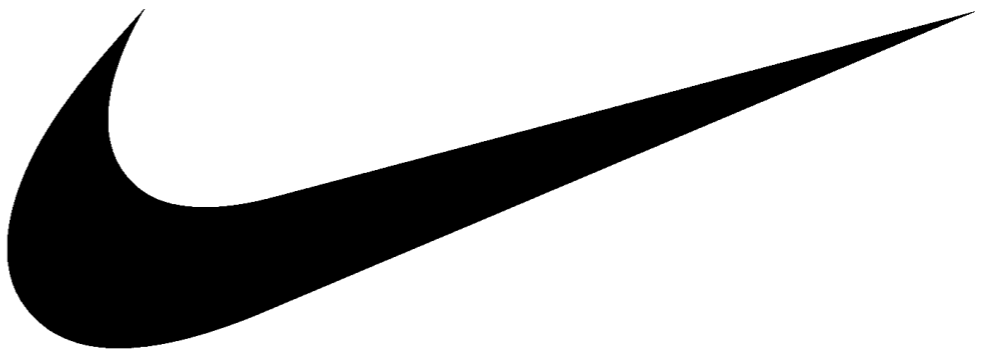


**ATHENA**VB



# Philosophy

**Athena Volleyball Academy:** established in 2001 to provide a developmental volleyball program in the westside of Portland, OR USA for girls (ages 10-18) to enhance skills on and off the volleyball court.

In Greek mythology, Pallas Athena was the goddess of wisdom and battle. These are traits that we hope to instill in the girls through technical knowledge (wisdom) and desire to improve through competition (battle). Athena teams participate in the Columbia Empire Region of USA Volleyball, and our teams compete in regional and national events.

*We are an “academy” rather than a “club, because we focus on individual skills and development first, preparing athletes to thrive in team situations. Good team play/players are natural by products of Athena athletes who offer their learned skills and seek to further team goals.*

Athena strives to provide an opportunity to learn not only about volleyball, but also other skills that are applicable in life such as teamwork, responsibility, and integrity. To that end, Athena handpicks coaches who understand balance. Balance between bringing out the maximum potential as athletes, yet respecting them as young girls who love the game of volleyball. Balance between developing individual skills, yet bringing them together to play as a team. And balance between the many priorities that tug at them – be it school, athletics, church, activities, friends and family.

The Academy seeks to fulfill the desire of these young women to advance their volleyball skills in a challenging venue, yet still be affordable for the family.

The Academy acknowledges the value of other school sports during the winter and spring seasons and wants to provide a schedule that allows girls to participate in these sports, while still maintain their passion for volleyball.

# Highlights

- Athena is the premier club in the Portland area and has trained some of the best players in the state
- Our alpha teams consistently compete in the Gold level division
- We provide the highest quality skills training in a positive teaching environment
- Our program has developed numerous NCAA DI, DII and DIII athletes at institutions such as University of New Mexico, Oregon State University, Jackson State, Cal State Eastbay, etc.
- Our coaches have over 70 years combined collegiate playing and/or collegiate coaching experience.
- Skills/position training sessions are conducted by:
  - **Lena Chan:** 3X NWAAC champion at Mt. Hood Community College; current head coach Pacific University Oregon, Academic All-American Baylor University
  - **Wendy Stammer:** current head coach Lakeridge High School, 18 year professional vb career in both indoor and beach, NCAA All-American at Louisiana State University
  - **David Glass:** current assistant coach Pacific University. Former assistant coach at Portland State University, University of Portland and University of Tennessee

# Athena and Nike form partnership

Athena Volleyball Academy is pleased to announce an exclusive partnership with Nike, Inc., the world's #1 supplier of athletic footwear, apparel and equipment. Athena is a premier volleyball club in the Portland Metropolitan area and seeks to empower young women with the tools to succeed both on and off the volleyball court. All athletes, coaches, and teams will be equipped with Nike beginning in the 2012 club volleyball season and representing the Swoosh in regional and national events. Both companies are based in Beaverton, OR. "Nike is thrilled with the opportunity to partner with Athena Volleyball Club, as it aligns perfectly with our focus on women's team sports. Athena is a quality organization both on and off the court and we are pleased to be associated with this fine club."  
– Scott Zanon – Brand Manager – Nike Team Sports.



