

TRIANGLE
VOLLEYBALL

2021

13s

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Welcome to Triangle!

As we prepare diligently for the 2021 season we must accept the presence of the global Coronavirus pandemic and the potential it presents to shape our training, competition, and travel opportunities this season. We recognize that families are faced with having to assess, and oftentimes balance, risk vs. reward-type scenarios when it comes to their children's education, social relationships and participation in extra-curricular activities. As the club season approaches it is apparent to us at Triangle that this challenge has created a heightened level of anxiety and uncertainty for many parents and families.

In these unprecedented times Triangle has devoted incredible time, energy, and investment to earn the volleyball community's trust. Since the pandemic struck in early March we have taken a cautious, creative, serious, compassionate and detailed approach to developing a return-to-sport plan, facility protocols and operational enhancements that minimize risk of COVID-19 transmission in our facility. We commit to every family choosing Triangle as their club for 2021 that we will continue our steadfast determination to that effort. Please be sure to read our COVID-19 statement on the back of this program guide to learn more.

Truly, Sherry L. Fadool, Executive Director, Triangle Volleyball Club

Train at the premier state-of-the-art facility in the Carolinas





GENERAL TEAM INFORMATION

For 2021, Triangle is planning **FOUR (4)** competitive teams in the 13s age division:

USAV age eligibility criteria: 13 & under = player who was born on or after July 1, 2007

Team Roster Size: Target roster size is 11 players per team in order to best ensure team viability while COVID-19 is still prevalent. Roster size may fluctuate slightly on a team-by-team basis but is not expected to exceed 12 or be less than 10 at this age level.

Team Name/Type	13 Black National	13 Blue* Regional+	13 White Regional+	13 Silver Regional
Head Coach(es)	Beverly Lineberger	Richard Tharrington	Lindsey Hall	Lauren Tharrington '17 Sarah Brandon
Assistant Coach(es)	Greg Gasper	Brienna Laskowski Brie Saur	Andie McKinnon '16 Autumn Hines '20	Co-Head Coaches

**13 Blue is marketed as a Regional+ team but staff is excited and able to make it a national team if interest exists*

At Triangle, we are fortunate to have a large coaching staff whose talent and experience is among the very best in the nation. Each Triangle team is assigned a **unique** and **dedicated** coaching team who are committed to their athletes training and development. To see Triangle's full slate of coaching staff visit [HERE](#).

TRIANGLE'S DEDICATED FACILITY AT THE WAKE COMPETITION CENTER [WCC]

Our [Wake Competition Center](#) facility is the premier volleyball practice facility in the state of North Carolina. With a state-of-the-art design and the numerous safety measures we employ, our gym offers a safe space for elite level training and competition. In addition to the eight (8) indoor, over-sized regulation courts, Triangle's three (3) outdoor sand courts provide an alternative cross training option for our indoor teams.

TEAM PRACTICE SCHEDULES

Team Name	13 Black	13 Blue	13 White	13 Silver
Pre-Season (see schedule for start date)	<i>Scheduled 2 times per week as close to 'normal' practice day/times as possible. Pre-season schedule will vary from Regular season schedule and will be provided upon team offer.</i>			
Setter Pre-practice (begin on Nov 1 on team-designated court)	M/W: 7:00-7:15pm	NA	NA	NA
Regular Season Team Practices (begin Nov 1)	M/W: 7:15-9:15pm Sun: 4-6pm OR 6:30-8:30pm	T/Th: 5:00-7:00pm	T/Th: 5:00-7:00pm	T/Th: 5:00-7:00pm

NOTES:

- Pre-season practices/training are **free of charge** and not included in the team dues presented in this guide.
- Pre-practice training for specific positions is part of the practice commitment for athletes.
- Initially we are scheduling practices to allow for a 30-minute buffer to allow for athlete screening and check-in. Long term we seek to reduce the buffer to 15 minutes, allowing practice times to expand further.
- Sunday practices will primarily occur during non-travel parts of the season. Should club season overlap with an athlete's high school program, Sunday practices will ensure them regular access to team training.
- Due to COVID-19, PACT is not being incorporated as part of the regular weekday practice time. Options for student-athlete strength and conditioning in our dedicated PACT room will be explored once allowable.
- 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.

