

18s

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!** Our tryouts are fun and educational, and let YOU experience Triangle.

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 **TWO (2)** teams total in the 18s age division at two competitive levels:

USAV age eligibility criteria: 18 & under = player who was born on or after September 1, 2001

Team Roster Size: Our target roster size is 10 players per team. Roster size may fluctuate slightly on a team-by-team basis but will not exceed 12 or be less than 9 at this age level.

TEAM COACHING STAFF		
Team Name/Type	18 Black National	18 Blue National
Head Coach	Logan Barber	Drew Hermanson
Assistant Coach(es)	Tonya Holmes	Brendan Koslowsky

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.

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	18 Black	18 Blue
Pre-practice (setters & middles)	Setters: T/Th 4:15-4:45pm Middles: Th 4:15-4:45pm	Setters: T/Th 4:15-4:45pm Middles: Th 4:15-4:45pm
Team Practice	T/Th 4:45-7:10pm *Beginning May 4: M 5-7pm & Th 4:45-7:10pm	T/Th 4:45-7:10pm *Beginning May 4: M 5-7pm & Th 4:45-7:10pm
Special Training	Friday or Sunday**	Friday or Sunday**

NOTES:

- Pre-practice training for specific positions is part of the practice commitment for athletes on indicated teams.
- *Starting the week of May 4, 2020 the practice schedule for all 18s teams shifts from a T/Th schedule to a M/Th schedule. All Monday practices will also include a Senior Seminar portion with speakers who will cover relevant college preparatory information.
- **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 practices 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.
- △ **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.

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

18s 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.
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.

	<i>18 Black & Blue [National]</i>
UNIFORM PACKAGE	\$60-\$400
<i>Jerseys & Spandex</i>	
Long Sleeve Black	<i>New Members</i>
Long Sleeve White	<i>New Members</i>
Short Sleeve Blue	<i>New Members</i>
Short Sleeve Graphite	<i>New Members</i>
Mizuno® Black Spandex	<i>New Members (3)</i>
<i>Warm ups</i>	
Mizuno® Logo Pullover	<i>New Members</i>
Mizuno® Pants	<i>New Members</i>
Mizuno® Hitter’s Pullover	<i>New Members</i>
Mizuno® Cover Shorts	<i>New Members</i>
Mizuno® logo team Backpack	<i>All</i>

TEAM DUES DETAILS

	<i>18 Black</i> [National]	<i>18 Blue</i> [National]
CLUB DUES	\$3,000	3,000
Tournament Entry Fees		
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>
Mid-Atlantic Power League [MAPL]	<i>2 Included</i>	<i>2 Included</i>
National Qualifiers	<i>2 Included</i>	<i>3 Included</i>
USAV Junior Nationals [if qualified]	<i>Included</i>	<i>Included</i>
Team/Athlete Support Services	<i>Sports Recruits</i> <i>HUDL Assist</i>	<i>Sports Recruits</i> <i>HUDL Assist</i>
<p>Dues for every Triangle team also include the following team-related expenses:</p> <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.*
- ▲ *[HUDL Assist](#) is a team-based game analysis service. While it is included for some Triangle teams, for those whom it is not, we have the option of adding it for a team at additional expense to families.*
- ▲ *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. No other area club has such a guarantee or history. 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. 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.

Triangle’s approach to travel is unique among most clubs in North Carolina. It is fully inclusive allowing families’ flexibility and support when competition takes athletes outside of North Carolina. We have tremendous experience in this area and professional staff who are dedicated to achieving the following travel services goals:

TRAVEL SERVICES GOALS:

1. To support the competitive experience by fully addressing the logistical, housing, and supervisory needs of our teams*. This includes, but is not limited to, providing transportation, lodging, meals, and incidentals for student-athletes and coaches.
2. To provide comprehensive travel services* enabling student-athletes to travel safely without a parent or guardian should work, family obligations, or finances make that limited, difficult or impossible.

TRAVEL COSTS - The essential elements of a Triangle travel trip are:

1. Athletes travel by either plane or motor coach to events outside of North Carolina with rare exception. Parents have the option of bringing athletes home from competition when team travel is by motor coach or when arranged well in advance for trips that utilize air transportation.
2. Athletes lodge together* most often in groups of 3 or 4 per room with a chaperone and/or coach in a nearby room.
3. All meals and snacks* are provided utilizing chaperone purchases, hotel catering, and/or local restaurants.
4. All athlete supervision* is under the direction of team coaching staff.

