training and education* on numerous factors that impact overall athletic performance.

- △ **Competition Training** -The substantial talent depth of Triangle teams facilitates high level competition in our gym. Regular weekly participation in high-level play is a distinct competitive advantage for many Triangle teams.
- △ **Position, Tactics & Skill-based** training in both group and clinic-like settings facilitates Triangle athletes developing core capabilities by position and a deeper knowledge of the game.
- △ **PACT [Power, Agility, Core Training]** is held during weekday practice for 12 Black only and is meant to teach and train the importance of strength, conditioning, movement, and mobility in preventing injury and enhancing overall athletic performance.
- △ **Athlete Health & Wellness Initiatives** address the many factors beyond volleyball that affect one's ability to reach their athletic potential. These items include training in the following areas and much more:
 - Good health, nutrition, and hydration. Active rest & recovery practices.
 - **Injury prevention** – Triangle has an [award-winning injury prevention program](#) that has proven to reduce the overall risk of injury while addressing the early signs of a potential overuse injury. These items include:
 - **Orthopedic Subfloor** – our gym floor provides our athletes with superior impact reduction, thereby reducing injury risk and fatigue common in other surfaces.
 - **Functional Movement Screen™ [FMS]**– annual screening and engagement with our FMS support application identifies an athlete's injury risk and guides their efforts to reduce their injury potential.
 - **Trinity Wellness physical therapy [PT] diagnostic and support services** are available on-site on a weekly basis during the season. PTs are well-equipped to address athlete concerns regarding injury and injury risk.

**The actual training elements delivered to each team will vary depending on the team age and competitive level.*

12S PROGRAM COST DETAILS

Triangle's club costs are *all-inclusive* and derived from three (3) components. Details follow on each component.



UNIFORM PACKAGE DETAILS

UNIFORMS

For the 2020 club season Triangle's uniform package will have few alterations but will include a **new team backpack** for every Triangle member. We make every effort to keep consistent as many pieces as possible each year to minimize the year-to-year cost associated with uniforms.

Please note the following about Triangle uniforms:

1. The items making up the uniform package for each team depend on the team level and their competition schedule.
2. The range in uniform costs reflects that returning Triangle members may not need any new clothing pieces.
3. We do our best to select high quality uniforms designed to hold up for many years of use. As such, athletes who played in the prior season may only need to purchase the new issue items.
4. We specify **Mizuno® brand spandex** and athletes are not allowed to wear any other brand during competition. NOTE FOR PRACTICE: plain Black spandex (manufacturer not specified) is required for practice.
5. Sock and kneepad color is specified to be WHITE; however, the brand and style is the decision of the individual student-athlete. Additionally, we do not specify volleyball shoe color, style, or manufacturer.
6. Each athlete's Uniform Fee is billed on a separate invoice from Dues and Travel and is due on December 15, 2019.

	12 Black & 12 Blue [Regional Plus]	12 White [Regional Plus]	12 Silver & Steel [Regional]	11 Black & 11 Blue [Regional]
UNIFORM PACKAGE	\$60-\$270	\$60-\$240	\$60-\$180	\$60-\$180
Jerseys & Spandex				
Long Sleeve Black	<i>New Members</i>	<i>New Members</i>		
Short Sleeve Blue	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
Mizuno® Black Spandex	<i>New Members (2)</i>	<i>New Members (2)</i>	<i>New Members (2)</i>	<i>New Members (2)</i>
Warm ups				
Mizuno® Logo ¼ Zip Pullover	<i>New Members</i>			
Mizuno® Jogger Pant	<i>New Members</i>			
Mizuno® Cover Shorts	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
Youth Logo Sweatshirt		<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
Mizuno® logo team Backpack	<i>All</i>	<i>All</i>	<i>All</i>	<i>All</i>

TEAM DUES DETAILS

	12 Black [Regional Plus]	12 Blue [Regional Plus]	12 White [Regional Plus]	12 Silver & 12 Steel [Regional]	11 Black & 11 Blue [Regional]
CLUB DUES	\$2,000	\$1,650	\$1,400	\$1,300	\$1,300
Tournament Entry Fees					
Regional Events	<i>Included</i>	<i>Included</i>	<i>Included</i>	<i>Included</i>	<i>Included</i>
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>	<i>Included</i>		
National Qualifiers	<i>1 Included</i>	<i>1 Included</i>	<i>1 Included</i>		
Dues for every Triangle team also include the following team-related expenses:					
<ul style="list-style-type: none"> • Team Coach Compensation – salaries for Head and Assistant coaches for all training and competition. • Supplemental Staff Compensation – for Resource Coaches, Position Lead staff, and our PACT team. • Court Time – for all team practices, position and competition training, and all other team-related court activities. • Professional Services – Nutrition Training, Physical Therapy Diagnostic and Support Services, Officiating Clinic, and Recruiting Support Services. • Athletic Training Equipment & Supplies – all first aid and emergency response supplies and equipment. • Special Club Events – Signing Celebration, Retreat Day, and End of Season Celebration. • Practice T-shirts – three (3) per athlete; NEW design for 2020. • Administrative Related Expenses – less than 1/3 of Triangle’s administrative expenses are paid by Triangle competitive teams. Those fees are shared in proper proportion depending on a team’s length of season. 					

