



2015 / 16 GSJ Season Outline

Thank you for your interest in Grand Strand Juniors Volleyball Club. Since 2007, GSJ has been training volleyball players throughout the Grand Strand and surrounding areas. We offer several programs from the beginner training through National travel teams with athletes heading to play in college.

We welcome you to compare GSJ to any club. We strive to be able to offer you more and cost less. We have an experienced coaching staff and provide significant training opportunities by having our own facility. Each season more GSJ players are leading their High School teams, gaining college scholarships, and GSJ teams are becoming more successful at the National level.

The 2015/16 season will be a great one. We have continued our sponsorship agreement with Nike that will give us access to uniforms and equipment from one of the most recognized companies on the planet. GSJ will again be joining some of the best clubs in the south in the Southeast Alliance Volleyball League. This gives our teams the ability to play against the best clubs in the region. Our additional support staff will benefit our players in areas of training and recruitment.

Address Questions

- New Clubs (see in depth letter on the GSJ website)
- Clubs are not apples to apples
- Make sure they can answer your questions
- How much experience do they have in running a club? Not just coaching.
- Who is coaching?
- How much coaching experience?
- What organization will you play under? USAV Palmetto Region?
- What formats do the region tournaments use?
- How knowledgeable are they with the local volleyball community?
- How many players on a team?
- What is the tournament and practice schedule?
- Do you offer recruiting help?
- What additional training or activities do they offer?
- Consider that you are basing your decision off of what someone hopes will happen.
- Your decision stands for a year.

Club History (Proven track record)

Our history is here where it can be seen. We understand the landscape and have watched 1000s of games and players locally. We know most of their names.

Many of the people involved with GSJ have an extensive volleyball background.

- Entering our 9th year of GSJ
- 501 C-3
- High school success among our teams and players.
- Growing Regional and National success
- *Each of the last two years we have had teams finish AAU Nationals in the top 10.
- National Recognition
- Players making an impact in college
- Over 2 million in Athletic scholarships and 40 plus GSJ players at the collegiate level
- Academic success
- Host or co-host of Winter Bump, Coastal Classic, Dixie Classic

Club training improvements

- Master Coaches
- Program outlines by college coaches
- Competitive skill training

Benefits of GSJ

- Exclusive practice facility. Every practice at one location
- Maximize practice times during the week.
- More tournament days allow for more competition improvement.
- Speed and agility training
- Full time Club Director
- Assistant Club Director
- Recruiting coordinator
- Collegiate level coaching. Our most experienced coaches will influence the training done and methods used. This will develop consistency from team to team.
- Family atmosphere (GSJ Day, Banquet)
- Affordability. Compared to what is offered by other clubs, our fees are some of the lowest in the state.
- Sponsorship program.
- Longer season. National teams play until June. Regional team players can form teams to continue until June if desired.
- USAV, AVCA, JVA, and AAU membership.
- Trained coaches. Impact certified, continued training.
- Attract kids from several areas
- Club size
- Sufficient club resources (equipment and finances)
- Really cool website. App coming soon

GSJ is the only local club to play in the SAVL, a league we helped create.

- SAVL teams compete from 4 states.
- Over 200 teams compete in SAVL events
- SAVL provides paid R1s at all events
- All SAVL matches are 2 out of 3 (25,25,15) starting at 0
- All SAVL Power events are 2 days, double the playing time of many PVA events.
- SAVL has several of the largest and most established clubs in SC
- SAVL has produced 3 AAU National Champions in two years
- In 2015 the SAVL produced 24 Top 15 National finishes, PVA produced 1

Several SAVL 2nd teams finished ahead of many of the top teams from the PVA in competition. By playing in the SAVL you are competing against the best competition in the region consistently.

2015/16 Team Offerings

Skill Training Teams (Volleyball Academy) \$200 – If you are new to volleyball our training team is the place to start. No tryout is necessary for the training team. Players will meet every Tuesday and Thursday from 5:30 – 7:30pm. Experienced coaches and players will help athletes learn the skills and techniques to play and enjoy the game. Practice starts first week of December and last until the end of March. No practice on Holidays. Includes club t-shirt.

Regional Team (12U-18U) \$800 – Regional teams will consist of players of a certain age or players not trying out for or making a National or Power Team. Team selection will take place in November after tryouts and the season will end after the SAVL Club Championships April 16/17.

Practice: Two days a week with additional skill/position/agility training. An 80% or better practice attendance is expected. Tournament attendance is expected unless a three-week notice is given or unforeseen circumstance occurs. Any conflicts should be disclosed prior to the season start. A limited number of special practice arrangements can be made (practice with another team/different time) as long as player maintains her level of commitment to volleyball. These will be determined on a case-by-case basis with the coach.

Additional activities: Regional teams will be required to help set up for the Winter Bump Volleyball tournament and are encouraged to do one public service event.

Tournaments: Regional teams will attend 3-multi day and 5 one-day tournaments. A list of tournaments selected is included. Additional tournaments may be entered at the team's expense.