**Exceptions to these arrangements exist for our 12 & under and boys’ teams*

All costs associated with providing this level of service are included in the travel estimates for each team*. Every travel assessment includes transportation, hotel, all meals, snacks, ground transportation, and incidentals; there are no extra costs.

MORE ABOUT TRAVEL SERVICES...



- **Travel Reconciliation:** At the end of each season, travel teams are provided a complete travel reconciliation report and issued the resulting credit or invoice.
- **Parent Travel** – Triangle Travel Services makes every effort to secure room blocks at team hotels for parents. Strict deadlines and cancellation policies govern access to these reservations.

	18 Black National	18 Blue National
TEAM TRAVEL ESTIMATES	\$4,400	\$4,075
Mid-Atlantic Power League* (Hampton, VA)	▲	▲
Triple Crown Sports (Kansas City)	▲	
Capitol Hill Classic (Washington DC)		▲
National Qualifiers	▲ (2)	▲ (2)
Junior Nationals [USAV]**	▲	▲

- ▲ *The estimated total for travel includes the cost anticipated for USAV Jr. Nationals **including round-trip airfare****. Should the team not qualify or elect to attend USAV Jr. Nationals these travel funds will be refunded.*
- ▲ *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

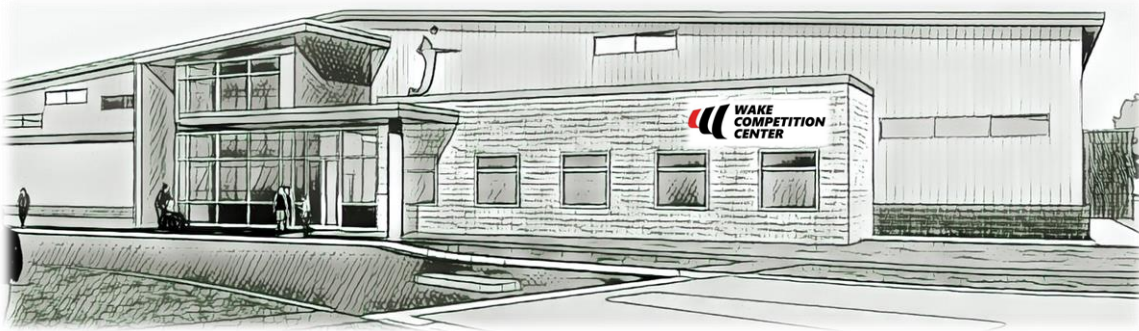
DATE	EVENT	LOCATION TRANSPORTATION	<u>18 Black National</u>	<u>18 Blue National</u>
Nov 18 7pm	Signing Celebration	Triangle	▲	▲
Dec 6 5-9pm	Retreat/Picture Day	Triangle	▲	▲
Dec 13 5-7pm	Competition Training	Triangle	▲	▲
January				
18, 19, 20	City of Oaks Challenge	RCC – downtown	▲	▲
25, 26	MAPL Hampton Roads	Hampton, VA 🚌	▲	▲
February				
8	Carolina Power Event	Triangle	▲	▲
15, 16, 17	Capitol Hill Classic	Washington, DC 🚌		▲
15, 16, 17	Triple Crown Sports	Kansas City ✈️	▲	
29 & Mar 1	MAPL Raleigh	RCC – downtown	▲	▲
March				
6, 7, 8	Northeast Qualifier (option 1)	Baltimore ✈️	▲	▲
6, 7, 8	Boston Volleyball Festival Qualifier (option 2)	Boston ✈️	▲	▲
28, 29, 30	Red Rock Rave Qualifier	Las Vegas ✈️	▲	▲
April				
4	Carolina Power Event	Triangle	▲	▲
25	Carolina Power Event	Triangle	▲	▲
May				
1, 2, 3	USAV Jr. Nationals**	Reno ✈️	▲ (if qualified)	▲ (if qualified)
21	Senior Celebration – Last Group 1 practice	Triangle	▲	▲

 – Team travel by motor coach
 - Team travel by airplane
All associated transportation expenses included in travel costs

This program guide lays out an abbreviated national, but intense, college preparatory experience for the members of Triangle 18s teams. While the training in May does not conclude with a competitive event, this training period is essential and team participation has proven to best prepare athletes for their collegiate experiences.

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.
- ▲ Transportation is indicated as there are significant differences amongst area clubs as to the method and inclusion of transportation for travel events.
- ▲ **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.
- ▲ MAPL participation for some teams will depend on size of tournament field and team performance. See page 5 for explanation.
- ▲ While we are confident in the scheduling information provided, Triangle reserves the right to make changes.



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.