NOTES:

- ▲ *Triangle costs are all-inclusive. This is not necessarily common amongst other area clubs so it is important when comparing clubs to keep in mind the differences in what is and isn’t included in published club fees.*
- ▲ *Club dues are paid in installments over the course of each team’s season. A signing deposit is due on or before Triangle’s Signing Day Celebration. The [2020 Club Payment Plan](#) is available on our website.*

SPIRIT WEAR INFORMATION

Members have access to two [2] sources of Triangle logo gear (spirit wear):

1. **Triangle VolleyShop** – onsite store and a licensed dealer for Mizuno® and Molten®. The VolleyShop accepts cash, check, and credit cards [VISA®, MasterCard® and Discover®]. Items in the VolleyShop include: kneepads, socks, spandex, shoes, balls, and more. VolleyShop pricing is competitive with most items offered at prices below MSRP. **At the beginning of each season member families have the opportunity to utilize a limited-time 10% member discount on the purchase of spirit wear and equipment from the VolleyShop.**
2. **Special Order Spirit Wear** – each season Triangle will offer a special order online store of spirit wear items for families.

TRAVEL AND TRAVEL SERVICES

Triangle’s commitment to seek the highest level of competition means that many teams travel beyond North Carolina to compete in tournaments offering exposure to different styles and levels of play. Achieving team and club success on the road requires advanced planning and organization, thorough communication, and a well-orchestrated travel plan.

At the 12s age level, Triangle has a modified approach relative to Triangle teams aged 13 & older. At the 12s age level travel differs in three major ways from our older travel teams (13s and up).

1. Athletes on our youngest travel teams (12s) will lodge with their parents at the team-specified hotel for the entire stay at the tournament which includes the night prior to the start of the tournament. Triangle will make rooms available to 12s parents at the team-designated hotel to book through our normal team booking process. Parents unable to travel with their athlete for any reason will need to make alternative arrangements for their athlete to stay with another family.
2. Athletes will be supervised by coaching staff during designated times of each day of the trip and according to a pre-trip itinerary.
3. As is practical, the team and coaching staff will eat meals together and a chaperone will assist the team by providing healthy lunch and snack options during the competitive portion of each day.

TRAVEL COSTS

At the 12s age level the essential elements of a Triangle team travel trip which contribute to the estimated trip cost are:

1. Athletes travel by motor coach with other Triangle teams to events outside of North Carolina. Parents have the option of bringing athletes directly home from competition if that is their preference.
2. As is practical, all meals and snacks will be provided utilizing chaperone purchases, hotel catering, and/or local restaurants.
3. Athlete supervision is the primary responsibility of coaching staff during all times indicated in the pre-trip itinerary.
4. Coaching staff will lodge in the team hotel.

All cost associated with providing this level of service are included in the travel estimate for each team.

MORE ABOUT TRAVEL SERVICES - Travel Services makes every effort to secure room blocks at team hotels for parents. Strict deadlines and cancellation policies govern access to these reservations.

	12 Black <i>Regional +</i>	12 Blue <i>Regional +</i>	12 White <i>Regional +</i>	12 Silver & 12 Steel <i>Regional</i>	11 Black & 11 Blue <i>Regional</i>
TEAM TRAVEL ESTIMATES	\$875	\$875	\$450	\$0	\$0
Capitol Hill Classic (Washington DC)	▲	▲			
Big South National Qualifier	▲	▲	▲		
<i>* City of Oaks Challenge is not a travel trip</i>					

