


Mobile Storm Volleyball Club

2017 Informational Meeting





Mobile Storm Board of Directors and Staff

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|----------------------------------|--------------------------|
| • Director/Owner | Nicole Keshock |
| • President | Dr. Brooke Forester |
| • Treasurer | Dr. Kathy Knight |
| • Secretary | Tish Odom |
| • Assistant Director | Jacquie Dooley |
| • Safe Sport Representatives | Ashley Weant/George Bass |
| • Travel Coordinator | Tish Odom |
| • Pro Shop Coordinator | Dee Dee Raines |
| • Youth Academy Director | Jacquie Dooley |
| • Sponsorship/Fundraising | TBA |
| • Director of Sports Performance | Jake Johnson |



Mobile Storm

Agenda:

1. Storm Mission
2. 2017 Board of Directors/Staff
3. Why Storm?
4. Team Types
5. Payment Information
6. Sponsorship/Fundraising
7. General Policies and Procedures
8. Tryout Information
9. Club Season Time Frame
10. College Recruiting
11. Parent's Role in Club Volleyball
12. Storm Extras
13. Questions

Choosing a Club Volleyball Program





Storm Mission and Vision

- Our vision is to build a competitive, respected and disciplined volleyball program. We strive to provide volleyball players an opportunity to improve their skills in a competitive, positive and fun environment. We want to challenge these athletes to be the best volleyball players possible and offer them the tools to meet that challenge. The individual goals of each player become the goals of Storm Volleyball.

Why Storm?

Coaches/Staff

❖ Nicole Keshock- Director

- 18 years of coaching college (Division I, II, III levels as well as NAIA.)
- Started Storm in 2001 as West Florida Storm. Became Mobile Storm in 2006.
- Only Director in Gulf Coast Region that does not coach at a High School/Middle School.
- Coached with two other clubs in the Midwest, total club experience, over 16 years.
- Played Division I volleyball.
- Respected member of the Gulf Coast Region Board of Directors

Why Storm? Coaches/Staff

- Hiring of Coaches
 - Application, Safe Sport, Background Check
- Training Program for our Coaches
 - Clinics, practice sessions and mentorship
 - Storm coaching/training style
- Master Coach Program
 - Mentorship of newer coaches
 - Master practice plan
 - White Board Practice Plan



Jake Johnson- Director of Sports Performance

- Bachelors Degree in Exercise, Dietetics and Physiology
- Masters in Exercise Science and Physiology
- Specialization in Biomechanics and Movement
- Over 5 years of experience in training athletes and adults, ages 5 and up.
- Played Division 1 football at Virginia Tech and South Alabama.
- First ever football player to be selected as 1st Team All Conference at South Alabama.
- Currently training sports at McGill Toolen and Cottage Hill.



Why Storm?

Facilities/Environment/Extras

- Storm has it's own practice facility
- Storm volleyball has priority when scheduling practices
- Having own facility has created a family like environment where the players enjoy coming to practice. This environment has lead to an overwhelming support of each other during tournaments and other events.
- Storm members have access to open gym times to come practice their skills.
- Volleyball Sports performance training in our own facility.
- Conference room available for meetings, study hall and hanging out!



Why Storm?

Scheduling- Practices

- Storm Practice times are Monday-Thursday, 4-6, 5:30-7:30, 7-9
- Saturdays: 9-11, 11-1, 1-3, 3-5, 5-7
- Sundays: 1-3, 3-5, 5-7, 7-9
- Each team will practice once during week and once on weekend. Elite teams practice twice per week and once on weekend.



Why Storm?

Scheduling-Tournaments

- Tournament schedules for regional teams are created by emphasizing the following criteria: timing on teams readiness to compete, flow of tournament and competition level.
- Tournament schedules for power teams are created by emphasizing: timing on teams readiness to compete, tournament flow, competition level and exposure.
- Tournament schedules for Elite team are created by emphasizing: exposure, competition level and tournament flow.

