

# LoneStar Volleyball Club 2015/16 Season - FRISCO



The LoneStar Volleyball Club family of coaches and staff would like to offer a warm invitation to your family to consider our club for the upcoming 2015-16 season.

The club environment can be an overwhelming and intimidating venture. LoneStar Volleyball Club wants to ensure you have the necessary information to make the best decision for your athlete. This handout is a summary of tryout information and team details. Further details are located on our website, however, if you have unanswered questions, please contact us, we'll be happy to discuss our club family with you in person!

We look forward to the privilege of training your athletes!

**Program Details:** As a member of the North Texas Region of USA Volleyball, LoneStar Volleyball Club provides a competitive program dedicated to advancing the development of junior athletes through the pursuit of excellence in volleyball, fostered by a highly qualified, professional staff.

**Mission:** LoneStar Volleyball Club provides the technical, tactical and physical training necessary to allow volleyball athletes to be strong, successful players. The Club enables athletes to reach their maximum playing potential through excellence in coaching during intense practice and tournament situations.

## Benefits

- Customized training program based on the Gold Medal Squared standards
- Strong, experienced, professional coaching staff led by former college coaches & scholarship athletes
- Training held in Frisco at LoneStar Sports Center, home of LoneStar Volleyball Club
- Tournaments scheduled for optimum competition and collegiate recruiting exposure

## Pre-Season Warm-Up Clinics & Open House for Parents & Athletes

LoneStar will host several clinics in prior to club tryouts so that athletes are introduced to our coaching team and have an opportunity to warm up prior to tryouts. \$20 per athlete, per clinic in all age divisions. • Register on-line: [www.LoneStarVolleyball.net](http://www.LoneStarVolleyball.net)

LoneStar Evolution 9, 10, 11 & LoneStar VBC 12s & 13s 1:00p-3:00p	14s 1:00p-3:00p	15s 3:30p-5:30p	16s, 17s & 18s 3:30p-5:30p
Sunday, 09/13 Sunday, 09/20	Sunday, 09/13 Sunday, 09/27	Sunday, 09/13 Sunday, 09/27	Sunday, 09/13 Sunday, 09/27 Sunday, 10/03

## Open House for Parents and Athletes - Sunday, September 13 and 20

Visit LoneStar Sports Center and join the staff of LoneStar VBC to meet the coaches and learn what our club family has to offer your athlete.

<b>LoneStar Sports Center</b> 10570 John W. Elliott Drive, #600 Frisco 75033	<b>Evolution 9s, 10s, 11s &amp; LoneStar VBC 12s</b> 1:15p-2:15p in the Small Gym	<b>LoneStar VBC 11s-18s</b> 2:30p – 3:30p in the Large Gym
<b>Cedar Valley College</b> 3030 N Dallas Avenue, Bldg G, Lancaster 75134	<b>LoneStar VBC 12s-18s</b> 09/13 – 2:30p-3:30p 09/20 – 3:30p-4:30p	

## Tryout Information

LoneStar Volleyball Club will be holding tryouts for all positions for 9U through 18U (per USAV guidelines).

Athletes must attend at least one tryout date in their age division, however, we recommend they attend all tryout dates offered.

## Tryout Registration

All athletes participating in try outs **MUST** be a registered member of USA Volleyball and **MUST** pre-register with LoneStar Volleyball Club.

USA Volleyball - Register at [www.NTRVolleyball.org](http://www.NTRVolleyball.org)

LoneStar Volleyball - Register on-line: [www.LoneStarVolleyball.net](http://www.LoneStarVolleyball.net)

**Tryout Fee** \$35 for 2014/15 LSVBC athletes \$45 for all other athletes

The tryout fee is a one-time fee that is applicable to try outs only. The fee includes all try out dates in each age division.

Evolution 9s, 10s, 11s Club 11s, 12s & 13s Frisco	Club 12s & 13s Lancaster	Club 14s and 15s Frisco and Lancaster	Club 16s, 17s & 18s Frisco and Lancaster
September 26 8:00a – 12:00p & 7:00p – 9:00p	September 26 8:00a – 12:00p & 7:00p – 9:00p	October 3 8:00a – 12:00p & 7:00p – 9:00p	October 10 8:00a – 12:00p & 7:00p – 9:00p

## LoneStar Volleyball Club Team Descriptions – FRISCO TEAMS

**Evolution Teams** - For experienced younger athletes to begin training early for higher competition. Ages: 9, 10 & 11 years

- Goal of this team is to transition younger athletes into club competition.

