

Boys

TRIANGLE

VOLLEYBALL

2020

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

WWW.TRIANGLEVOLLEYBALL.ORG

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 BOYS' PROGRAM INFORMATION

Triangle formed its first-ever boys' team in 2014. Since that time Triangle has seen steady growth in both competitiveness and size in boys' volleyball. Additionally, on the national landscape boys' volleyball has become increasingly popular and more and more colleges and universities are adding varsity men's volleyball programs. Here are some recent statistics:

- There are more than **19,000 boys** holding USA Volleyball membership (68% increase in 10 years) with 1,162 youth clubs offering boys volleyball.
- **7% growth was realized in the 2017-2018 club season** - Over 3,700 new participants in just one year which is more than all boys sport other than soccer and cross-country
- Since 2012, **NCAA Division III Mens Volleyball** has more than doubled from **50 to 105 schools**

For our part, Triangle continues to invest time and resources into the expansion of boys' volleyball. Most recently, Triangle hired a boys' director to both facilitate the expansion of Triangle's boys' program, increase overall competitive, and aid in the expansion of boys' volleyball in the Southeast.

We invite all young males to attend our weekly open gyms in the mid-summer through mid-fall to learn more about boys' volleyball and begin their journey in this exciting sport.

For 2020, Triangle expects to field **THREE (3) Boys** teams total:

USAV age eligibility criteria:

14 & under – Any player born on or after **September 1, 2005** OR players born on or after September 1, 2003 (15U) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year.

16 & under – Any player born on or after **September 1, 2003**.

18 & under – Any player born on or after **September 1, 2001** OR players born on or after September 1, 1999 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

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 12 or be less than 9 at this age level.*

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.

TEAM COACHING STAFF			
Team Name/Type	14U Boys	16U Boys	18U Boys
Head Coach	Mason Harris	Meredith Blum	Brian Poppe
Assistant Coach(es)	TBD	Lauren Truvillion-Montilla	Geoff Hannert
Boys Program Director	Jeff Wismer, Assistant Director		

Triangle reserves the right to make adjustments in coaching staff assignments when necessary.

We anticipate that any TBD staff will be in place prior to tryouts.

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.

TRAINING FACILITY AT THE WAKE COMPETITION CENTER [WCC]

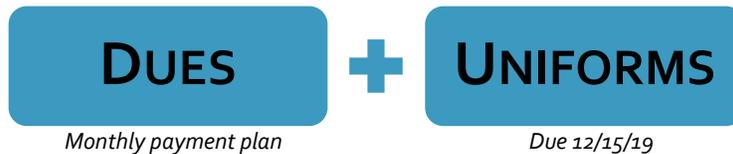
Our new facility at the [Wake Competition Center](#) opened in January 2019 and provides Triangle athletes with the premier volleyball practice facility in the state of North Carolina. With eight (8) over-sized regulation courts suitable for both training and competition, three (3) outdoor sand courts,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

TEAM PRACTICE SCHEDULES			
<i>Team Name</i>	<i>14U Boys</i>	<i>16U Boys</i>	<i>18U Boys</i>
<i>Pre-Practice</i>		Setters: Wed, 630-7pm	Setters: Wed, 630-7pm
<i>Team Practice</i>	Wednesdays, 5-7pm Sundays*, 530-730pm	Wednesdays, 7-915pm Sundays*, 530-730pm	Wednesdays, 7-915pm Sundays*, 530-730pm
<i>Special Training</i>	*Most Fridays are an option or substitute practice day	*Most Fridays are an option or substitute practice day	*Most Fridays are an option or substitute practice day

- 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.

BOYS' PROGRAM COST DETAILS

Triangle's club costs are derived from two (2) components. Details follow on each component.



	<i>14U Boys</i>	<i>16U Boys</i>	<i>18U Boys</i>
CLUB DUES	\$1,500	\$2,850	\$2,850
<i>Tournament Entry Fees</i>			
Inter-Regional Tournaments	<i>Included</i>	<i>Included</i>	<i>Included</i>
National Qualifiers		<i>2 Included</i>	<i>2 Included</i>
<i>Dues for every Triangle team also include the following team-related expenses:</i>			
<ul style="list-style-type: none"> • <i>Team Coach Compensation</i> – salaries for Head and Assistant coaches for all training and competition. • <i>Supplemental Staff Compensation</i> – for Resource Coaches, Position Lead staff, and our PACT team. • <i>Court Time</i> – for all team practices, position and competition training, and all other team-related court activities. • <i>Professional Services</i> – Nutrition Training, Physical Therapy Diagnostic and Support Services, and Recruiting Support Services. • <i>Athletic Training Equipment & Supplies</i> – all first aid and emergency response supplies and equipment. • <i>Special Club Events</i> – Signing Celebration, Retreat Day, and End of Season Celebration. • <i>Practice T-shirts</i> – 3 per athlete; NEW design for 2020. • <i>Administrative Related Expenses</i> – 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. 			

▲ 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.

UNIFORMS & SPIRIT WEAR

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. **Sock and kneepad color is specified to be BLACK;** however, the brand and style is the decision of the individual student-athlete. Additionally, we do not specify volleyball shoe color, style, or manufacturer.
5. Each athlete’s Uniform Fee is billed on a separate invoice from Dues and Travel and is due on December 15, 2019.

