

# AGAPE



ESTD 2013

**The heart behind Agape Volleyball Club**

**“Unconditional Love”**—There’s something amazing that happens when you show impressionable young ladies unconditional positive regard, especially in sports. That is the platform from which we coach. We love volleyball, and we’ve chosen to match that with our heart for young women.

**Sports Psychology**—We’ve all heard the expression “Sports are 90% mental,” but most organizations still only focus on the physical. If what we’re all saying as coaches is true, then we should be taking part to develop that mental toughness in our athletes. This is what Agape VBC aims to do with our Agape Curriculum.

**Agape Curriculum**—Every player will get a book at the beginning of the season that has various worksheets on mental toughness, court awareness, self-confidence, sports-confidence, goal setting, etc. Each player will be sitting down about 20 minutes a week to complete one of these lessons together as a team. The hope is that they will take many of these lessons past the volleyball court and start to assimilate them into their everyday lives.

## **Determine Your “Why” and Do Your Research**

What is your why for playing club or putting your daughter into a club volleyball program? What are you hoping to get out of it? Whether AGAPE VBC fits the needs of your family or not, the goal for any parent putting their child into club is for them to get great coaching and improve. Therefore, do your research! Make sure you know who will be coaching your daughter and what their credentials are. Among our staff we have two current college coaches, two former college players, four current college players, head coaches of successful high school programs, and head coaches of successful middle school programs. We are serious about making sure we have the best coaches around!

## **Tryouts**

Tryouts will be held **Multnomah University in Portland, OR** for all age levels. Cost: \$20 if pre-register on our website, and \$30 for walk-ins

**12s/14s** will be on November 5th from 12pm-3:30pm.

**16s/18s** will be on November 12th from 12pm-3:30pm

## **What You Need to Tryout**

- CEVA MEMBERSHIP CARD—Either you must sign up for a full-year membership on the CEVA website (\$55) or you sign up for a “CEVA Membership Deposit” (\$10) which allows you to tryout only (SEE INSTRUCTIONS)
- Signed CEVA medical release form
- Signed CEVA Concussion form
- If you do not have these you will not be able to tryout!!

## **Making a Team**

On the day of tryouts, if you (or your child) make a team you will receive what is called an “offer” to play for our club. To seal the deal, we will need to receive a signed CEVA “letter of commitment” from you, stating that you will play for Agape VBC. You cannot commit to more than one club! (See Form)

## **Club Fees**

<b><u>Team</u></b>	<b><u>Total Price</u></b>	<b><u>Down Payment</u></b>	<b><u>Payment Plan</u></b>
12s (local)	\$1,600	\$400	\$240 Dec 1-April 1
14-2/14-3 (local)	\$2,200	\$500	\$360 Dec 1-April 1
14-1 (regional)	\$2,500	\$500	\$420 Dec 1-April 1
16-2/18-2(regional)	\$2,450	\$550	\$400 Dec 1-April 1
16-1/18-1 (national)	\$2850	\$550	\$480 Dec 1-April1

## **Tournaments**

**Local and Regional** teams will compete in CEVA Power Leagues and local friendship tournaments. Some of them will be in the Portland area, some of them you may have to travel to (Salem, etc.) It is a “see you there” type of situation. We will not be traveling as a team; parents/guardians will need to find a way to get the player to the tournament. Tournaments usually last from 7:30am- 5 or 6pm.

**National** teams will compete in CEVA Power Leagues, a couple friendship tournaments, and the following national qualifiers:

Matt Hartner Classic

Las Vegas Classic

Colorado Crossroads

Pacific NW Qualifier (Spokane)

\*\*AGAPE VBC will not be paying for any of the travel costs associated with any teams this year. For the national level teams there is an estimated additional cost of \$2,500-\$3,000 for hotels/airfare.

**Note:** 16-1 & 18-1 National Tournaments - subject to change.

### **24 Hour Fitness Partnership:**

All of our teams, with the exception of our 12s teams, will be practicing at 24 Hour Fitness in Portland. All players who become members of our club will receive a 24 Hour Fitness membership for the duration of the season, that can be used at any 24 Hour Fitness club.

**12 Pink:** Wednesday/Friday 6-8pm at IRCO (North East 103rd & Glisan)

**14-3 Blue:** Monday/Friday 5-7pm at 24 Hour Fitness (Hollywood)

**14-2 Orange:** Tuesday/Thursday: 5-7-pm at 24 Hour Fitness (Hollywood)

**14-1 Silver:** Monday/Thursday: 7-9pm at 24 Hour Fitness (Mall 205)

**16-2 Blue:** Tuesday/Wednesday: 4:30-6:30pm at 24 Hour Fitness (Mall 205)

**16-1 National:** Tuesday/Wednesday: 6:30-8:30pm at 24 Hour Fitness (Mall 205)

**18-2 Silver:** Monday/Thursday: 5-7pm at 24 Hour Fitness (Mall 205)

**18-1 National:** Tuesday/Thursday: 7-9pm at 24 Hour Fitness (Hollywood)

### **Club contact information:**

**Owner:** Jenna Bouey

**Board of Directors:** Jenna Bouey, Nerisa Laban, Kristina Gore, Jason Hubert, Holly Heidebrecht

**Administrative Assistant/Recruiting Coordinator:** Nerisa Laban

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