**Regional** – For highly skilled and competitive athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to obtain a bid to Nationals and give the players the most exposure to college recruiters.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

**National** – For highly skilled and competitive athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to compete at the highest level of competition within the Nation.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

**Elite** – For highest skilled and elite level athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to compete and win at the highest level of competition within the Nation.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

FRISCO	Evolution Teams (9, 10, 11)	Regional Teams	National Teams	Elite Teams
<b>Players per Team</b>	12	11-12	10-12	10-12
<b>Staff</b>	Includes head coach and a Senior Program Director	Includes head coach	Includes head coach	Includes senior head coach and dedicated assistant coach
<b>Practice Duration</b>	2 practices/week 2 hours each practice	2-3 practices/week 2.5 hours each practice with DX3 Performance Training	2-3 practices/week 2.5 hours each practice with DX3 Performance Training	2-3 practices/week 2.5 hours each practice with DX3 Performance Training
<b># of Tournaments</b>	2 USAV local club tournaments, winter and spring seasons with LoneStar Youth League and 1 National Qualifier	10 tournaments in Texas, including 1 National Qualifier	10 USAV club tournaments, including 2 National Qualifiers with 1 out of region travel tournament	10 USAV club tournaments, including 3 National Qualifiers with Tour of Texas Plus, National Championship
<b>Custom Uniform Package</b>	1 custom jersey, 1 warm up set, 1 T-shirt jersey, 1 pair spandex, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 1 pair of socks, 1 backpack, 1 window decal Volleyball shoes optional (additional purchase)	2 custom game jerseys, 1 warm up set, 2 spandex shorts, 1 cover shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 2 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal	2 custom game jerseys, 1 warm up set, 2 spandex shorts, 1 cover shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 2 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal	3 custom game jerseys, 1 warm up set, 3 spandex shorts, 1 cover shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 3 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal

FRISCO Club Fees	Fee	# Payments	Deposit	1-Dec	11-Jan	1-Feb	1-Mar	1-Apr	1-May
Evolution 9s-11s	\$1,875	5	\$600	\$350	\$231.25	\$231.25	\$231.25	\$231.25	
Regional	\$3,250	5	\$1,000	\$500	\$500	\$417	\$417	\$416	
12 National	\$3,500	5	\$1,000	\$550	\$550	\$467	\$467	\$466	
National	\$3,800	5	\$1,000	\$600	\$600	\$534	\$534	\$533	
11 Elite	\$3,800	6	\$1,000	\$600	\$600	\$400	\$400	\$400	\$400
12 Elite	\$4,650	6	\$1,100	\$700	\$700	\$537.50	\$537.50	\$537.50	\$537.50
13/14 Endless Pursuit 15/16/17 Elite	\$4,950	6	\$1,100	\$750	\$750	\$587.50	\$587.50	\$587.50	\$587.50
15/16/17 Endless Pursuit	\$5,250	6	\$1,200	\$800	\$800	\$612.50	\$612.50	\$612.50	\$612.50
Elite 18s	\$4,500	4	\$1200	\$850	\$850	\$800	\$800		

Expenses included in fees:

- NTR player and coach officiating & scorekeeping clinics
- Coaching compensation, USAV fee & travel expense
- Facility rental
- Tournament entry (meals not included)
- Uniform & accessory package
- Training equipment
- Hotels for out of region tournaments (13s-16s only)
- Administrative & Overhead Expenses
- 1 Car window decal
- DX3 Performance Training (11s-18s)

**FRISCO Fee Plan:** A payment plan is available. Expense of participating in Nationals is included for Elite teams only. Should a team receive a National bid, the team must participate in the National tournament. The fees for attending Nationals will be added and payments extended through June.

\* In addition to the club fee, each family will be scheduled for a maximum of 4 hours of service duty (working at a LoneStar-sponsored event; concessions, gate, clean up, etc.). Should the family wish to waive the service duty, an additional fee of \$300 will be assessed and included with the dues.

## LoneStar Volleyball and DX3 Athlete



Your club player is at the highest competition level and should be practicing and training as a club athlete. Great athletes prepare, train and play year-round because it is crucial to mitigate the risk of injury, perform at their best and to stay conditioned to the rigors and demands of a high level of play.