	<i>14U Boys/Developmental</i>	<i>16U Boys</i>	<i>18U Boys</i>
UNIFORM PACKAGE	\$30-\$130	\$60-\$160	\$60-\$160
<i>Jerseys</i>			
Short Sleeve Blue	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
Sleeveless Black	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>
<i>Team Shorts</i>			
Badger® Black	<i>New Members (2)</i>	<i>New Members (2)</i>	<i>New Members (2)</i>
<i>Warm ups</i>			
Mizuno® Logo Pullover	<i>All</i>	<i>All</i>	<i>All</i>
Mizuno® Pants		<i>All</i>	<i>All</i>
<i>Equipment</i>			
Mizuno® logo team backpack	<i>New Members</i>	<i>New Members</i>	<i>New Members</i>

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.

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.

For Triangle Boys' teams, Triangle has a modified approach to travel that differs in three major ways from our junior girls' travel teams.

1. Athletes on our boys' travel teams will travel and lodge with their parents for entire stay at the tournament which includes the night prior to the start of the tournament when play is to begin in the am. Excluding in-state and ODR events, Triangle will make rooms at the team hotel available to parents 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 or seek assistance from Triangle administration. It's possible that alternative arrangements will come at an additional cost to the family in these cases.
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

For Triangle Boys' teams the costs associated with travel are included in team dues. The essential elements of those costs are:

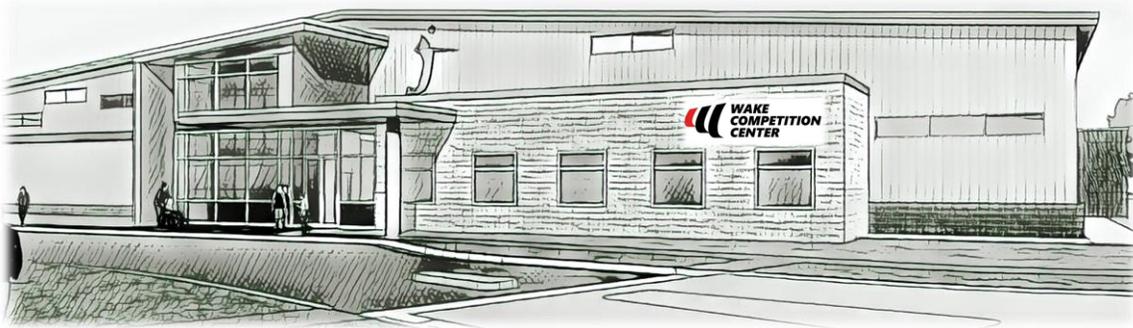
1. Coaching staff transportation and lodging
2. Team meals, snack bags and any coaches meals.
3. Chaperone reimbursement support.

EVENT/TOURNAMENT SCHEDULE

DATE	EVENT	LOCATION	14U Boys	16U Boys	18U Boys
Nov 18 7pm	Signing Celebration	Triangle	▲	▲	▲
Dec 6 5-9pm	Retreat/Picture Day	Triangle	▲	▲	▲
January					
19 [Sun]	City of Oaks Challenge	RCC or Triangle -TBD	▲		
18, 19	City of Oaks Challenge	RCC or Triangle -TBD		▲	▲
25, 26	Florida Fest Qualifier	TBD – Florida		▲	▲
February					
8, 9, 10	Dennis Lafata Boys’ Bid Tournament	St. Louis		see note	see note
Mid-February	Interregional event (i.e. ODR or SAVL)	TBD	▲	▲	▲
29	Battle of the Bros	RCC or Triangle -TBD	▲		
29 & Mar 1	Battle of the Bros	RCC or Triangle -TBD		▲	▲
March - April					
	Triangle Beach Training	Triangle	▲	▲	▲
May-June					
May 2, 3	Charlotte JVA Challenge	Charlotte area		▲	▲
May 23, 24, 25	Boys’ East Coast Championships Memorial Day	Richmond		▲	▲
June 19-21	AAU Jr. Nationals**	Orlando		▲	▲
June 25-July 4	USAV Jr. Nationals**	Reno		Requires qualification (3-day event)	

Please note the following:

- ▲ **St. Louis event information** – this event would be a third national qualifier for the 16U & 18U boys’ teams and its inclusion on the schedule is representative of the growing interest among many of our boys’ players in traveling to more diversely competitive events. The cost of coach travel is NOT included in the pricing in this guide and families should expect that, should this event become part of their team’s schedule, the additional expense will be ca. \$300 per athlete and does NOT include athlete travel or lodging. Once teams are formed we will discuss the possibility of adding this event to the schedule in a manner that most fully evaluates each individual family’s financial capabilities and interest without the undue influence of others on the team.
- ▲ **Mid-February event** – we anticipate schedules becoming available later this fall for events in the SAVL (SC) and ODR (VA) areas. Once that information becomes available they will be communicated to teams. The cost of participation in these events IS minimal and included in the total price reflected.
- ▲ **Triangle Beach training** – in most areas around the country where high school boys’ volleyball exists their season occurs March through early May which is why there are very few club events available in the spring. During this time, we will integrate beach training into their indoor training to cross train the boys in the ever-growing beach game before bringing them back exclusively indoors to prepare for May competition.
- ▲ **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.