Sample Elite Schedule

1/14-16 AAU Mizuno Southern Dream- Atlanta
1/28-29 AAU Super Regional -Birmingham
2/4-5 Kari Frazier AAU Super Regional- Mobile
2/11-12 AAU Super Regional- Nashville
2/24-26 Beast of Southeast- Atlanta
3/11-12 Mississippi Open-Biloxi
3/18-19 Cross Court Classic-Houston, TX
3/31-4/2 Big South National Qualifier, Atlanta
4/8-9 Region Championships- Mobile

Elite Teams will compete in post season- either AAU Nationals or USAV Nationals

Sample Power Schedule

- 2, 1 day tournaments, 3, 2 day tournaments, Big South
- 1/14 or 1/15 Local Tournament
- 1/28-29 AAU Super Regional, Birmingham
- 2/4-2/5 Kari Frazier AAU Super Regional- Mobile
- 2/18-19 Gulf Shores Classic
- 3/11- 3/12 Mississippi Open, Biloxi
- 3/31-4/2 Big South National Qualifier, Atlanta
- 4/8-9 Gulf Coast Region Championships, Mobile

Sample Regional Schedule

- Our region hosts a tournament almost every weekend so the Regional Schedule can be very flexible.
- Sample: 1/21 or 1/22 Pounders Open-UWF
- 2/4 or 2/5 Kari Frazier AAU Super Regional-Mobile
- 2/18 and 2/19 Gulf Coast Classic, Gulf Shores
- 3/11-3/12 Mississippi Open, Biloxi
- 3/25 or 26 Local Tournament
- 4/8-9 Region Championships, Mobile

Team Types

Elite, Power, Regional, Youth Academy

➤ Elite Teams

- Age groups 13 and up. Schedule depends on age group and if they are in the recruitable ages. (15 and up). Fees are based on schedule created and include 3 practices, coaches salaries, insurance, registration fees, gym rental and tournament entry fees. Does not include personal expenses, gear, hotel for coaches and exceptional travel for coaches and region registration fees. Price range is 1,800 and up.

➤ Power Teams

- Age groups are 13 and up. Power teams will practice 2-3 times per week. Power teams will attend 2, 1 day tournaments, 3, 2 day tournaments and 1 National Qualifier (Big South). Fees include: coaches salaries, insurance, registration fees, gym rental and tournament entry fees. Fees not included are personal expenses, gear, hotel for coaches and exceptional travel for coaches and region registration. Price is 1,550 and up.

➤ Regional Teams

- Age groups are 12 -16. Regional teams will practice twice per week. Tournaments included will be 4, 1 day tournaments and 1, 2 day tournaments. Fees include: insurance, registration fees, gym rental, coaches salaries and tournament entry fees. Fees not included are gear, personal expenses, hotel for coaches and region registration. Price is 975.00

Team Types

Youth Academy

Level 1 - Volleytots

- Ages 3 - 6
- All beginner skills of the game are taught
- Players learn the game in a fun environment
- Exercise involving all muscle groups but especially those used in volleyball.
- 1 player, 1 ball training - progress to small group training/games.
- Spring season starts in January.
- Team will play in tournaments in the area and at Storm.
- Practices are Sundays from 3-4pm
- Cost is 75.00 per player

Level 2 - Grades 3 -4th

- Focus on developing all skills
- Emphasize three contacts -
- Progress to four on four competition
- Train in a fun and exciting environment where their passion for the sport grows.
- Tournaments will be played locally in the Gulf Coast Volleyball Region and at Storm Sports Facility.
- Teams will practice twice per week, days and times to be chosen once teams are selected. Many practice times available to accomodate all schedules.
- Season goes for 6 weeks and will start in January.
- Cost is \$300.00 per player.



Team Types

Youth Academy Continued

Level 5th-6th graders

- Continue progressing individual skills
- Train in a fun and exciting environment where their passion for the sport grows.
- Begin to have specialized practices on individual skills.
- Practice starts in January and league runs for 6 weeks or 12 practices.
- Teams will practice twice per week. Times/days to be chosen once team is selected. Many practice times are available to accommodate all schedules.
- Tournaments will be played locally in the Gulf Coast Region and at Storm Sports Facility.
- Cost is \$300.00 per player.