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**. Additionally, Triangle has resource and support staff that can easily pivot and direct coaching capability to any team should that be necessary.
- △ 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. Access to high-level play is a distinct competitive advantage for many Triangle teams.
- △ **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 Center** has established a satellite clinic on site at Triangle Volleyball Club. Triangle's partnership with Trinity Wellness affords Triangle athletes exceptional access to care and injury prevention support in a full-service clinic setting.
 - **Physical therapy [PT] Diagnostic and Support services** for the purposes of addressing injuries and/or injury risk are delivered weekly on-site during specific practice times and are at **no charge** to athletes.
 - **Direct Access Physical Therapy Care** – Michelle Panzl, PT, DPT is a Triangle coach and physical therapist who provides full-service physical therapy to Triangle athletes, their families and any other referred patient.
- △ **Recruiting Support Services** –Triangle's dedicated Recruiting Director educates athletes and families on how to effectively navigate and utilize the recruiting tools provided to achieve their goals of playing at the next level. For many advanced level teams Triangle has integrated [Sports Recruits](#) services to assist with recruiting.

CLUB CULTURE

- △ The 'whole person' education called for by our mission is the foundation of Triangle's unique club environment that permeates through the entire club.
- △ 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.

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

13S PROGRAM COST DETAILS

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



UNIFORM PACKAGE DETAILS

REN ATHLETICS® UNIFORMS – NEW for 2021. CHECK THEM OUT [HERE!](#)

Triangle is pleased to partner with [REN Athletics®](#) for the 2021 club season to provide our exciting new uniform package. REN Athletics® has a contactless, online uniform fitting and ordering system that will allow families to safely, and most accurately, procure their uniform package for the season.

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. We specify **Mizuno® brand black spandex** (style is the athlete's preference) for competition. Athletes are not allowed to wear any other brand during competition.
3. Crew sock and kneepad color is specified to be WHITE; however, the brand and style is the decision of the individual student-athlete.
4. Triangle does not specify volleyball shoe color, style, or manufacturer.
5. We make every effort to keep consistent as many pieces as possible each year to minimize the year-to-year cost associated with uniforms.

	13 Black [National]	13 Blue & 13 White [Regional+]	13 Silver [Regional]
UNIFORM PACKAGE	\$290	\$230	\$230
Jerseys			
REN Athletics® Short Sleeve Black	All Players	All Players	All Players
REN Athletics® Long Sleeve White	All Players		
REN Athletics® Long Sleeve Blue	All Players	All Players	All Players
Warm ups			
REN Athletics® Pullover	All Players	All Players	All Players
REN Athletics® Joggers	All Players	All Players	All Players
REN Athletics® Hitter's Pullover	All Players		
REN Athletics® Cover Shorts	All Players	All Players	All Players
REN Athletics® logo team Backpack	All Players	All Players	All Players
Spandex - to control costs we will continue to specify Mizuno® Spandex			
Mizuno® Black Spandex	at additional cost if needed	at additional cost if needed	at additional cost if needed

TEAM DUES DETAILS

	13 Black [National]	13 Blue [Regional+]	13 White [Regional+]	13 Silver [Regional]
CLUB DUES	\$3,400	\$2,000	\$2,000	\$1,600
Tournament Entry Fees				
Regional or Local Events	<i>Included</i>	<i>Included</i>	<i>Included</i>	<i>Included</i>
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>	<i>Included</i>	
Mid-Atlantic Power League [MAPL]	<i>2 Included</i>			
National Qualifiers	<i>2 Included</i>	<i>1 Included</i>	<i>1 Included</i>	
AAU Junior Nationals	<i>Included</i>	<i>AAU season extension is an option for these teams should interest exist. Reminder that 13 Blue National team option will be determined at tryouts should interest exist.</i>		

