

Cape Coast Volleyball 2025 Club Season

Parent / Player Meeting

Jan 5, 2025

CCVC Facility - 7740 Technology Dr. Mebourne

QR CODE
FOLLOW ALONG
PRESENTATION



Parent Meeting Agenda

- ▶ Welcome
- ▶ Club to Family Information
- ▶ Memberships & Medical Forms AAU/USA
- ▶ Tuition Payment Schedules / Payment Options
- ▶ Marketing & Development
- ▶ Social Media & Contact Information
- ▶ Parent/Player Complaint Protocol
- ▶ Tournament & Practice Schedules
- ▶ Tournament Day Player Expectations
- ▶ Uniforms & Parent SWAG
- ▶ Sickiness Guidelines
- ▶ Other Programs
- ▶ Volleyball 101
- ▶ Questions ??

Club to Family Information

Cape Coast Website:

www.capecoastvolleyball.com

Email:

capecoast1@gmail.com

[Facebook ** Instagram ** Twitter](#)

Memberships & Medical Forms

Atlas, Pioneer, Falcon, Pegasus,
Titan, Delta, Saturn, Athena,
Raptor, Challenger, Atlantis,
Artemis, Columbia, Discovery,
Cassini

Thor, Vulcan, Mercury, Mars,
Skylark, Endeavor, Enterprise,
Juno, Venus, Dragon, Odin,
Echo, Gemini, Glory, Explorer,
Pluto

- ▶ USA Membership (after 9/1/24)
Go to www.floridavolleyball.org
- ▶ USA Medical Form
- ▶ USA Medical Consent Form
- ▶ AAU Membership - go to ausports.org - Choose Cape Coast as your Club - W3ET3Y
- ▶ AAU Medical - Form on website

- ▶ AAU Membership -
Go to www.aausports.org
Choose Cape Coast as your Club
Club Code W3ET3Y
- ▶ AAU Medical - Form on website

SUMBIT
FORMS
ONLINE IN
PLAYMETRICS

SUMBIT FORMS
ONLINE IN
PLAYMETRICS

Playmetrics Software System

- ▶ Roster
- ▶ Tournament Schedule
- ▶ Practice Schedule
- ▶ Make Payment via credit card
- ▶ Communication Tool - group chat & emails
- ▶ Push notifications
- ▶ Upload forms

Tuition Payment Schedules

- ▶ Contract states payment schedule - Due on 1st of month - late on 5th
- ▶ Monthly payments Gemini/Dragon Nov to Apr and Artemis Oct to May
- ▶ Recurring payments monthly - look in Playmetrics account
 - If paying by credit card - pay in Playmetrics account - 3% fee added
 - If paying by Zelle search on our email capecoast1@gmail.com
 - If paying by check: Mail to PO Box 541472, Merritt Island, 32954
 - If paying by cash - Give to Connie or Mitch
- ▶ No practice or tournament participation unless tuition is current.
- ▶ Parents and Coaches will be notified of those on no play list.
- ▶ Contact Connie if special arrangements need to be made.

| DATE | PAYMENTS | 18U ATLAS | NATIONAL A FALCON TITAN SATURN | NATIONAL B DELTA ATHENA CHALLENGER COLUMBIA | REGIONAL A PEGASUS CASSINI | REGIONAL B RAPTOR ATLANTIS DISCOVERY |
|--------------|------------|--------------|--------------------------------------|---|----------------------------------|---|
| AUG 7, 2024 | COMMIT PAY | \$ 510 | \$ 500 | \$ 510 | \$ 500 | \$ 480 |
| SEPT 1, 2024 | PAYMENT 2 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| OCT 1, 2024 | PAYMENT 3 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| NOV 1, 2024 | PAYMENT 4 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| DEC 1, 2024 | PAYMENT 5 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| JAN 1, 2025 | PAYMENT 6 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| FEB 1, 2025 | PAYMENT 7 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| MAR 1, 2025 | PAYMENT 8 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| APR 1, 2025 | PAYMENT 9 | \$ 430 | \$ 505 | \$ 485 | \$ 405 | \$ 320 |
| TOTAL | | \$3,950 | \$ 4,540 | \$4,390 | \$3,740 | \$3,040 |

