



ATHENA VB GIRLS NATIONAL PROGRAM 2022/2023 CLUB INFORMATION

ATHENA VB GIRLS NATIONAL PROGRAM

Club Director: Lena Chan

The Girls National Program is to be considered by athletes who are looking to train and compete nationally at the highest level in club and aspire to play in college. Teams are trained by our most experienced coaches.

All players accepting spots on National teams will be required to compete in **USA V National Championships** (if qualified) or **AAU National Championships** at the end of the season.

MESSAGE FROM LENA CHAN, CLUB DIRECTOR

Welcome to our ATHENA VB 2022/2023 season! As we begin our 22nd season of serving young women and their families in Portland, Oregon and the Northwest, we continue to be focused and 100% committed to our founding mission of inspiring greatness through the sport of volleyball. We are passionate about their development to be the best player and teammate they can be. While we will be proud of our record on the court, the lasting benefits truly come from seeing the positive impact on so many female athletes' lives and the many life lessons that volleyball teaches. It's why we say if you want to see the success that ATHENA VB enables, check back in 10 years - when what shaped them to be great athletes and teammates has also prepared them to be successful in life.

As the largest volleyball club in Portland, ATHENA VB offers a diverse level of teams and development opportunities so that you can find the best fit for you and your family. It's important for you to find the right level of practice, competition, travel, commitment and cost. To that end, we offer a choice of National, Select and Regional Teams.

*We believe the continued advancement of this amazing sport is of utmost importance. Volleyball is already the #1 sport for girls in the United States, and it deserves a successful, sustainable professional league in the U.S. that showcases the amazing talent that schools, clubs and college programs around the country help create. **ATHENA VB has joined forces with League One Volleyball (LOVB) to take our club to the next level and to also lay the foundation to launch the best professional volleyball league in the world in 2024.** We believe that in order to build a strong professional league, community-level club support is critical, and we are excited about the many ways that professional volleyball can give back to our club program both on and off the court. We are a founding LOVB club and have joined a network of outstanding clubs across the nation to support this amazing endeavor to grow volleyball from the club/grassroots level and the ground up.*

We will also leverage various League One Volleyball connections to continue to innovate and advance our club program. In the last year, we have learned so much from the LOVB club network and are developing some amazing

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programs that our athletes will have the chance to experience as early as this season. Aligning with League One will allow us to provide a path for these amazing young ladies to continue their careers (both on and off the court) in the collegiate and professional realm here in the U.S. (and maybe even in Portland soon!).

Some of the programs include:

- Proprietary **Whole Athlete Training (W.A.T.) program**
- LOVB's **National College Recruiting Platform**
- LOVB's **Coach Development and Advancement Program**

There are many other exciting advancements in development that we'll have to offer in the months and years ahead. The bottom line is that with LOVB's support, we will be able to offer the most comprehensive club volleyball experience in the country!

The moment to build this meaningful legacy for volleyball and ATHENAVB is now, and we look forward to this journey and defining our future together. We could not be more excited with our partnership with League One Volleyball and partnering with you – to continue to build the most innovative club program in the Northwest.

While we are strong alone, we are unstoppable together! I look forward to seeing you all in the gym soon,

Lena Chan
Club Director
ATHENAVB and AJAXVB

OUR VISION AND MISSION

ATHENA+AJAX VB FOUNDATION

TO BE A POSITIVE FORCE OF CHANGE

VISION : STRONG EMPOWERED ATHLETES THAT ARE SUCCESSFUL IN LIFE

MISSION : TO INSPIRE GREATNESS THROUGH THE SPORT OF VOLLEYBALL

CULTURE : CORE VALUES

ARETE
EXCELLENCE OF MIND, BODY, SOUL

PARAKALEO
UPLIFT ONE ANOTHER

KOINONIA
COMMUNITY

RESPECT

DISCIPLINE

INTEGRITY

OUR AMBITIONS : WHAT WINNING LOOKS LIKE

DEVELOP PLAYER VB SKILL
AND INTELLIGENCE

EQUIP PLAYERS WHO DESIRE
TO PLAY AT NEXT LEVEL

GROW THE GAME OF
VOLLEYBALL IN PNW

REGIONAL/NATIONAL
RANKINGS

CULTIVATE
TEACHER/COACHES

"OVERNIGHT" SUCCESSES IN
10 YEARS

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2022-23 AGE GROUPS & PROJECTED TEAMS

These numbers are projections based on tryout registrations. We ARE prepared to expand or contract based on the quality of our tryout. We anticipate the following National teams for the upcoming season:

- **12 & Under:** 12 Gold (practices 2.5 times a week)
- **13 & Under:** 13 Gold
- **14 & Under:** 14 Gold, 14 Black*
- **15 & Under:** 15 Gold, 15 Black
- **16 & Under:** 16 Gold, 16 Black
- **17 & Under:** 17 Gold, 17 Black
- **18 & Under:** 18 Gold, 18 Black