Team Types

Training Academy

- Our Training Academy is a program at Storm that focuses on the player that is 13 and up and/or past our skill level in the Youth Academy.
- Players will be placed in a group that is similar in skill level.
- Players will train like our travel teams do focusing on skill development, team concepts and game strategies.
- Players will have the ability to fill in on our teams that are in need of players.
- Training team players will practice with the team they are assigned to.
- Season will go from December to April.
- Cost is \$550.00 per player.

Team Types

Boys

- 5 clubs in the Gulf Coast Region are making efforts to start boys this season.
- Will focus on a 12u team and a 14u team.
- The region is working to receive a grant from USA Volleyball to help keep the costs down. Could possibly wave tournament entry fees for boys teams.
- Clubs that are supporting boys and also hosting tournaments will have a court specified for boys only.
- If you have a boy that is interested please have them come to the Pre Tryout Clinics and Storm clinics that we have in December, as well as any open gyms.

Payment Information

- Storm accepts payments by: online payment, credit card or debit card in person, cash or check dropped in mailbox. (Envelopes in pro shop for cash)
- Payment Plans:
 - Option 1:** 50% due upon commitment to club. Due no later than December 1st. Remaining two payments are divided equally to be paid Feb. 1st and March 1st.
 - Option 2:** Divide total amount due to be paid in equal installments with first payment due no later than December 1st. Remaining 4 payments are divided equally and are paid January 1st, February 1st, March 1st and April 1st. All fees must be paid in full by April 1st.
 - Option 3:** Plan related to the financial situation of the family. Initial payment must be made by December 1st and all fees must be paid by April 1st.

Sponsorship/Fundraising

- Each player can obtain sponsorship monies to cover their costs. Minimum amount is \$250.00, \$200 will go to player and \$50.00 goes towards website ad. Any amount above this will go all to player, minus \$50 for website ad.
- We have different levels of corporate sponsorship as well. Opportunities for companies to have signage at our facility, tournaments, sport courts etc.
- Fundraising ideas are always welcome. Will have a group of parents that will oversee fundraising opportunities for all club members.
- Individual teams can also do fundraising.

Storm Policies and Procedures

- Attendance for practices/tournaments: Each head coach will turn in attendance sheets each month and players will check in via a key tag system.
 - Excessive missed practices will result in missed tournament play.
- Parent/Player Conduct: All players and parents must abide by the USAV Parent/Player conduct guidelines as well as those set forth by Storm and our coaches.
- Payment Plans must be adhered to. If payments are late, players will be held from practice and tournaments until account is up to date.
- Parents must adhere to the 24 hour no contact rule. There is to be no discussion of playing time, coaching strategies etc. during a tournament and no earlier than 24 hours after the tournament ends. This includes any text messages, phone calls or emails to set up a meeting until after that 24 hour period has ended.
- We encourage all storm members to follow the chain of command when communicating about issues and concerns. Players should talk to coaches first, then parents and then the Director/Assistant Director.

Tryout Information

- Evaluation process- all coaches evaluate all players. Coaches just don't get to pick their teams.
- Unbiased evaluation of all players. Director is not affiliated with any school.
- Storm has multiple tryout days for each age group. We prefer that you come to them all but need to make at least one. All players must tryout.
- Information sheets on how to register for tryouts for USA Volleyball and Storm.
- Players will be evaluated on their volleyball skills, potential, coachability, work ethic and positive attitude towards their teammates and coaches.
- Storm abides by all AHSAA, Gulf Coast Region and USA Volleyball bylaws.
- Players should wear a numbered shirt and/or shirt with their last name on it.

Tryout Registration Information

- 1. Register with the Gulf Coast Region at www.gulfcoastvolleyball.org. Each member is required to do this regardless of the program you will be playing in for Storm (Youth Academy, Training Academy, Travel Teams).
 - Registration Breakdown:
 - Junior Member- \$90.00. This is for all Travel team players and Training Academy players.
 - Developmental Players:
 - \$50.00 for those players that are in our Youth Academy between the ages of 11 and over
 - Youth Players:
 - \$15.00 for those players that are in our Youth Academy between the ages of 10 and under
 - Youth Players:
 - Free for those players that are in our Youth Academy that are 8 and under.
- 2. Print the medical/waiver form under the forms tab at the Region website. This needs to be notarized and can be done at Storm for \$5.00
- 3. Bring to Tryouts:
 - Proof of Registration with the Gulf Coast Region (membership card)
 - Medical/Waiver form
 - \$150.00 in cash, check or credit card or proof of online payment.