| DATE | PAYMENTS | STATE A PIONEER (Regional) THOR, ARTEMIS VULCAN, ENDEAVOR, ODIN, ECHO, GLORY | STATE B MERCURY SKYLARK ENTERPRISE | LOCAL MARS JUNO VENUS | LOCAL DRAGON GEMINI | 10U EXPLORER PLUTO | BOYS APOLLO |
|--------------|------------|--|---|--------------------------------|---------------------------|--------------------------|-----------------|
| AUG 7, 2024 | COMMIT PAY | \$ 500 | \$ 500 | \$ 510 | | \$ 435 | \$ 490 Commit |
| SEPT 1, 2024 | PYMT 2 | \$ 280 | \$ 230 | \$ 210 | | \$ 195 | \$ 275 Sept |
| OCT 1, 2024 | PYMT 3 | \$ 280 | \$ 230 | \$ 210 | | \$ 195 | \$ 275 Oct |
| NOV 1, 2024 | PYMT 4 | \$ 280 | \$ 230 | \$ 210 | \$ 500 | \$ 195 | \$ 275 Nov |
| DEC 1, 2024 | PYMT 5 | \$ 280 | \$ 230 | \$ 210 | \$ 250 | \$ 195 | \$ 275 Dec |
| JAN 1, 2025 | PYMT 6 | \$ 280 | \$ 230 | \$ 210 | \$ 250 | \$ 195 | \$ 400 Uni |
| FEB 1, 2025 | PYMT 7 | \$ 280 | \$ 230 | \$ 210 | \$ 250 | \$ 195 | \$ |
| MAR 1, 2025 | PYMT 8 | \$ 280 | \$ 230 | \$ 210 | \$ 250 | \$ 195 | \$ |
| APR 1, 2025 | PYMT 9 | \$ 280 | \$ 230 | \$ 210 | \$ 250 | \$ 195 | \$ |
| TOTAL | | \$2,740 | \$ 2,340 | \$2,190 | \$1,750 | \$1,995 | \$ 1590 *no uni |

Season Cancellation / Refund Policy

- ▶ IF the 2025 season is cancelled due to unforeseen circumstances, you have the following options:
- ▶ 1.) Leave the credit in your account and use for training or future club seasons - we will add a 5% credit to your balance
- ▶ 2.) Receive full refund of any credit left in your account from the 2025 season.

Marketing & Development

- ▶ EVENT FUNDRAISING
- ▶ SCHOLARSHIP & FACILITY FUNDRAISING
- ▶ Banner / Sponsorship Fundraising

Cape Coast Scholarship Foundation Golf Outing

CAPE COAST VOLLEYBALL SCHOLARSHIP FOUNDATION GOLF OUTING

SUNDAY
NOVEMBER 10

ROCKLEDGE COUNTRY CLUB

\$500 - Foursome
\$125 - Single

Lots of sponsorship
opportunities
available.
More info to come
SOON!

Any questions?? Please contact:

Beth Gambrell
321-543-4756

Gina Loggins
321-323-6658



Social Media & Contact Information

- ▶ Cape Coast Social Media Policy

Our coaches will have NO personal social media contact with athletes via snapchat, Instagram, or any other social media venue. We do have a written social media policy.

