

Club Season

HEAT VBC TEAM MEETING

2025-2026 Season

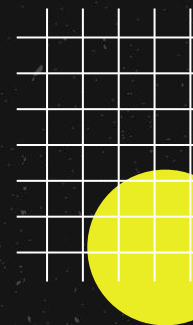




▼ **HEAT VOLLEYBALL 101**

▼ **AGENDA**

- ▼ ● History of HEAT VBC
- ▼ ● Board/Coach Introductions
- ▼ ● HEAT Folder
- ▼ ● Our Website/Social Media Platforms
- ▼ ● Club Goals Beliefs
- ▼ ● Heat Volleyball 101
- ▼ ● Heat Policies
- ▼ ● Player/Parent Contracts
- ▼ ● Membership Fees
- ▼ ● Sponsors & Fundraising
- ▼ ● Questions





"Play a sport. It will teach you how to win honorably, lose gracefully, respect authority, work with others, manage your time, and stay out of trouble."

Author **UNKNOWN**

- HEAT Club was founded over 15 years ago.
- New Board/Leadership began in the Summer of 2018
- Board consists of Coaches, Parents, VB Enthusiasts

HEAT GOALS

- Preparation - starting Early!
 - Coaches and practice dates/Retention Offers
- Growing Volleyball
 - Boys team, Winter Warm Up, Volleyseeds, Satellite teams
- Providing Opportunity
 - Fire League, Fall League
- Improving Skills
 - Use of video for select teams, Coach Trainings, Future Youth Coach/Ref Programs, surveys and feedback from players
- Celebrating
 - Team Bondings, End of Season party, Tournament Celebrations
- Financially Responsible
 - Sponsorships, Fundraising Options

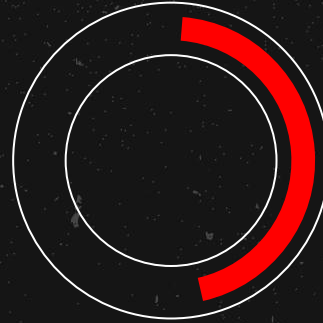
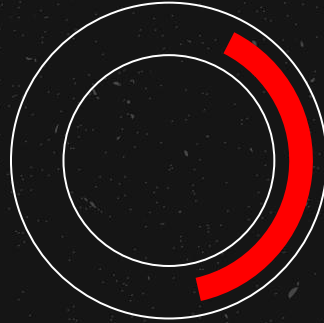




WHAT WE DO:

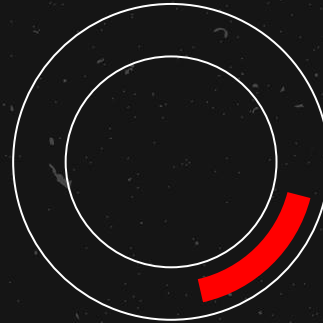
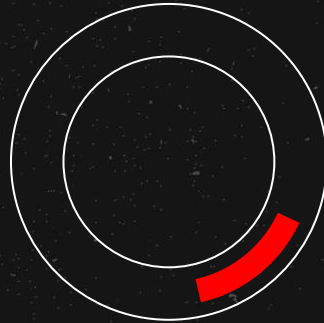
CLUB

18 - 20 Teams
200 Players



FIRE LEAGUE

25 Teams
About 300 players



VOLLEYSEED S

5-10 year olds
30 - 40 players

OTHER

Lessons, summer camps,
open gym, adult league



2025-2026 Season Teams



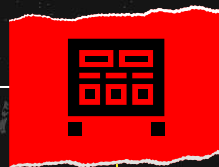
GIRLS CLUB 12-14U

12 U - 2 (+Satellite)
13 U - 3 (+Satellite)
14 U - 3 (Flame)
(+Satellite)



BOYS CLUB

15/16 U



GIRLS CLUB 15-18U

15 U - 3 (Flame)
16 U - 3 (Flame)
17/18 U - 2 (Flame)



FIRE LEAGUE

Co-ed
4th - 6th Grade
7th - 8th Grade
9 - 12th Grade

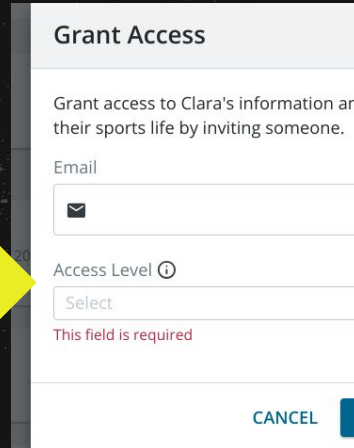
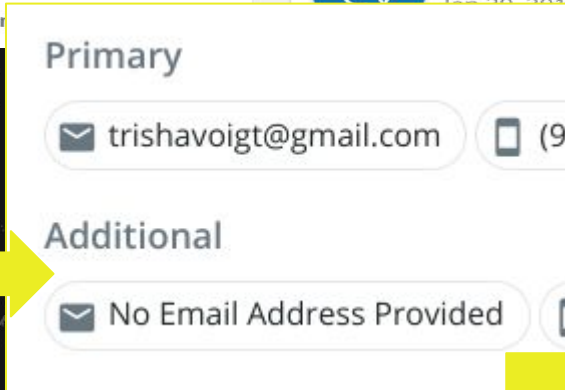
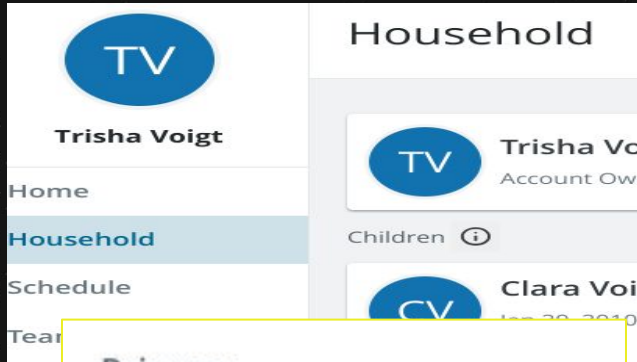
HEAT VOLLEYBALL 101