DX3 focuses on educating players, coaches, and parents on how to be better athletes. The learning phase places a heavy emphasis on getting our athletes familiar with the drills, mechanics and process in order to increase their athletic IQ and streamline our coaching process moving forward. The lessons your athletes learn with DX3 are applicable to all athletic environments. Just as cognitive lessons with practical implementation are taught in your sports skill training, we cognitively teach athletic development. LoneStar's efforts to formally integrate the DX3 training program are proving to be a tremendous step in improving the overall performance of their club athletes.

### ***Your level of play is determined by the speed and power of your execution.***

Does your athlete come into season physically prepared for the rigor and level of play? We don't mean: do they have the skill. Do they have the speed, strength and stamina to help keep them from getting injured? Too many athletes are not proactive and miss the opportunity to substantially improve through pre-season/off-season training to help them reach their full potential, they unfortunately only become reactive due to disappointment or an injury. The goal of in-season training is to maintain their current level and mitigate the risk of injury, focusing on accomplishing minor gains in speed and strength. Every athlete should have a good pre-season program so they are prepared for what is ahead, not playing catch up when season hits. We strongly encourage a 12 month training plan so you can prepare for season, stay healthy in season and develop in off-season.

LoneStar Volleyball and DX3 Athlete want to ensure you continue to develop with a 7 month training program for the entire club season (you will have the opportunity to continue the program year-round at a substantially reduced rate). DX3 programs are developed specifically to coordinate with your other physical demands such as practice, positional training, school training and games.

### **Your 7 month program will include:**

- Up to 60 Training sessions integrated into LSVBC practices (2 days per week Monday-Friday)
- Unlimited Instructor-Led Training Membership at the Jungle up to 6 days per week (December 1<sup>st</sup>-June 30<sup>th</sup> even if season ends earlier)
- Cognitive Instruction you can use with any instructor or environment
- Learning proper mechanics allowing for training practices to be executed correctly
- Proper Dynamic Warm Ups for flexibility
- Power and Vertical Training
- Speed and Agility Training
- Female and age-appropriate Resistance Training
- Core Strength and Conditioning
- Pre-competition preparation
- Post-competition recovery (unloading of the body)
- Injury Management Practices for rotational health and joint preservation
- Injury Transition if you should get hurt
- Nutritional Education

DX3 Athlete's normal rate for 60 sessions of team training alone would cost \$600 per player. LSVBC and DX3 are providing a special training rate to their club kids of \$36 per month, \$252 for the 7 month season of team training and unlimited Jungle training. After June, additional months of DX3 training can be purchased by a LSV Club team member at a discounted rate. LSVBC team family members are invited to join the Jungle for a discounted monthly rate; yes DX3 trains all other sports, boys and adults too!

We hope that you will find the services we are providing our club kids more than fair and extremely valuable to the success of your athlete and our club. Please contact Ronnie Natali, [ronnie@teamDX3.com](mailto:ronnie@teamDX3.com), with any questions about our program.

# LoneStar Volleyball Club Team Travel Policy

All teams travel to tournaments specifically to play volleyball. All other reasons/activities are SECONDARY. Any personal plans or arrangements will be scheduled before or after the tournament. All teams travelling will meet with the coach/coaches, the chaperone and the travel coordinator prior to the first travel tournament.

## 11s and 12s Teams

- Player's will travel with parents or assigned adult.
- Player's hotel is NOT included in club fees.
- When players are away from the playing venue, parents are responsible for them.
- While playing in the venue, the coach, chaperone or designated team representative are responsible for the players.
- Parents/guardians are responsible for transportation to and from the playing venue and all team activities at the designated times.
- The coach and team parent will arrange for all team activities while on the trip. Players are required to attend all team activities.
- The coach will communicate curfew and "lights out" for the players.

## 13s – 18s Teams

- Player's will room together as a team.
- Player's hotel IS included in club fees.
- Players may not leave the hotel/rooms area at any time without the chaperone.
- Parents will not ask for the athlete to stay in their room or visit their room and parents may not visit the team's rooms. The chaperone or designated team representative will act as liaison.
- Food/beverages and any entertainment expenses are NOT included in club fees.