- ▶ Facebook - Cape Coast Volleyball Club

- ▶ **This primary social media avenue for club information**

- ▶ Instagram - capecoastvolleyball

- ▶ Twitter - @capecoastvolley

- ▶ Website: www.capecoastvolleyball.com

- ▶ Connie: Email: capecoast1@gmail.com Phone: 321-480-9473

- ▶ Mitch: Email: mjcapecoastvb@gmail.com Phone: 304-416-1520

- ▶ Mailing Address: P.O. Box 541472, Merritt Island 32954

Parent / Player Complaint Protocol

▶ 24 Hour Cool Off Rule

Do not approach coach at practice or tournament with a complaint

1) Athlete or Parent email to directors & coach to request meeting - detail situation in email

2) Athlete - Parent - Coach - Director meeting

▶ No issues discussed via phone - all will be face to face meetings

▶ Parent handbook AND Social Media Protocol were sent with contract via playmetrics.

PRACTICE SCHEDULE

- ▶ This will be posted after parent meeting - and will update as we add facilities prior to Nov 2024.
- ▶ Practices start in mid Nov
- ▶ Teams will have consistent practice nights as much as possible.

Tournament Schedule

18 Atlas

| Atlas | | |
|--------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| JJVA topical ice | 1/11 - 1/12 | Jacksonville |
| 18's Windy City National Qualifier | 1/18 - 1/20 | Chicago |
| Florida Fest 18's National Qualifier | 2/1 - 2/3 | Orlando |
| Florida Region 18 Qualifier | 2/22 - 2/23 | Wesley Chappel |
| Northeast National Qualifier | 3/14 - 3/16 | Philadelphia |
| JVA National Championships ** | 4/10 - 4/12 | Louisville |
| ** not in tuition | | |

18 Pioneer

| Pioneer | | |
|----------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| JJVA topical ice - Club | 1/25-26 | Jacksonville |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier - 18 Club Div | 2/28 - 3/2 | Orlando |
| March Mayhem - Club | 3/15 - 3/16 | Tampa |
| Sunshine State Games Grand Prix | 4/5 - 4/6 | Orlando |

17 Falcon

| Falcon | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Sunshine Qualifier | 2/28 - 3/2 | Orlando |
| March Mayhem | 3/15-3/16 | Tampa |
| Big South Qualifier | 3/28 - 3/30 | Atlanta |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals * Not in tuition | July 2025 | Dallas |

17 Pegasus

| Pegasus | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Tropical Ice Challenge | 1/25 - 1/26 | Jax |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier - USA | 2/28 - 3/2 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Sunshine State Games Grand Prix | 4/5 - 4/6 | Orlando |
| Deerfield Beach Grand Prix | 4/12 - 4/13 | Deerfield Beach |
| Asics Florida Region Champs | 5/3 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |

Tournament Schedule

16 Titan

| <u>Titan</u> | | |
|------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Florida Gold Series*not in tuition | 1/11 - 1/12 | Orlando |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier | 2/28 - 3/2 | Orlando |
| March Mayhem | 3/15-3/16 | Tampa |
| Big South Qualifier | 3/28 - 3/30 | Atlanta |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals * Not in tuition | July 2025 | Dallas |

16 Delta

| <u>Delta</u> | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier | 2/28 - 3/2 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals * Not in tuition | July 2025 | Dallas |

16 Thor

| <u>Thor</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/25 | Melbourne |
| United League | 2/8 | TBD |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |
| AAU National Championships | June 2025 | Orlando |

16 Mercury

| <u>Mercury</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/25 | Melbourne |
| United League | 2/8 | TBD |
| Central Florida Showdown | 2/22-23 | Oviedo |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |

LOCAL TEAMS
CAN CHOOSE
TO GO TO
AAU
NATIONALS

Tournament Schedule

15 Saturn

| <u>Saturn</u> | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Sunshine Qualifier | 2/22 - 2/24 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Big South Qualifier | 3/28 - 3/30 | Atlanta |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals * Not in tuition | July 2025 | Dallas |

15 Athena

| <u>Athena</u> | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier | 2/22 - 2/24 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals * Not in tuition | July 2025 | Dallas |