# Schedules

## 12 Alpha

–	Date	Event	Location
–	12/18	Friendship Tourney	St. Helens
–	1/7	Power League	TBD
–	2/4	Power League	TBD
–	2/26	Friendship Tourney	Beaverton
–	3/4	Power League	TBD
–	3/18	Friendship Tourney	Longview
–	4/14	Power League	TBD
–	4/21	Regionals Corvallis	
–	5/26-28	ECC or Mem Day	Seattle

## 12 Beta

–	Date	Event	Location
–	12/18	Friendship Tourney	St. Helens
–	1/7	Power League	TBD
–	2/4	Power League	TBD
–	2/26	Friendship Tourney	Beaverton
–	3/4	Power League	TBD
–	3/18	Friendship Tourney	Longview
–	4/14	Power League	TBD
–	4/21	Regionals Corvallis	

## 14 Alpha Gold and Alpha Black

–	Date	Event	Location
–	12/18	Friendship Tourney	St. Helens
		» Or (for GOLD)	
–	1/1	Friendship Tourney	Southridge
–	1/8	Power League	TBD
–	1/14-15	MLK Classic	Eugene
–	2/5	Power League	TBD
–	2/25-27	Colorado Crossroads	Denver
–	3/3	Power League	TBD
–	4/1	Power League	TBD
–	4/21	Regionals	Corvallis
–	5/26-28	ECC (GOLD)	Seattle
–	5/26-28	Memorial Day (BLACK)	Seattle
–	6/28-7/7	Junior Nationals**	Columbus, OH

## 13 Alpha and 14 Beta

–	Date	Event	Location
–	12/18	Friendship Tourney	St. Helens
–	1/8	Power League	TBD
–	2/5	Power League	TBD
–	2/18-20	Presidents Day Classic	Seattle
–	3/3	Power League	TBD
–	3/18	Friendship Tourney	Longview
–	4/1	Power League	TBD
–	4/21	Regionals	Corvallis

# Schedules

## 15 Alpha

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 1/8	Friendship Tourney	St. Helens
– 1/22	Power League	TBD
– 2/12	Power League	TBD
– 2/18-20	Pres Day Classic	Seattle
– 3/10	Power League	TBD
– 3/2-4	Colorado Crossroads	Denver
	• OR	
– 3/30-4/1	SO Cal Qual	Anaheim
– 4/7	Power League	TBD
– 4/22	Regionals	Corvallis
– 5/11-13	Willamette Vly Clsc	Corvallis

## 16 Beta

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 1/8	Friendship Tourney	St. Helens
– 1/22	Power League	TBD
– 2/12	Power League	TBD
– 2/18-20	Pres Day Classic	Seattle
– 3/10	Power League	TBD
– 3/18	Cowlitz Tourney	Longview
– 4/7	Power League	TBD
– 4/22	Regionals	Corvallis
– 5/11-13	Willamette Vly Clsc	Corvallis

## 16 Alpha Gold and Alpha Black

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 1/14-15	MLK Classic	Eugene
– 1/22	Power League	TBD
– 2/12	Power League	TBD
– 2/26	Cowlitz Tourney	Longview
– 3/10	Power League	TBD
– 3/16-18	SO Cal Qualifier	Anaheim
– 4/7	Power League	TBD
– 4/21-22	Regionals	Corvallis
– 4/27-29	Far Westerns	Reno
– 5/26-28	ECC (GOLD)	Seattle
– 5/26-28	Memorial Day (BLACK)	Seattle
– 6/28-7/7	Junior Nationals**	Columbus, OH

## 18 Beta

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 12/18	Friendship Tourney	St. Helens
– 1/21	Power League	TBD
– 2/11	Power League	TBD
– 2/18-20	Presidents Day Classic	Seattle
– 3/11	Power League	TBD
– 3/18	Friendship Tourney	Longview
– 4/14	Power League	TBD
– 4/22	Regionals	Corvallis
– 5/11-13	Willamette Valley Classic	Corvallis

# Schedules

## 18 Alpha Gold

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 1/14-15	Fiesta Classic	Phoenix
– 1/21	Power League	TBD
– 2/11	Power League	TBD
– 2/18-20	Las Vegas Invitational	Las Vegas
– 3/2-4	Colorado Crossroads	Denver
– 3/11	Power League	TBD
– 3/16-18	SO Cal Qualifier**	Anaheim
– 3/30-4/1	Big South Qualifier**	Atlanta
– 4/14	Power League	TBD
– 4/21-22	Regionals	Corvallis
– 5/26-28	ECC	Seattle
– 6/28-7/7	Junior Nationals**	Columbus, OH

## 18 Alpha Black

<b>Date</b>	<b>Event</b>	<b>Location</b>
– 1/14-15	MLK	Eugene
– 1/21	Power League	TBD
– 2/11	Power League	TBD
– 2/18-20	Las Vegas Invitational	Las Vegas
– 3/11	Power League	TBD
– 3/16-18	SO Cal Qualifier	Anaheim
– 4/14	Power League	TBD
– 4/21-22	Regionals	Corvallis
– 4/27-29	Far WesternsReno	