* Fees Include Nike uniform (jersey, short, club t-shirt). Jersey will be returned after the season. Additional Nike items can be purchased at reduced cost. Practice fees, coaching fees, team insurance, equipment, and tournament entries. Does not include travel to events.

Power Teams (Ages 13-16U) \$1050

Power teams will consist of players of a certain age who place just below our selections for a National team. Power team ages offered will be decided during tryouts. The team will play some of the same events of our National team but will have a shorter season, smaller uniform package, and one less practice per week. Team selection will take place in November after tryouts and the season will end after the SAVL Championships the first weekend of May.

Practice: Two days a week with additional skill/position/agility training. An 80% or better practice attendance is expected. Tournament attendance is expected unless a three-week notice is given or unforeseen circumstance occurs. Any conflicts should be disclosed prior to the season start. A limited number of special practice arrangements can be made (practice with another team/different time) as long as player maintains her level of commitment to volleyball. These will be determined on a case-by-case basis with the coach.

Additional activities: Power teams will be required to help set up for the Winter Bump Volleyball Tournament and are encouraged to do one public service event.

Tournaments: Power teams will attend 8-multi day tournaments. A list of tournaments selected is included. Additional tournaments may be entered at the team's expense. * Fees Include Nike uniform (jersey, short, club t-shirt). Jersey will be returned after the season. Additional Nike items can be purchased at reduced cost. Practice fees, coaching fees, team insurance, equipment, and tournament entries. Does not include travel to events.

National Team (14-18U) Cost: \$2100 (Lump sum fee)

For a National Team, be sure you are willing to commit to the following expectations. Our National team structure will be designed to prepare you for the highest level of volleyball. Your commitment to this level will be matched by our commitment to you. Team selection will take place in November after tryouts and the team will stay together until the AAU Championships in Mid/late June.

Practice: 3 Days a week with additional skill/position/agility training. A 90% or better practice attendance is required. 100% Tournament attendance is required unless unforeseen circumstances occur or conflicts have been fully disclosed prior to the season start. A limited number of special practice arrangements can be made (practice with another team/different time) as long as the player maintains her level of commitment to volleyball. These will count towards the 90% requirement. These will be determined on a case-by-case basis with the coach.

Additional activities: National teams will be asked to do two public service projects during the season. Helping at events such as Miracle league or beach clean ups are examples. They are also required to help set up for our two volleyball tournaments, Winter Bump and Coastal Classic.

Tournaments: National teams will attend 13 multi-day tournaments. A list of tournaments selected is included. Additional tournaments may be entered at the team's expense. We will keep the same team together from November until June unless situations occur that are unforeseen. National teams ages 14-18U will take a team only bus trip to Washington DC or Atlanta, GA. Hotel and bus expense is included in your fees. Players may need to miss 1 day of school.

*Includes Nike head to toe (jersey, shorts, shoes, warm-up, backpack, kneepads, socks, and t-shirt) practice fees, coaching fees, equipment, team only JVA World Challenge trip, and tournament entries. Does not include travel to tournaments or AAU membership.

National Team (12U) – Cost \$1000 (Lump sum fee)

*includes above but with a modified tournament schedule and uniform package.

National Team (13U) – Cost \$1700 (Lump sum fee)

*includes above but with a modified tournament schedule.

Travel Team payment options (see attached) – Fees listed are for lump sum payments at the start of the season. Payment plans are available for each level with a service fee included. Due to the investment required for uniforms and tournament entry, We require a substantial down payment followed by smaller monthly payments.

Tryout information

We ask that anyone coming to tryouts pre-register at:

www.grandstrandjuniors.com

***Teams are not pre-selected**

Players should tryout with the group represented on the USAV age chart included.

Required Forms will be emailed prior to your tryout dates.

*you should notify the club if you intend to tryout for more than 1 club.

You should only attend tryouts if you wish to be considered for one of our National, Power, or Regional travel teams. It is mandatory to attend one tryout date or have a medical exception. A tryout for our training program is not required.

You will be involved in a variety of drills so coaches can evaluate your experience, athleticism, court presence, and knowledge of the game. Team selection will be based on multiple coaches' input and needs of the team. Some selections are made by position. No coaching will take place so give your best effort without being prompted.

Tryout Fee: \$25

Dates/Times

Sunday, November 8

2-4pm = 13 and under

4-6pm = 14U and 15U

6:30-8:30pm = 16U, 17U, and 18U

Wednesday, November 11th

6-7:30pm = 13 and under

7:30-9pm = 14U and 15U

Thursday, November 12th

6:30-8:30pm = 16U, 17U, and 18U

After the initial tryout a team offer is possible. Players can accept or ask for more time if attending tryouts with another club. Spots will not be held past November 16th. At the completion of tryouts coaches will make final team selections and post on the GSJ website November 15th. Players will then have 24 hours to accept the position offered.

Players can accept online on the form provided.

Practice will begin November 18th. GSJ will run a limited schedule for the Thanksgiving Holiday.

Team Camp December 4,5,6

Be sure to contact us with any questions:

Club Director Alex Sing 843-283-5320

coachsing@grandstrandjuniors.com

Helpful websites:

www.grandstrandjuniors.com

www.savl.org

www.advancedeventsystems.com