## All Teams

- Players will be courteous and respectfully obey all LoneStar staff members (i.e. coaches, chaperones, trainers and/or other designated adults travelling with the team.
- Players must report any illness or injury to the coach and chaperone or designated team representative immediately.
- A player who damages any property at a hotel or playing facility will be held personally responsible for those damages.
- Any player found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior will be immediately released to their parent/guardian and will be sent home immediately at the expense of the parent/guardian.
- Any player who disregards these policies and/or any others provided by the LoneStar staff will suffer severe consequences, up to and including dismissal from the tournament or event and sent home immediately at the expense of the parent/guardian.

Parents will be responsible for travel to and from tournaments for the players. Players on teams 13U-18U will be required to check into the team rooms, no later than 7:00 pm the evening before the tournament, so please plan flights accordingly. If a player will arrive later than this it must be cleared with the club director prior to the trip.

Players will be released to their parents immediately following the team's final match/scoring assignment. Return flights from tournaments should not be made earlier than 7:00 pm on the final day of competition. If a player wishes to stay an extra evening following the tournament, the player's family is responsible for paying for the room. The team room will be checked in the final day of competition.

Parents will be responsible for coordinating meals for the players while at the playing venue.

# LoneStar Volleyball Club

## Frequently Asked Questions

Who should I contact with questions about LoneStar Volleyball Club?

Wesley "Skip" Freeman	Club Program Director – Frisco	Freeman@LoneStarVolleyball.net	469-400-3497
Isabel Almendarez	Club Program Director – Lancaster/Ennis	AlmendarezI@LoneStarVolleyball.net	682-227-0447
Arneva Martin	Executive Director	info@LoneStarVolleyball.net	214-334-3105
Mike Swem	Senior Coach & Evolution Training Director	SwemM@LoneStarvolleyball.net	512-659-8625
Chris Mares	Financial Director	Accounting@LoneStarVolleyball.net	214-215-9187
Sabrina Ewald	Evolution Program Director	Scheduling@LoneStarVolleyball.net	214-952-9687
Jennifer Nichols	Travel Coordinator, Internal Communications & Promotions	Travel@LoneStarVolleyball.net	214-578-1302

2015-16 Coaching Team is posted on the website at [www.LoneStarVolleyball.net](http://www.LoneStarVolleyball.net). See LoneStar Coaches bar.

What is Club volleyball?

- o Club volleyball is a highly organized national program for junior boys and girls. The governing body is [USA Volleyball](http://USA Volleyball); which establishes the rules, sanctions events and make certain that every club and player meets the requirements for fair and safe competition. USAV sanctions a national tournament every June to crown a national champion in each age division.

When does the club season start and end?

- o The North Texas Region of USAV sets the dates for tryouts that all clubs must honor. Tryouts are usually conducted the last week in October through the first two weeks in November. Tournament play starts in late December and runs through the first of May with a National Tournament being held in June for those teams that qualify. Clubs may participate in as many tournaments as they choose, but most limit the number to around ten per season.

How many clubs/teams are there?

- o USAV sanctions thousands of clubs/teams across the USA and Puerto Rico. In the North Texas Region, there is over 120 clubs which makes us one of the largest regions in the nation by the number of registered players. Clubs may participate at all age levels from 8U – 18U and could have multiple teams in each age division.

What are the age requirements to play club volleyball?

- o USAV sanctions age divisions from 8U – 18U. Some clubs offer a preparatory program for players as young as 9 years of age which provides valuable tournament experience and professional coaching. The preparatory teams play a limited tournament schedule and must compete in the 12U age division.

Is there guaranteed playing time in club volleyball?

- o Every club has their own policy regarding playing time. At the preparatory ages, the LSVBC coaches go to great lengths to ensure every player is developing and is getting equitable play time. At the 12U and older levels, playing time is earned and there are no guarantees with regards to time on the court during the tournaments. LoneStar Volleyball Club provides every parent with our [Playing Time Policy](#) so that there are no surprises to anyone.

My daughter wants to play volleyball for her school; is club a requirement?

- o No. However, it is important to note that most High School players in our area do play club volleyball. If your Middle School and High School have a mature volleyball program, you can be assured that most of the players on the roster will be club players. In fact, many of the HS coaches also coach at the club level, so the two programs are connected very closely.

My son/daughter has played in the Frisco Youth Volleyball League (FYVB) league, is he/she ready for club?

