



Providing junior athletes in the 1st through 12th grades with a positive environment to train, learn and compete.

www.LoneStarVolleyball.net

Competition, Leagues and Teams

Athlete Age Definitions for LoneStar Programs (Summer 2017 – Spring 2018)

18U	Sept 1, 1999 - Aug 31, 2000	15U	Sept 1, 2002 - Aug 31, 2003	12U	Sept 1, 2005 - Aug 31, 2006
17U	Sept 1, 2000 - Aug 31, 2001	14U	Sept 1, 2003 - Aug 31, 2004	11U	Sept 1, 2006 - Aug 31, 2007
16U	Sept 1, 2001 - Aug 31, 2002	13U	Sept 1, 2004 - Aug 31, 2005	10U	Sept 1, 2007 - Aug 31, 2008

Frisco Youth Volleyball League Spring Season

Winter, Spring, Summer, Fall - Each season is 8 weeks in duration

Bump, Set, Spike.... LoneStar Youth Volleyball League serves up fun!

1st – 6th Grades Recreational Teams

10U – 16U Junior's Competitive & Select Teams



Weekly scheduled practice on a full court
Individuals and Existing Teams Welcome
Professional & Volunteer Coach Options

8 matches and 1 tournament each season
1 game T-shirt
Friend Requests Accepted

Recreation Division, 1st – 6th Grades
Competitive Division, 10U – 16U Juniors
Select Teams, 10U – 16U Juniors

Volunteer coaches are always needed for the recreational and competitive division of each age group. We offer pre-season training, a coaching manual with practice plans and a discount for 1 coach's player on the team. Contact us at info@LoneStarVolleyball.net, if interested.

Event	WINTER 2018 (7 weeks)	SPRING 2018 (9 weeks)
Regular Registration Opens Regular Registration Ends	Monday, Sept 18, 2017 Thursday, January 4, 2018, 11:59p	Monday, January 6, 2018 Tuesday, March 6, 2018
Late Registration will only be accepted if space is available. Email us at info@LoneStarVolleyball.net to request a late registration.	Friday, January 6, 2018, 5:00p	Saturday, March 10, 2018
Select Team Tryouts 10U/11U/12U 13U/14U/15U/16U)	Thursday, January 4 5:30p-8:00p 7:30p-10:00p	Tuesday, March 6 5:30p-8:00p 7:30p-10:00p
Volunteer Coach Orientation, Court Training and Practice Schedule Release Note: At least 1 coach from each team must attend the duration of this meeting to participate in practice selection.	TBD	Wednesday, March 21 6:30p New Coach Orientation 7:30p All Coach Training
Athlete Clinic – walk up and pay cash or check at the door Recreational Teams & Players \$10/player Competitive, Select & Select Elite Teams & Players \$15/player	TBD 9:00a-10:30a (Recreational) 9:00a-11:00a (Competitive, Select)	Friday, March 23 9:00a-10:30a (Recreational) 9:00a-11:00a (Competitive, Select)
Practice Begins	Week of Jan 15	Week of March 25
Photos for Roster IDs (\$10 one-time purchase during first week of practice) (Any make-up photo appointments will be a \$15 one-time purchase)	First week of practice only - Monday-Friday, 5:30p-8:00p	
Matches may be held on Fridays (5:30p-9:30p) and/or Saturdays (8:30a-2:30p)	Friday, Jan 20, 5:30p-9:30p or Sat, Jan 21, 9:00a-2:00p (approximately)	Friday, Mar 30, 5:30p-9:30p or Sat, Mar 31, 9:00a-2:00p (approximately)
Tournament Club-like format for all Competitive Division teams over 2 days	Recreational: Saturday, Mar 3, 8:30a-12:30p Competitive/Select: Sat. Mar 3, 8:30a-5:30p Pool Play Sun, Mar 4, 1:00p-6:00p Bracket Play	Recreational: Saturday, May 19, 8:30a-12:30p Competitive/Select: Sat. May 19, 8:30a-5:30p Pool Play Sun, May 20, 1:00p-6:00p Bracket Play

Pre-Season Athlete Clinics - Back by popular demand, the pre-season clinics will include professional coaches to provide skills training.

Fee: \$10 for recreational teams/athletes and \$15 for competitive and select teams/athletes.

- No registration required. Cash or check at the door. Participants MUST be registered youth league players.
- Volunteer coaches are welcome to attend at no charge. This will provide Volunteer Coaches with additional court training.

Frisco Athletic Network, Inc. dba LoneStar Volleyball is a 501(c)(3) Non-Profit Corporation

10570 John W. Elliott Drive, Suite 600, Frisco TX 75033

email: info@LoneStarVolleyball.net



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Frisco Youth Volleyball League Notes:

- A one-time ID coach/player photo must be purchased for \$10 as proof of registration. After the first week of scheduled photo ID sessions, alternate dates MAY be scheduled, however, the purchase price is \$15.
- Athletes must play in their current grade/age or may play up one grade/age. Athletes may play on more than one team as long as they are not in the same division.
- Late Registration – Additional fee of \$35 is added for late registration. Late registration will be accepted only if there are openings on teams.
- Athletes are not assigned to teams based on practice preference nor are they moved from team to team to accommodate practice preference.
- No jewelry allowed on the courts at any time.

Cancellation Policy: Cancellations must be submitted by email prior to the close of regular registration. A \$35 administrative fee is non-refundable.

- NO REFUNDS after registration closes, no exceptions.

Practices: Sunday (2:00p-8:00p) and Monday through Friday (5:00p-10:00p) at LoneStar Sports Center, (earlier times available upon request). LoneStar may supplement practice courts by adding Frisco ISD gyms when additional courts are needed.