15 Raptor

| <u>Raptor</u> | | |
|---------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Central Florida Classico | 1/25 - 1/26 | Orlando |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Presidents Day Challenge - Top Select | 2/15 - 2/16 | Orlando |
| WPVC Spring Fling | 3/1 - 3/2 | Orlando |
| Tampa Slam | 3/22 - 3/23 | Tampa |
| Deerfield Beach Grand Prix | 4/12 - 4/13 | Deerfield Beach |
| ASICS FL Regional Championships | 5/3 - 5/4 | Orlando |
| AAU National Championships | June 2025 | |

15 Vulcan

| <u>Vulcan</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/25 | Melbourne |
| United League | 2/8 | TBD |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |
| AAU National Championships | June 2025 | Orlando |

Tournament Schedule

15 Skylark

| <u>Skylark</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/25 | Melbourne |
| United League | 2/8 | TBD |
| Central Florida Showdown | 2/22-23 | Oviedo |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |

15 Mars

| <u>15 Mars</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/25 | Melbourne |
| United League | 2/8 | TBD |
| Cape Coast Tournament | Feb | Melbourne |
| United League | 3/8 | TBD |
| Central Florida Fiesta | 3/22-23 | Orlando |
| United League | 4/5 | TBD |
| Cape Coast Tournament | 4/12 | Melbourne |
| United League Championship | 4/26 | TBD |

LOCAL TEAMS
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NATIONALS

14 Challenger

| <u>Challenger</u> | | |
|----------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier | 2/22 - 2/24 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals ** not in tuition | July 2025 | Dallas |

14 Atlantis

| <u>Atlantis</u> | | |
|---------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Central Florida Classico | 1/25 - 1/26 | Orlando |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Presidents Day Challenge - Top Select | 2/15 - 2/16 | Orlando |
| WPVC Spring Fling | 3/1 - 3/2 | Orlando |
| Tampa Slam | 3/22 - 3/23 | Tampa |
| Deerfield Beach Grand Prix | 4/12 - 4/13 | Deerfield Beach |
| ASICS FL Regional Championships | 5/3 - 5/4 | Orlando |
| AAU National Championships | June 2025 | |

Tournament Schedule

14 Endeavor

| <u>Endeavor</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |
| AAU National Championships | June 2025 | Orlando |

14 Enterprise

| <u>Enterprise</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| Central Florida Showdown | 2/22-23 | Oviedo |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |

14 Juno

| <u>14 Juno</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| Cape Coast Tournament | Feb | Melbourne |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Cape Coast Tournament | 4/12 | Melbourne |
| United League Championship | 4/26 | TBD |

14 Venus

| <u>14 Venus</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| Cape Coast Tournament | Feb | Melbourne |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Cape Coast Tournament | 4/12 | Melbourne |
| United League Championship | 4/26 | TBD |

LOCAL TEAMS
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Tournament Schedule

13 Columbia

| <u>Columbia</u> | | |
|----------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| First In Show | 1/18 - 1/20 | Ocala |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier | 2/22 - 2/24 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| Windy City Qualifier | 4/18 - 4/20 | Chicago |
| ASICS FL Region Qualifier | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |
| USAV Nationals ** not in tuition | July 2025 | Dallas |

13 Odin

| <u>Odin</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championsip | 4/26 | TBD |
| AAU National Championships | June 2025 | Orlando |

13 Discovery

| <u>Discovery</u> | | |
|---------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Central Florida Classico | 1/25 - 1/26 | Orlando |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Presidents Day Challenge - Top Select | 2/15 - 2/16 | Orlando |
| WPVC Spring Fling | 3/1 - 3/2 | Orlando |
| Tampa Slam | 3/22 - 3/23 | Tampa |
| Deerfield Beach Grand Prix | 4/12 - 4/13 | Deerfield Beach |
| ASICS FL Regional Championships | 5/3 - 5/4 | Orlando |
| AAU National Championships | June 2025 | Orlando |