- o Most likely your player is ready to move forward with a tryout if he/she has had a few seasons of experience with the FYVB league or has attended the LoneStar Academy. FYVB offers a complete path to higher training from Recreation, Competitive, Select, Academy and ultimately, the club program. If you have questions on this progression, please feel free to ask a LoneStar VBC coach or a parent advisor for advice.

What is the time commitment for a club player and parent?

- o LoneStar VBC practices are 2.5 hours each, 2 to 3 times per week for Regional, National and Elite teams. Preparatory teams will practice 2 times per week for 2 hours. Local teams will practice 1 time per week for 2 hours. Tournaments are 2 day events (3 days for Qualifiers), and you can expect to spend about six to seven hours in the gym on a Saturday and Sunday. Start times will be at 8AM or 3PM for both Saturday and Sunday for most tournaments. Youth League Tournament is approximately 3-4 hours on either a Saturday or Sunday.

What is the financial expense of participating in club volleyball?

- Fees are set by each club and can vary widely by age division and club goal. You should budget between \$3,000 - \$5,000 for club dues; with an exception for the preparatory program which may be considerably less. It is important to note that, other than player's hotel costs for out of area tournaments, travel expenses are not included in the club fees. You should fully understand the tournament schedule and club travel philosophy in order to estimate the actual expenses that you may incur.
- If an account is not paid in full, the participant's name may be submitted to the UIL because she will have violated her "amateur status". The parent/guardian responsible for the player will also be responsible for any additional costs or expenses incurred by the club while pursuing collections. Furthermore, for athlete's over 15, a violation of the amateur status may affect eligibility to compete at the collegiate level.

Does club volleyball require us to travel?

- Every club has a different philosophy regarding travel. LoneStar VBC reserves travel for the National teams that are competing for a bid to the national tournament in June. Even then, the travel requirement has been limited to one out of State Qualifier and the national tournament. If better competition is needed for a particular team, the LoneStar coaching staff may elect to register for an older age division in a local tournament rather than incur travel expenses for the players and parents.

Is there a way to reduce our club fees?

- Yes. LSVBC conducts several fund raising events every season which can reduce the out of pocket expenses by several hundred dollars if you put forth the effort.

Where are the club volleyball practices and tournaments held?

- Practices for LoneStar VBC will be held at LoneStar Sports Center in Frisco, TX. Tournaments are played all over the DFW area and venues are assigned to each age division for a given tournament.

Is there a league or is it all tournament play?

- Technically, there is a league. It is actually a series of tournaments played all over the State of Texas during the club season. Traditionally, LoneStar VBC has not played in the Texas Power League because some of the best competition in the country is right here in our own region and it is not viewed as a necessary expense to the parents.

Is club volleyball that much different than a school or recreation program?

- Yes! LoneStar coaches are nationally trained, all have collegiate experience and all are educated and mentored by our highly experienced staff of LoneStar directors. Additionally, the season extends from 5-8 months each season.

Do parents get to participate in the fun too?

- Absolutely! Each team will have a very involved group of parents that will take on some of the organizational duties. Each team will have a Game Day Coordinator, Twitter lead, and a photographer. Our goal is to offload the administrative duties from the coaching staff and allow them to coach while building strong parent friendships with seamless communications. LSVBC also provides each parent with a conduct policy that clearly explains the Do's and Don'ts and how to handle any concerns that may arise.

Where can I get more information on club volleyball in the DFW area?

- The [North Texas Region](http://www.ntrvolleyball.org) website ([www.ntrvolleyball.org](http://www.ntrvolleyball.org)) is your volleyball encyclopedia for our area. You will need to select the [Juniors-Indoor](#) link to find the most up to date information for club programs in our area. We encourage you to visit the [LoneStar VBC](http://www.LoneStarVolleyball.net) website ([www.LoneStarVolleyball.net](http://www.LoneStarVolleyball.net)) for up to date information on our club program and event schedules.



LoneStar Sports Center | 10570 John W. Elliott Drive, Suite 600, Frisco TX 75033

Cedar Valley College | 3030 N Dallas Avenue, Bldg G, Lancaster TX 75134

Email: [info@LoneStarVolleyball.net](mailto:info@LoneStarVolleyball.net) | Website: [www.LoneStarVolleyball.net](http://www.LoneStarVolleyball.net) | 214-334-3105

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