NOTES:

- ▲ *Triangle is a founding MAPL partner club with representation on MAPL's Competition Committee. Our history of success guarantees MAPL event participation for our Black teams [13s & up] and Blue teams [14s & up]. Additionally, in all past years Triangle 'White' teams 15 & up have earned entry into MAPL events. Team acceptance decisions for all MAPL events are made by the MAPL Competition Committee and not by Triangle individually.*
- ▲ *Club dues are paid in installments over the course of each team's season. For 2021, we are requiring a Commitment Deposit upon verbal commitment to a Triangle team allowing us to begin the onboarding process and give athletes/families access to numerous Triangle benefits and programs. The Regular Season Deposit is due on or before November 1, the official start of the regular season. The [2021 Club Payment Plan](#) is available on our website.*
- ▲ *Should COVID-19 interrupt the season you can be certain that Triangle will appropriately deliver on its commitment to athletes and to properly address any financial considerations.*

SPIRIT WEAR INFORMATION

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

1. **REN Athletics®** – REN Athletics® is offering several SpiritWear items for parents/spectators. These items can be purchased when making your athlete's uniform order.
2. **Triangle VolleyShop** – onsite store and a licensed dealer for REN Athletics®, 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.

TRAVEL AND TRAVEL SERVICES

Without question we must look differently at travel in 2021 due to the sustained impact of COVID-19. Despite the differences warranted by the pandemic, Triangle athletes and families can count on a high-quality, well-organized travel experience. Triangle has tremendous experience and strategic partnerships that allow Triangle's professional travel staff to consistently create the best environment to support team success on the road.

2021 TRAVEL PLAN - To allow for safe and responsible travel for Triangle teams while the pandemic threat remains, we will be modifying our traditional travel practices. Below are some helpful definitions:

- **TEAM Travel** is defined as when a team travels under the direct supervision of coaching staff and where the Club provides for and arranges team-based transportation, lodging, and all meals.
- **FAMILY Travel** is defined as when an athlete travels primarily with their parent or designated guardian and includes parent/athlete combined overnight lodging arrangements. Transportation and lodging costs are solely the responsibility of the individual family. Once team responsibilities are complete for the day the athlete will be under the direct supervision of their parent or designated guardian.
- **FLEXIBLE Travel** is defined as when the Club offers families a choice of either Team Travel or Family Travel.

For all teams 14 and younger (National and Regional+) Triangle has priced travel exclusively under the FAMILY Travel model. It's worth noting that, even in the case of FAMILY Travel, Triangle will fully reconcile all team travel expenses at the end of the season.

Chaperone Responsibilities – Triangle will continue to employ the services of a team chaperone but how that service is executed will change and will not involve team dining, meetings, or other group activities in the chaperone's hotel room. Additionally, pre-packaged or ordered foods will be the preferred source of food for athletes and coaching staff.

TRAVEL COSTS

1. **Transportation** – FAMILY travel estimates do NOT include the cost of team-based transportation.
2. **Lodging** – travel estimates reflect **athletes rooming with a parent or designated guardian at the team-designated hotel.**
3. For both TEAM and FAMILY travel, **all meals and snacks*** are provided throughout the trip utilizing chaperone purchases, catering, and/or local restaurant service.
4. Due to COVID-19 Triangle has opted for FAMILY Travel at the 14s age level. To not alter our traditional dues structure based on this change, the travel number below reflects the estimated costs associated with coach travel, tournament pay, team food and any team incidentals.