Priority practice selection: Teams formed with a minimum of 1 coach and 9 paid athletes will receive priority scheduling once the schedule is available.

Professional Coach Assignment: Teams requesting professional coach for practices or practices and games must meet the minimum roster size of 9 paid players to receive priority assignment of the coach and practice time.

Select Tryouts: Pre-registration is required to ensure receipt of communication and will speed up sign in.

- The tryout fee of \$35 is not applied to the Select Team or Youth League registration fee.
- If an offer is not received for a Select team, the athlete may request to be placed on a competitive team in the unassigned pool and assigned to team

Prepare Early for the 2018-19 Club Season with Club Select - Begins each Winter season (January).

The mission of LoneStar Club Select is to form teams to train and play together in order to develop player and team skills in preparation for the next club season. Teams will be coached by LoneStar Volleyball Club Coaches and practice once a week for two hours during each of the league seasons.

- Ages 10U to 16U
- Team rosters will be 10-12 players
- Tryouts will be conducted at the same date as regular Select tryouts prior to the start of league play. Athletes will have an option to be considered for a Club Select team and/or Select team.
- NOTE: LoneStar Volleyball Club is a separate program and requires a greater time and financial commitment. Details will be shared in August.

Competitive Division - Participant is experienced, has played at least 3 previous seasons and is becoming confident with all skills and positions.

- **Club Select Teams** are formed through tryouts, therefore, teams are formed based on skill level.
- For athletes who desire to join a club team for the next club season and wants to begin training with LoneStar. Training will prepare athletes for the highly competitive environment of club volleyball with LoneStar Volleyball Club.
- Tryout fee is non-refundable. League fee will be refunded or transferred to another team if an offer is not extended.
- A professional LoneStar Coach will train the team in practices and manage all games.
- Teams will remain together through the Winter and/or Spring league seasons to be assessed for formation to club teams for Summer Club and Fall leagues.
 - Athletes may be reassigned during the Summer and/or Fall leagues to begin forming club teams.
 - Club team formation may begin during Summer and Fall seasons. NOTE: LoneStar Volleyball Club is a separate program and requires a greater time and financial commitment. Details will be shared in August.
- Friend requests are not accepted as athletes are chosen by skill level.

For any further questions, please contact us at info@LoneStarVolleyball.net



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Youth League Divisions, Teams and Fees (Rosters: 9 to 12 players)

Recreational Division (1st-6th Grades, Girls & Boys Co-ed) consists of participants who are beginners or have limited experience playing volleyball. Rules are modified to allow for a greater opportunity for teams to volley the ball and play the game. Modifications include smaller court boundaries (1st-3rd grades), lower net heights, shorter service lines and appropriate ball size.

- Beginners to Limited Experience Teams and Individuals
- Friend Requests Accepted
- One Practice each Week for 1 Hour on a Full Court
- 1 Day Tournament, Bracket Play, Awards for all Participants

Recreational Division: LoneStar Coach Teams

Professional Coaches Only Fee: \$220	LoneStar Professional Coaches Only The LoneStar coach will train the team in practices and coach all games.
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Recreational Division: Volunteer Coach Teams

Volunteer Coaches Fee: \$135 • Volunteer coaches receive a \$25 rebate for 1 player*	Professional Practice Coach <u>Option</u> for Recreational Teams LoneStar professional coaches are available to train in practices for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form.	One-time fee: \$400
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Recreational Division: Volunteer Coach_Team Fee, NO Practice at LoneStar

Volunteer Coaches Fee: \$975 per team	Professional Practice Coach <u>Option</u> for Recreational Teams Professional Practice & Game Coach <u>Option</u> for Recreational Teams LoneStar professional coaches are available to train in practices and games for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form.	One-time fee: \$400 One-time fee: \$900
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Competitive Division (10U-16U, Girls) consists of participants who have intermediate level playing experience. Rules follow USA Volleyball Girl's Junior rules with only minor modifications. Full court, net height and ball size are all per regulation. This division is not for beginners. Teams may be coached by a volunteer coach, a professional coach or a combination. Tryouts are only required for select teams only.

- Intermediate Experience Teams and Individuals
- Friend Requests Accepted (Except Select Teams)
- One Practice each Week for 2 Hours on a Full Court
- 2 Day Club-like Tournament, Awards for 1st & 2nd Place Teams

Competitive Division: LoneStar Coach Teams for Established Teams & Individuals (No tryout required)

Professional Coaches Only Fee: \$325	LoneStar Professional Coach The LoneStar coach will train the team in practices and coach all games.
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Competitive Division: Select & Club Select Teams / 10U-16U (Tryout Required)

Intermediate to advanced level athletes • Tryouts are required for Select teams • Athletes are selected by skill level • See Page 2 for details on Club Select	Professional Coaches Only Tryout fee: \$35 plus Registration fee: \$325	LoneStar Professional Coach The LoneStar coach will train the team in practices and coach all games
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Competitive Division: Volunteer Coach Teams (No Tryout Required)

Volunteer Coaches Fee: \$170 • Volunteer coaches receive a \$25 rebate for 1 player*	Professional Practice Coach <u>Option</u> for Competitive Teams LoneStar professional coaches are available to train in practices for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form.	One-time fee: \$800
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Competitive Division: Volunteer Coach_Team Fee, NO Practice at LoneStar

Volunteer Coaches Fee: \$1,025 per team	Professional Practice Coach <u>Option</u> for Competitive Teams Professional Practice & Game Coach <u>Option</u> for Competitive Teams LoneStar professional coaches are available to train in practices and games for an additional, one-time fee. Limited availability. Volunteer head coach will register and indicate Hired Coach option in the registration form.	One-time fee: \$800 One-time fee: \$1,450
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