SEASON "BASICS"

- Season Length: December thru May/June (Tournaments Begin in January)
- Practices/Week: 2.5 to 3 a week - depending on your age group, see below
- High Exposure Tournament Schedule (see Tentative Schedule)
- Comprehensive College Recruiting Support Included for U15-U18 (Includes HUDL Highlight Videos)
- SAQ Training Included – two-three times a week run by New Athlete Volleyball (except for 12s)
- Whole Athlete Training Program featuring mental training, nutrition tips, and recovery techniques
- Position Training Included
- HUDL Video Analysis and access for highlight video creation
- Nike National Uniform Package

ROSTERS & PLAYER DEVELOPMENT PHILOSOPHY

Rosters will include up to:

- 2 Setters
- 2 Liberos
- 4-5 Pin Players (Outsides & Opposites)
 - Will be developed to play 6 rotations
- 2-3 Middle Blockers

The objective is to put each player in the best position possible to compete for playing time and to advance/develop as a player. Our goal is to give every athlete in the National Program the best opportunity to reach their goal of playing collegiate volleyball. Playing time will be competitive in the National program and equal playing time is not guaranteed.

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GIRLS NATIONAL PROGRAM FEATURES

Experienced, Professionally Trained Coaching Staff

Each of our Head Coaches in the National Program will have a minimum of 3 years of club, high school, college, or professional coaching experience and will be a minimum of 21 years old. Most have MUCH more than that. In addition, our coaches will be CEVA and USAV certified, undergo background screenings, basic First Aid training, and Safe Sport certification. On the court, our coaches will complete LOVB's internal certification process developed by our National Technical Director Jamie Morrison. Jamie is the former assistant coach of the US Women's National Team and former head coach of Dutch National Team.

Practice Frequency

- 3 Practices/Week for 13-18s
- 2.5 Practices/Week for 12 Gold

Practices will be a combination of Group and Team Practices.

- Group Training Practices are run and designed by the Technical Director and other head coaches. Our Technical Directors will ensure that every player and team is following our National Program curriculum. The goal of group training is to provide an opportunity for players to train in a competitive environment across many teams instead of just one, experience our broad community, and for teams to be able to compete against other teams to better prepare for tournament play.
- Team practices are run by Head/Assistant Coaches and will be designed to allow the head coach the opportunity to focus on areas of need based on the team's performance at tournaments. Technical Directors will continue to provide keys and drills to reinforce the best training practices during their team practices.

Position Training

- Position Training will be offered before or after each practice multiple times a week. There will be a court for setters, one for hitters, and another for defensive specialists for 30 minutes at a time. It is not required for all players to attend all sessions, but they are available for our players to take advantage of this additional training opportunity.

Integrated SAQ

ATHENAVB National teams will be incorporating an integrated SAQ Training program led by [New Athlete Volleyball](#), who are GOATA certified and specialize in optimizing girls' volleyball performance and recovery. The program will be designed to be age appropriate and specific to volleyball using the [GOATA Locomotive System](#).

**This year, New Athlete has a full weight room in our new facility so they will be able to offer a full weight and recovery program for our athletes.

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Recruiting Coordinator (U15-U18)

ATHENAVB is proud to offer one of the most comprehensive college recruiting support programs in the country. We will have access to our LOVB National Recruiting Director (Lauren Hansen) who will be responsible for maintaining a current database of college needs, college contact information and developing the tools and resources that our athletes will use during the recruiting process. In addition, our on-site Recruiting Coordinators will work directly with our athletes and their families by conducting PSA (Prospective Student Athlete) and HUDL video consultations throughout the season. All athletes in these age groups will receive a calendar of events for recruiting at the beginning of the season.

High Exposure Tournament Schedule

For our Girls National Program, ATHENAVB will be offering a high exposure tournament schedule that will not only offer an extremely high level of competition, but also the opportunity to be seen by college coaches (specific to the U15-U18 age divisions). Based on the individual team, the actual tournament may change to ensure the best possible competitive scenario and exposure. In those cases, the event would be swapped out for a tournament of the same type (overnight, multi-day local, single day local) listed on following team schedules.

Important Events/Breaks

KEY DATES AND EVENTS	
DATE	EVENT
Oct 23	Parent Information Meeting on Zoom @ 2pm
Oct 24	Parent Information Meeting on Zoom @ 8pm
Nov 6	11-14 Tryouts and Acceptance Deadline @ Beaverton Hoop (times listed on the tryouts page on the website)
Nov 13	15-18 Tryouts and Acceptance Deadline @ Beaverton Hoop (times listed on the tryouts page on the website)
Nov 14	First Week of Practice
Dec 23 - Jan 1	Holiday Break (some teams may offer a practice)
Jan 7	Tournament Play Begins
Mar 20-Mar 24	Spring Break
Dec 4th	ATHENAVB All Club Meeting on zoom at 7pm
Week after Regionals	No practices for teams that go on through May and June

TENTATIVE 2022-23 SCHEDULE - HIGH EXPOSURE/OVERNIGHT TOURNAMENTS

Please check the team pages posted on the website for team tournament schedules (www.athenavb.net). All events should be considered tentative until the ATHENAVB All Club Meeting in December. It is possible that these dates may change. All tournaments should be considered tentative until entries are submitted and teams have been accepted. We will determine the remainder of the schedule based on team level, tournament strength and driving distance.