12 Cassini

| <u>Cassini</u> | | |
|---------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Tropical Ice Challenge | 1/25 - 1/26 | Jax |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day Invite | 2/15 - 2/17 | Orlando |
| Sunshine Qualifier - USA | 2/22 - 2/24 | Orlando |
| March Mayhem | 3/15 - 3/16 | Tampa |
| Sunshine State Games Grand Prix | 4/5 - 4/6 | Orlando |
| Deerfield Beach Grand Prix | 4/12 - 4/13 | Deerfield Beach |
| Asics Florida Regionals - Bid | 5/2 - 5/4 | Orlando |
| AAU Nationals | June 2025 | Orlando |

Tournament Schedule

12 Echo

| <u>Echo</u> | | |
|----------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Spring Fling | 4/12-13 | Orlando |
| United League Championship | 4/26 | TBD |
| AAU National Championships | June 2025 | Orlando |

10 Explorer

| <u>10 Explorer</u> | | |
|----------------------------|-----------|-----------|
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| Cape Coast Tournament | Feb | Melbourne |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Cape Coast Tournament | 4/12 | Melbourne |
| United League Championship | 4/26 | TBD |

11 Glory

| <u>Glory</u> | | |
|--------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Cape Coast Tournament | 1/18 | Melbourne |
| Gatorade Challenge - Big House | 1/25 | Tavares |
| JJVA Aces Wild Showdown | 2/15-16 | Jax |
| Central Florida Showdown | 2/22 - 2/23 | Oviedo |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| Spring Fling | 4/12-13 | Orlando |
| Battle of the Bay | 6/7 - 6/8 | Winter Haven |
| AAU National Championships | June 2025 | Orlando |

10 Pluto

| <u>10 Pluto</u> | | |
|----------------------------|-----------|-----------|
| Cape Coast Tournament | 1/18 | Melbourne |
| United League | 2/8 | TBD |
| Cape Coast Tournament | Feb | Melbourne |
| United League | 3/8 | TBD |
| Central Florida Fiesta | Mar 22-23 | Orlando |
| United League | 4/5 | TBD |
| Cape Coast Tournament | 4/12 | Melbourne |
| United League Championship | 4/26 | TBD |

LOCAL TEAMS
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AAU
NATIONALS

Tournament Schedule

12 Gemini

| 12 Gemini | | |
|-----------------------|------|-----------|
| Cape Coast Tournament | 1/18 | Melbourne |
| Cape Coast Tournament | 2/1 | Melbourne |
| Cape Coast Tournament | 3/1 | Melbourne |
| Cape Coast Tournament | 3/22 | Melbourne |
| Cape Coast Tournament | 4/12 | Melbourne |
| Cape Coast Tournament | 4/19 | Melbourne |

14 Dragon

| 14 Dragon | | |
|-----------------------|------|-----------|
| Cape Coast Tournament | 1/18 | Melbourne |
| Cape Coast Tournament | 2/15 | Melbourne |
| Cape Coast Tournament | 3/1 | Melbourne |
| Cape Coast Tournament | 3/22 | Melbourne |
| Cape Coast Tournament | 4/12 | Melbourne |
| Cape Coast Tournament | 4/19 | Melbourne |

14 Artemis

| Artemis | | |
|--------------------------------------|-------------|-----------------|
| <u>Tourney</u> | <u>Date</u> | <u>Location</u> |
| Early Bird Bash | 1/18-1/19 | Orlando |
| Daytona 100 | 2/1 - 2/2 | Daytona |
| Prez Day | 2/15-16 | Orlando |
| AAU Volleyball Classic | 3/29-3/30 | Orlando |
| Citrus Grove Grand Prix | 4/5 - 4/6 | Winter Haven |
| AAU Regionals | 4/26 - 4/27 | Orlando |
| AAU National Championships - CLASSIC | June 2025 | Orlando |