TEAM TRAVEL	<i>13 Black National</i>	<i>13 Blue Regional+</i>	<i>13 White Regional+</i>	<i>13 Silver Regional</i>
(FAMILY TRAVEL OPTION ONLY)	\$2,130	\$680	\$680	\$0
Mid-Atlantic Power League (Hampton, VA)	▲			
Capitol Hill Classic (Washington, DC)	▲	▲	▲	
National Qualifiers	▲ (2)	▲ (1)	▲ (1)	
Pre-National event (TBD)	▲			
Junior Nationals [AAU or USAV]*	▲			

- ▲ **the estimated total for travel shown above for 13 Black **includes** the cost anticipated for participation in AAU Jr. Nationals. Should the team qualify for USAV Girls' Junior Nationals, families should expect an additional \$400 TEAM travel expense.*
- ▲ *Should COVID-19 interrupt a team's travel plans, families can expect Triangle to invest considerable effort to recover any and all travel-related expenses and credit those funds directly to each family's club account. Excess credits are always refundable to families.*
- ▲ *Travel estimates are combined with Club Dues and paid over the course of the club season in equal payments. The [2021 Club Payment Plan](#) is available on our website.*

EVENT/TOURNAMENT SCHEDULE

DATE	EVENT	LOCATION TRANSPORTATION	13 Black National	13 Blue Regional+	13 White Regional+	13 Silver Regional
October 12	Pre-Season begins	<i>Triangle</i>		▲	▲	▲
November 1	Regular Season begins	<i>Triangle</i>	▲	▲	▲	▲
January						
16, 17, 18	City of Oaks Challenge	<i>RCC – downtown</i>	▲	▲	▲	▲
30, 31	MAPL Hampton Roads	<i>Hampton, VA</i>	▲			
31 [Sun]	Carolina Region/Local Event	<i>TBD</i>		▲	▲	▲
February						
13	Carolina Region/Local Event	<i>TBD</i>				▲
13, 14, 15	Capitol Hill Classic	<i>Washington DC</i>	▲	▲	▲	
27	Carolina Region/Local Event	<i>TBD</i>		▲	▲	▲
27 & 28	MAPL Raleigh	<i>RCC – downtown</i>	▲			
March						
6, 7, 8	Sunshine Qualifier	<i>Orlando</i>	▲			
13	Carolina Region/Local Event	<i>TBD</i>		▲	▲	▲
28 [Sun]	Carolina Region/Local Event	<i>TBD</i>	▲	▲	▲	▲
April						
2, 3, 4	Big South Qualifier [EASTER]	<i>Atlanta</i>	▲	▲	▲	
10	Triangle Spring Classic	<i>Triangle</i>		▲	▲	▲
24 or 25	Local Competition Event	<i>TBD</i>	▲			
May-June						
June 5 and/or 6	Pre-National Competition Event	<i>TBD</i>	▲			
Dates TBD	AAU Jr. Nationals**	<i>Orlando</i>	▲			
Dates TBD	USAV Jr. Nationals**	<i>TBD</i>				<i>Requires Bid</i>

Please note the following:

- ▲ Obviously with the Coronavirus pandemic expected to continue all events are tentative. Whether an event is held/attended will rely on national, state, and local public health guidance and any associated travel restrictions.
- ▲ **National Teams attend only one (1) national championship event. Teams qualifying for USAV Jr. Nationals will attend that event in lieu of AAUs
- ▲ **Family Travel** relies on parents to transport, lodge and provide overnight supervision for their athlete. Team food is included in the Family travel estimate (along with coach travel, pay, and team incidentals)
- ▲ 🙌 It's important to note that most travel arrangements have already been secured meaning both flights and hotels. The ability to have arrangements in place will best assure families that event participation will occur AND costs can be contained.
- ▲ **School Absences**-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.
- ▲ **Spectator Considerations** – it is probable large tournaments will restrict spectator numbers in order to maintain social distancing and comply with local regulations on large gatherings. Parents should prepare themselves for spectator levels averaging 1 per student-athlete at such events.