Tryout Dates and Times

- Monday, October 17th, 24th and Sunday, October 30th -Pre Tryout Clinics. \$20.00 per player. Check website for October 30th age and times.
- Tuesday, November 1st- 6-8pm, 13 and under
- Wednesday, November 2nd- 6-8 pm, 13 and under
- Thursday, November 3rd- 6-8pm, 14 and under
- Saturday, November 5th- 9am-11am, 14's-15's
- Saturday, November 5th- 1-3pm, 16's and up
- Sunday, November 6th- 1-3pm, 15's-16's
- Sunday, November 6th- 3-5pm, 17's-18's
- Monday, November 7th- 6-8 pm, Call Backs and Make ups.

USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2016-2017 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under	17 & Under	16 & Under	15 & Under ²	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Oct	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Nov	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Dec	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Jan	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Feb	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Mar	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Apr	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
May	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
June	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
July	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Aug	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009

¹ Players who were born on or after September 1, 1998 OR players who were born on or after September 1, 1997 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

² **Male Only** - Players who were born on or after September 1, 2002 OR players who were born on or after September 1, 2001 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year are eligible to play in the 14 & Under division. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002.

The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during the USAV 2016 Annual Meetings and research justified the continuation of the cut-off date of September 1.

Club Season Time Frame

- Team will be posted on the website by Wednesday, November 9th at 5pm.
- Players can email or text Coach Keshock to confirm their spot.
- Deadline to confirm will be by Friday, November 11th at 5pm. At that point, that spot will be released.
- Week of November 28th, team meetings will be held. Will create schedules for both practices and tournaments and take uniform order.
- Week of December 5th will start Elite practices and skill training for all other players.
- Week of December 12th will start power team practices and continued skill training for all regional players.
- December 21st-26th Storm will be closed for the Holidays.
- December 27th-January 3rd- Non mandatory practices for Elite and power teams. Skill training for Regional teams.
- January 4th- All teams will be practicing.
- January 8th- Youth Academy Begins!
- General Club tournament season goes from January 16th-April 9th (regional championships). Many teams will play longer.

Recruiting


- Coach Keshock and her staff are highly involved in the recruiting process.
- Storm works with Roesle Sports Consulting to help in the recruiting process.
- Storm provides free recruiting seminars to all Storm participants.
- Importance of club volleyball and being recruited:
 - College coaches are unable to attend many high school matches due to their season being at the same time.
 - The majority of recruiting is done in the club season and at high exposure tournaments. Club schedule is extremely important !
 - Training like the college teams train and doing the skills that they do are important for college coaches to see if you can fit into their system.
- Storm Coaches work with parents and players are the appropriate behavior and communication skills to be appealing to college coaches.
- Storm works diligently to get the college coaches to the tournaments that Storm will be playing at.
- Coach Keshock has built respectable relationships with college coaches over the past 20 years. They trust her opinion of the players in the Storm program.

Parent's Role In Club Volleyball

- Positive support from side lines.
- Support of other teams and players within Storm...don't compare.
- Manage your expectations of your child, coaches, officials and other Storm players.
- Support your coach and club to your child. A player is unable to "buy in" if the parent openly discredits the coach.
- The athletes entire circle of friends/family needs to be supportive.
- Respect coaching decisions (24 hour rule)
- Enjoy these moments with your child...SPORTCATIONS!

Storm Extras

- Free access for Storm players and families during open gym hours.
- Big Sister/Little Sister mentoring program.
- Stats will be taken at every match for every team.
- Storm Travel Coordinator...National Qualifier Hotels...need I say more!
- Sponsorship/Fundraising opportunities
- Team Bonding/Charity Events/Helping Community
- 2 athletes per week will be recognized as "Storm Players of the week". One athlete per month will be recognized as "Storm Player of the Month".



When you come out of the
Storm
you won't be the same
person that walked in.
That's what the *Storm* is all
about.

-Haruki Murakami