LOCAL TEAMS
CAN CHOOSE
TO GO TO
AAU
NATIONALS

TOURNAMENT DAY - PLAYER EXPECTATIONS

- ▶ One Day Tournaments
- ▶ Two Day Tournaments
 - Day 1 - Pool Play
 - Day 2 - Bracket Play
- ▶ Three Day Tournaments
 - Day 1 - Pool Play
 - Day 2 - Pool Play
 - Day 3 - Bracket Play

For all 1, 2, & 3 day tournaments you will play in AM OR PM Wave

Referee Responsibilities - online ref training through USA Volleyball

Uniforms - NIKE CLUB

Cost of uniforms IS INCLUDED in tuition.

Uniform package includes:

- ▶ 2 or 3 Custom Jerseys
- ▶ 2 Pair of Spandex
- ▶ Fleece Hoodie & Pant
- ▶ ¼ zip lightweight pregame warm-up
- ▶ 2 or 3 pair of NIKE Socks
- ▶ 1 Set of Kneepads
- ▶ 2 Practice T-shirts
- ▶ 1 Backpack

Equipment not Included in Tuition

**** NEW FOR 2025 ****

NIKE shoes are NOT mandatory.

Additional items will be available in BSN Locker for families to order.

Parent Swag - How to order

- ▶ BSN NIKE online store - parent & athlete gear.
- ▶ All ordering done online.
- ▶ Merchandise sent to your home.
- ▶ Order SOON in time for the holidays
- ▶ First store opens 1st week in September 2024

Sickness Guidelines

- ▶ If you have been exposed to a sickness of any kind and have symptoms of Flu, COVID or any other sickness, please inform coach and directors and **DO NOT ATTEND** practices or tournaments.
- ▶ Please be symptom free for 24 hours before resuming activities at Cape Coast.

SCHOLARSHIPS - up to \$10,000 total

Merit Based Scholarships

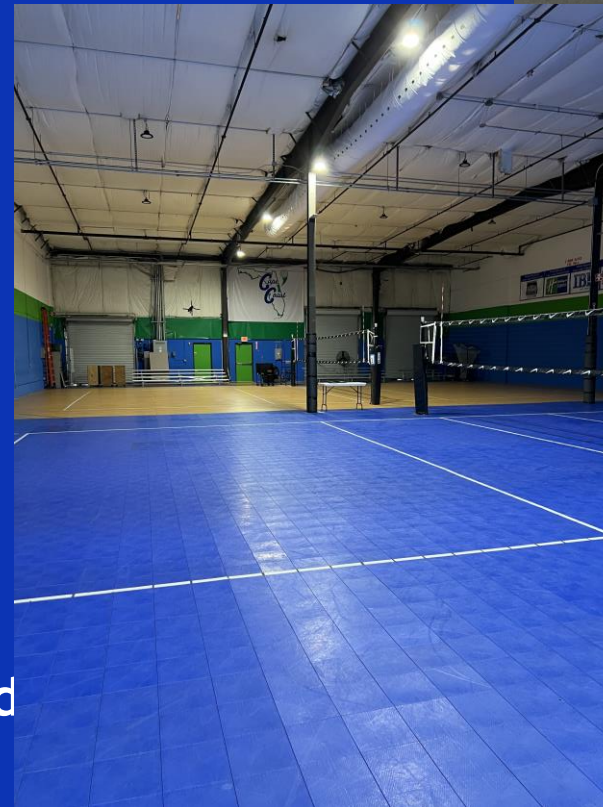
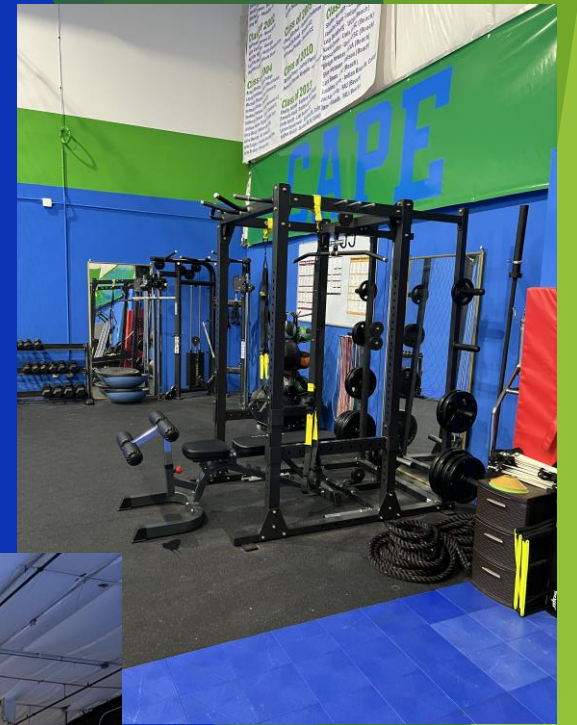
- ▶ \$5,000 to be distributed
- ▶ Athlete/Parent must fill out application.
- ▶ 10 Scholarships of \$500 value will be awarded
- ▶ Application sent out soon - Essay included