COVID-19 and the 2021 Season

Public health experts believe that the COVID-19 pandemic will be prevalent through the end of 2020 and into 2021. Until a vaccine is developed and widely distributed, protocols meant to reduce the likelihood of viral transmission will be in effect. These protocols have the possibility of affecting both the practice environment, and more dramatically, the competition and travel experiences of the traditional club volleyball season.

With that said, the near future of club volleyball remains uncertain due to the presence of COVID-19 in our state and the cities and states hosting competitions. At Triangle, we are committed to doing our very best to give the club season each of us desires with excellent training and competition at the core of the student-athlete experience. To that end we are planning, with an optimistic eye, a competitive season. Along with the training families have come to expect from Triangle, athletes can expect to engage in high level competition both inside and outside our gym.

As we seek normalcy in training and competition, we will prioritize protecting our athletes and coaching staff by employing appropriate controls, safety protocols, and instituting the guidance of our national, state and local public health officials. Triangle's ***Pandemic Response and Return-to-Sport Plan*** provides the framework for keeping our gym safe and protecting those in our community. This plan was created after thorough research and collaboration with nationally-recognized clubs like Michigan Elite, Wave, and VCNebraska and considers the vast public health guidance from the CDC and NC Department of Public Health.

There are many unknowns in the months ahead and while the future impact of COVID-19 is beyond our control, we can confidently assure our members and their families that they can **trust** Triangle to handle the upcoming season with integrity and with the utmost concern for their athlete's health and safety. Here are some relevant facts:

- Triangle is, without question, a [nationally recognized leader](#) when it comes to safety, health and the protection of athletes.
- In response to the COVID-19 pandemic we have adopted extensive sanitization procedures for our courts, volleyballs, equipment and other high-contact surfaces. These practices were reviewed by officials in the Office of Governor Cooper and have been in place since reopening in late May. When combined with gym and participant protocols Triangle is uniquely equipped to consistently provide the needed protection for our training space and ensure the safety and well-being of our athletes and staff.
- Scientists have established that Coronavirus is highly contagious and transmitted through shared air space. As such, public health officials including the CDC have emphasized the need for highly efficient and effective ventilation in indoor athletic spaces. The large open-span air space in Triangle's WCC facility is managed by eight large air handlers specifically designed for volleyball/athletic activities and engineered with humidity controls and a high-performance capacity. Our partners at Piedmont Service Group regularly monitor our HVAC equipment to ensure it is operating with maximum air turnover and fresh air intake. In doing so the risk of airborne disease transmission is minimized in our gym.
- As has been seen on campuses, K-12 schools and sports of all kinds, COVID-19 is a continuing risk. Proper controls and having the capability to effectively contact trace will minimize the impact should an athlete, coach or visitor infected with COVID-19 be in our gym. Triangle has personnel certified in Contact Tracing by Johns Hopkins University.
- As was the case when the pandemic first struck North Carolina, we promise to transparently communicate with our families regarding current public health guidance and if needed, how it will impact our gym operations and any competition events and/or travel.
- We have proven and will continue to be good financial stewards of our member's club fees and make every effort to provide a quality training and competition experience while at the same time mitigating the financial risk associated with engaging in youth sport activities while COVID-19 is still prevalent. It is worth mentioning that for the 2020 club season Triangle communicated with parents in a transparent fashion and handled refunds fairly for travel and club services not realized. Additionally, a comprehensive virtual training program served to keep athletes engaged on a regular practice schedule until the end of the season.

We know that families eagerly, yet anxiously, approach the upcoming club season. We also understand that a club's reputation and past practices regarding safety, fiscal management, and organizational integrity matter more than ever. Triangle's reputation in these areas is well known, proven, and a tangible value add. We invite you to talk to our past members or reach out to us if you have any questions or concerns that we can help to address so you can feel confident when making your club choice for 2021.

Most sincerely, Sherry Fadool, Executive Director