



Northwest Juniors Volleyball Club

U10-11 LEAGUE SUMMARY

Club Philosophy (condensed)

Northwest Juniors Volleyball Club is committed to providing opportunities for young athletes at all levels of development to engage in quality, competitive experiences. Northwest Juniors Volleyball Club is dedicated to the idea that any athlete, regardless of size or skill level, who wants to participate in the USAV Junior Volleyball Program should be given that opportunity. Because of limited facilities, however, there are a limited number of positions available to participate in the club. **Northwest Juniors** in 2010 IS be comprised of 18 teams – the largest club in Washington. We offer opportunities for females aged 9 to 18.

Club Information

Club Director: Tony Miranda
Assistant Club Director: Kim Culliton
Club Administrator: Jenny Lashinski
Club Address: 15821 NE 8th St., Suite W-200
Bellevue, WA 98008
Club Phone Number: (425) 497-1051
Club Fax: (425) 455-9409
Club Email: info@volleyballnw.com
Office Hours: 10 a.m. to 4 p.m. M-F, or on-site at practices.

League Format

We will use the month of January for sign-ups and registration. There will be a league informational meeting and first practice on Friday, February 5th from 5:30 – 7:30 at Tillicum Middle School. The league begins in February and continues through May. We would like to accept at least 24 athletes into the league. The months of February and March will consist of two practices/training sessions per week as we instruct the participants in basic skills, rules of the game, transition from small group play to 6 on 6 basic systems, etc. We will hire a coaching staff of 2-4 people and during this time, all athletes will be trained together.

For April and May, players will be separated into teams (up to 4 teams) and issued their league jerseys. They will also be assigned a “team coach”. During the April & May time period, the league will consist of one training day per week (Monday or Friday) with their team coach (two teams per court) and one league play day per week (Sunday) where they can play league matches. The club administrators will dictate for the coaches what will be practiced each week. The league matches will be a demonstration of each team’s ability to perform that week’s skill-task. Early in the season matches will be “controlled scrimmages”, later in the season they will be real matches.

League Costs -- \$550.00 for the entire season

Cost Includes:

- 2 NW Juniors practice tees (one light, one dark)
- 1 NW Juniors Hooded Sweatshirt
- USA- Volleyball Membership (youth membership)
- 1 Jersey (distributed after teams are created)
- League Fees (includes administrative fees, practices 2X per week, gym time, etc.)
- Coaching