Need Based Scholarships

- ▶ Amount will be distributed according to need on case-by- case basis.
- ▶ Parent must fill out application
- ▶ Application sent out soon.

NEW HOME OF CAPE COAST VOLLEYBALL CLUB

- ▶ 7740 Technology Drive, Melbourne
 - ▶ Air-Conditioned Building
 - ▶ Competition Height Ceiling
 - ▶ Two Competition Courts
 - ▶ 40 Foot Training Court
 - ▶ Strength & Conditioning Area
- ▶ TEAMS WILL HAVE SET PRACTICE SCHEDULES
- ▶ OTHER TRAINING LOCATIONS:
 - Travis Park Rec Center - 2001 Michigan Ave
 - Cocoa West Rec Center - 230 Burnett Road
 - Kiwanis Island Rec Center - Kiwanis Is.
 - NEW!! Rockledge Rec Center - Cogswell Road



Other Cape Coast Programs

▶ STARS Program:

Beginner Volleyball Training all ages 5U to 16U

1 hour practices per week - Cost \$20 per session

Current Schedule - Will begin Jan 2025

Locations: Kiwanis Island Rec Center, Cape Coast Facility.

STARTING IN JAN STARS WILL BE HELD IN THE NORTH AND THE SOUTH LOCATIONS

STARS schedule SOUTH - starting January 2025 (7740 Technology Drive)

Mon. 4:00-5:00 PM 5U - 9U / Wed. 4:00 - 5:00 pm 10U-12U

STARS schedule NORTH - starting January 2025

Monday's 4:30-5:30 PM 8U-10U - Kiwanis Island Rec Center

Monday's 5:30-6:30 PM 11U-12U - Kiwanis Island Rec Center

Monday's 6:30-7:30 PM 13U & older - Kiwanis Island Rec Center

Other Cape Coast Programs

▶ Rec League Program:

Beginner Volleyball Training all ages 5U to 16U

Two practices per week 1.5 hour each & 1 tournament per month- Cost \$150 per month (includes t-shirt)

Current Schedule - Will begin Jan 2025

Location: Cape Coast Facility - 7740 Technology Drive, Melbourne

League schedule SOUTH - starting January 2025 (7740 Technology Drive)

Friday's

4:30-6:00 pm - Elementary School League

6:00-7:30 pm - Middle School & High School League

Sunday's

5:00-6:30 pm - All Ages - may have to split

Volleyball 101 - Coming Soon!

- ▶ Rotation rules
- ▶ Substitution rules
- ▶ Parent scorekeeping
- ▶ Positions
- ▶ How to treat the refs (Friendly advice: treat others the way you want to be treated)
- ▶ How to treat coaches
- ▶ How to treat teammates and other parents

Training for Parents