# Athena Logistics

- **Practice Routines**
  - Practice t-shirts, skills/position training, SAQ/Weight lifting, Goddess of the week
- **Payments**
  - Google Payment or checks monthly. If you pay it all at once or if you have more than one daughter in the club there is a discount. Payments include ALL expenses so that families can budget how much is due each month by the 10<sup>th</sup>.
- **Travel Arrangements**
  - Athena will make travel arrangements for most travel tournaments. Regional tournaments we will coordinate hotel rooms and for national tournaments we will coordinate hotel and flight arrangements. There are request forms on-line for parents who would like us to include them in the travel reservations. There are due dates for each tournament.
  - Each team has two coaches and a team parent that will help supervise and arrange the details of the trip so that if not all parents can attend each girl will be taken care of.
- **Fundraisers**
  - We usually coordinate two fundraisers during the year and the money raised goes straight toward the athlete's dues, not to Athena.
- **Tryouts**
  - CEVA forms, medical forms, Athena Truism, Tryout Registration, Deposit

# 2011 Cost for 12s/13s/14s

- **BASE PRICE INCLUDES:** Uniforms (shoes, jerseys, short tights, socks, kneepads, and two practice shirts), Registrations for friendship tournaments, registration for Power League, CEVA membership, Skills Training at every practice, SAQ training for 14s and above, court rental fees, and coaching fees.)
- **Base Price for 12s: \$ TBA**
  - 12 BETA: \$350 deposit and 5 months of payments.
  - 12 ALPHA: \$350 deposit and 6 months of payments.
    - This includes the additional fee for the overnight tournament expenses in May.
- **Base Price for 14s: \$TBA**
  - 14 BETA/13 ALPHA: \$350 deposit and 6 months of payments.
    - This price includes two regional overnight tournaments.
  - 14 ALPHA GOLD/BLACK: \$350 deposit and 6 months of payments.
    - This includes all expenses including two regional overnight tournaments and one national qualifier tournament, Colorado Crossroads.
    - This also includes additional gear provided by Nike through our sponsorship.
    - \*There is an option for Gold to attend Nationals, but we will wait for a team vote because it will cost additional money.

# 2011 Cost for 15s/16s

- **BASE PRICE INCLUDES:** Uniforms (shoes, jerseys, short tights, socks, kneepads, and two practice shirts), Registrations for friendship tournaments, registration for Power League, CEVA membership, Skills Training at every practice, SAQ training for 14s and above, weight training for 16s and above, court rental fees, and coaching fees.)
- **Base Price for 16s: \$ TBA (add \$100 for weight lifting?)**
  - 16 BETA: \$350 deposit and 6 months of payments.
    - This includes all travel expenses for two regional overnight tournaments.
  - 15 ALPHA: \$350 deposit and 6 months of payments.
    - This includes all travel expenses for two regional and one national tournament.
  - 16 ALPHA GOLD/BLACK: \$350 deposit and 6 Months of payments.
    - This includes all travel expenses for two regional and two national tournaments.
    - This also includes additional gear provided by Nike through our sponsorship.
    - \*Gold has the option to travel to Nationals if the team decides they want to.

# 2011 Cost for 18s

- **BASE PRICE INCLUDES:** Uniforms (shoes, jerseys, short tights, socks, kneepads, and two practice shirts), Registrations for friendship tournaments, registration for Power League, CEVA membership, Skills Training at every practice, SAQ training for 14s and above, weight training for 16s and above, court rental fees, and coaching fees.)
- Base Price for 18s: \$ TBA (add \$100 for weight lifting?)
  - 18 BETA: \$350 deposit and 6 months of payments.
    - This includes all travel expenses for two regional overnight tournaments.
    - .
  - 18 ALPHA BLACK: \$350 deposit and 6 months of payments.
    - This includes all travel expenses for two regional and two national tournaments.
    - This also includes additional gear provided by Nike through our sponsorship.
  - 18 ALPHA GOLD: \$350 deposit and 6 months of payments.
    - This includes all travel expenses for one regional and four national tournaments.
    - This also includes additional gear provided by Nike through our sponsorship.
    - \*Gold has the option to travel to Nationals if the team decides they want to.

# 2011 Coaching Staff

- 12 Alpha- Wendy Stammer/Carol Lambert
- 12 Beta- Scott Thompson/TBD/Kristen Bitter
- 13 Alpha- Current College Coach/Haley Bedell
- 14 Beta-TBD/Michelle Dolinar
- 14 Alpha Black- Nikole Weir/Kameryn Kugler
- 14 Alpha Gold- Wendy Stammer/Nicole Kludt
- 15 Alpha- Current College Coach/Jadelyn Thompson
- 16 Beta- Nikki Sutton/Sabrina Nelson
- 16 Alpha Gold-Lena Chan/Alix Gombos
- 16 Alpha Black-Ben Stern/TBD
- 18 Alpha Gold- David Glass/TBD
- 18 Alpha Black- Mark Dunn/Ben Stern
- 18 Beta-TBD