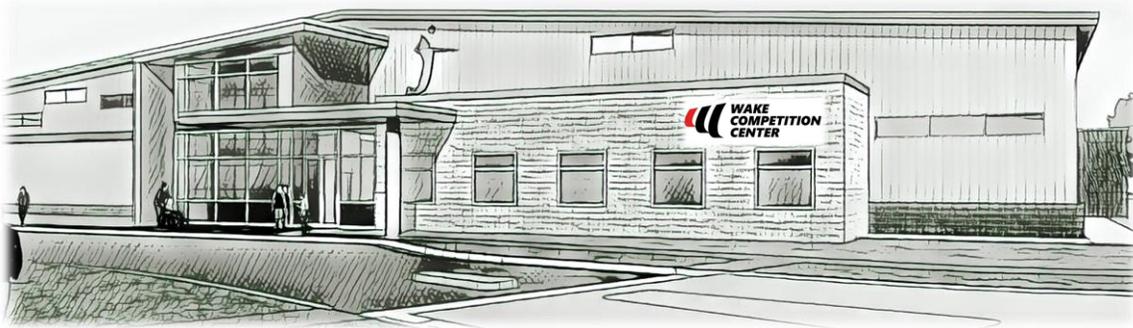
- ▲ While Triangle travel cost estimates are carefully prepared, some critical cost information is not available at the time of publication of this program guide. We do our best to estimate and control costs to minimize the risk of trip overage.
- ▲ Travel estimates are combined with Club Dues and paid over the course of the club season in equal payments. The [2020 Club Payment Plan](#) is available on our website.

EVENT/TOURNAMENT SCHEDULE

DATE	EVENT	LOCATION TRANSPORTATION	<i>12 Black</i>	<i>12 Blue</i>	<i>12 White</i>	<i>12 Silver/Steel</i>	<i>11 Black/Blue</i>	
			<u>Regional Plus</u>	<u>Regional Plus</u>	<u>Regional Plus</u>	<u>Regional</u>	<u>Regional</u>	
Nov 18 7pm	Signing Celebration	Triangle	▲	▲	▲	▲	▲	
Dec 6 5-9pm	Retreat/Picture Day	Triangle	▲	▲	▲	▲	▲	
Dec 14	Competition Training	Triangle	▲	▲	▲	▲	▲	
January								
11	Regional Event	TBA	▲					
12 [Sun]	Regional Event	TBA		▲	▲	▲	▲	
18	Triangle Winter Classic	RCC or Triangle			▲	▲	▲	
18, 19, 20	City of Oaks Challenge	RCC or Triangle	▲	▲				
February								
1	Regional Event	TBA		▲	▲	▲	▲	
2 [Sun]	Regional Event	TBA	▲					
15	Regional Event	TBA			▲	▲	▲	
15, 16, 17	Capitol Hill Classic	Washington, DC 	▲	▲				
29	Regional Event	TBA	▲	▲	▲	▲	▲	
March								
14	Regional Event	TBA	▲					
15 [Sun]	Regional Event	TBA		▲	▲	▲	▲	
28	Regional Champs	TBA		▲	▲	▲	▲	
29 [Sun]	Regional Champs	TBA	▲					
April								
10, 11, 12	Big South Qualifier EASTER	Atlanta 	▲	▲	▲		See note	
18	Triangle Spring Classic	Triangle	▲	▲	▲	▲	▲	
May-June								
June 17-20	AAU Jr. Nationals	Orlando	<i>Optional AAU season extension participation is available to all members of 11s and 12s teams</i>					
<i>Triangle Beach is another alternative.</i>								

Please note the following:

- ▲ Triangle has no role in determining playing site locations for *Regional* events. Locations are typically announced on the Carolina Region website 2-3 weeks in advance of each event.
- ▲ Regional Plus teams only: transportation is indicated on the schedule for 'travel' trips (outside of NC) as there are significant differences amongst area clubs as to the method and inclusion of transportation for travel events.
- ▲ **School Absences**-Regional Plus teams only: we do our best to minimize the number of missed days from school for travel tournaments. The number missed depends on the athlete's school system's calendar and our ability to secure transportation outside of school hours. For planning purposes allow 1-2 days missed for each three-day event when a school holiday is not utilized.
- ▲ **AAU Extended Season**-should interest warrant athletes on all Regional and Regional Plus teams can try-out for an AAU-bound team. AAU tryouts occur after the Regional Plus season ends and participation in the extended season is at an additional cost. Information on AAU teams is made available in January.
- ▲ While we are confident in the scheduling information provided, Triangle reserves the right to make changes.
- ▲ **11 Black:** Big South will have a two (2) day 11s division in 2020. Play will begin on Friday, April 10 and end on Saturday, April 11. Details on actual event timing and hotel availability are pending. Triangle's costs associated with participation of 11 Black in this event are also pending but will not exceed \$500. Note this cost does NOT include parent accommodations and athletes will be required to stay at a designated team hotel with their parent/guardian.



TRAIN AT THE BEST FACILITY IN THE SOUTHEAST.

If you haven't already, be sure to check out Triangle's beautiful state-of-the-art dedicated volleyball facility in the new Wake Competition Center.