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2022-2023 DUES & FEES

Below are the dues and fees for the 2022-23 Season (based on current tournament schedule and tentative until December)

If comparing club costs, please note everything included in our Base Club and Base Travel Fees in order to get an apples to apples comparison. We try to provide all club costs upfront in order to provide full transparency and to minimize additional costs so you can budget properly.

NO OTHER CLUB ARRANGES TRAVEL FOR THEIR TEAMS SO PLEASE BE AWARE OF THIS AS YOU COMPARE COSTS. Base club fees are what you would compare to other clubs.

12s SEASON DUES

- \$3150 Base Club Fees
- Plus Travel fees for coaches

*Depending on the team

13s/14s SEASON DUES

- \$4350 Base Club Fees
- \$3750-4750 Base Travel Fees*

15s/16s/17s SEASON DUES

- \$4350 Base Club Fees
- \$4150 Base Club Fees for 18s
- \$3750-6000 Base Travel Fees*

WHAT'S INCLUDED IN DUES?

- BASE CLUB FEES
 - ALL Team Practices/Training Sessions
 - ALL Group Training Practices/Training Sessions
 - ALL Technical Director and Coaches' Fees
 - ALL Tournament Entry Fees (except Nationals/Final Season Tournament if qualified)
 - NEW ATHLETE Training
 - LOVB Whole Athlete Training Program (W.A.T. Program)
 - LOVB National Recruiting Platform (U15-U18)
 - HUDL Video Analysis and access for highlight video creation
 - National Nike Uniform Package (Includes: 2 Nike Elite Custom Jerseys*, 2 Nike Logo Spandex, Nike Kneepads, 2 practice T's, Nike Warm Up Top and Bottom, 2 Custom Logo Socks, Nike Backpack) *12s sizes do not allow for us to order the Elite jerseys for them.
- BASE TRAVEL CLUB FEES
 - Hotel (for overnight tournaments except for 12&U)
 - Transportation between hotel and tournament venue (for overnight tournaments except 12&U)
 - Cooler Food
 - One Team Dinner
 - Coaches Overnight Travel Expenses (flight, hotel and food per diem)
 - Chaperone Overnight Travel Expenses (flight, hotel, and food per diem)

WHAT'S NOT INCLUDED IN FEES?

- **Optional Nike Team Shoes** **Approximate Cost : \$95**
 - We are a Nike sponsored club so we ask that you wear white based Nike shoes. We have purchased some Kyrie Infinity shoes that will be available at tryouts on a first come basis.

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- **Payment Processing Fees** (Credit Card Processing is an additional fee of 3.0%) You can set up payments with the ACH option for no fee.
- **Nationals/Season-Ending Tournament** **Approximate Cost : \$1500**
 - The Nationals/Season-Ending Tournament is not included in the dues. The tournament entry fee and all travel expenses will be invoiced to each player. Fees will be calculated by determining the overall cost for all teams attending the particular event and dividing that cost over the total number of players on the teams attending. This ensures fair and equal distribution of expenses regardless of the roster size of your team which is not determined by the players. **Season-Ending events are MANDATORY as part of the National Program. Any player choosing not to attend will be charged for the full event and coaches' overnight travel expenses.** This is a pass through financial item for us and trips are invoiced after we qualify.

** Represents the anticipated amount for the upcoming season. We will always do our best to keep the costs as minimal as possible .*

PAYMENT INFO

ATHENAVB is partnering with **PLAYMETRICS** to handle our payment processing for dues and fees throughout the season that will ease the burden of staying on top of your fees. PLAYMETRICS is the system everyone uses to register for tryouts, so your account will automatically set up once a spot is accepted on a team.

- Standard Payment Plans in installments
- Pay online by Debit or Credit Card (Transaction Fee applied), ACH (no fee)
- Set it and forget it! Once you set your payment types your accounts will automatically be billed on the Payment Plan due dates throughout the season.
- Reminders and receipts ... you will receive automatic reminders and receipts throughout the season. Handy for financial tracking and to ensure your chosen payment account is ready.
- Pay any additional Clinics, Private Lessons, Additional Travel Invoices in the system.
- Unique user dashboard to track your activity throughout the season.

HOW TO MAKE YOUR PAYMENT

- Automatic payments through Playmetrics.
- If you need to modify a payment schedule, payment date, or if you need a Custom Payment Plan at any point during the season, please contact our **Director Lena Chan**.
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