There's so much to know.....

- Badger Region/USA Volleyball
- Players per team
- Expectations
 - Playing time
 - Practice/Tournaments
 - Team Bonding
- Coach Expectations/Communication
 - Sportsengine - 2 parent emails
- Heat Policies, Procedures, and Parent and Player Contracts
 - Phones Away



Communication Tool: Sportsengine



Options:

- Use same login/password on two different devices from the sportsengine app.
- To add multiple email addresses for communication:
 - From Account, select Household
 - Then player to share info,
 - Add additional email to Contact Information OR Permissions and add access level and email to invite
 - <https://my.sportnjin.com/user>

PLAYER FOLDERS:



Club Info

Important Dates/
Contact Info



Picture Night

A fun tradition



Fundraising

Optional but
encouraged!



Restaurant Nights

Optional but encouraged to help
out the CLUB!!



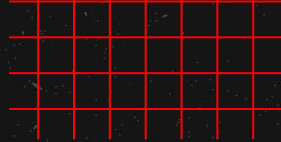
Team Bonding

No wrong answers!
Team Parent***
*Turn in tonight



Uniforms

Size/Optional Items
*Turn in tonight



UNIFORMS

GIRLS



WARM UP
Name and Number



Optional Fan Apparel:
Store opening soon

OPTIONAL ADD ON
\$27/pair



BOYS



SHORTS

2 Pair - mid length



UNIFORMS

Optional Fan Apparel:
Store Opening Soon

OPTIONAL ADD ON
\$30



12-18U Red/Black

\$1240 12

Black*

\$1290 12/14/16

- 2 - 2 hour practices per week
- 2 jerseys, girls, 2 jersey - 2 shorts, boys
- Volleyball
- Tournament Warm up (girls)
- Coach salary, travel, memberships, training
- Facility rental, equipment
- Tournament Entry
- 3 skills clinics during season
 - Dates will be emailed asap!
- End of Season party
- Tournament Win Celebrations
- Club v. club scrimmages
- Administrative fees (sportsengine, bookkeeping)
- First aid kits/coach backpack supplies
- General Supplies

- Fundraising Available but NOT required
 - *Basket Raffle is Required
- Payment Plans/Gifts Cards/Financial Options
- Next Payment: \$500 by 10/15
- Final Payment: All due 12/31/23
- Cash/Check (price listed)
- Venmo 2%/Square 3%/SportsEngine 4%

BOYS \$1315

IGNITE \$1750

FLAME \$1800

ADDITIONAL FEES

COVERED BY PLAYER

- Travel expenses: transportation, food, hotel
- shoes/team socks/knee pads, spandex (girls)
- Heat Apparel, optional
- Additional tournaments if parents agree (\$30-\$50 per player)
- Team bonding expenses as needed
- Badger Region Membership
- Team/Individual professional photo, optional



Bites and Barbells Health Programming...

Included with Player Fees

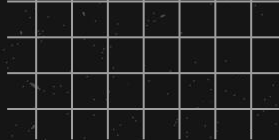
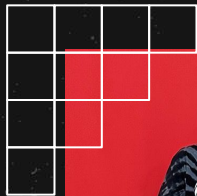
- Home WorkOut Program for Athletes
 - 2 workouts per week
 - Beginner Friendly with focus in strength, agility, core, and vertical training
 - Pre/Post Season Self Assessment to monitor progress
- Nutrition for Athletes
 - 2 Fact Sheets per month
 - Content to include pre/post practice fuel, tournament day breakfast, tournament meal/snack packing list, hydration tips, etc.

Optional Add-ons with Cost

- B&B Demos and Q/A Zoom Calls for Athletes and Parents
 - \$5 per player paid at time of service
 - 5 Sessions: First week practice, and 1x per month
 - 45 min/session key exercise demand Q & A time
- Barbells:
 - 30 minute work out before/after practice weekly \$5/per or \$75/season
 - Personalized In-Season Training Program: \$150*
 - Personalized Post-Season Training Program: \$250*
- Bites:
 - Daily Calorie/Macro Calculations: \$25
- Bundles:
 - 1 mon Training Program & Calorie/Macro Calculations: \$100*
- *starting price based on 1 workout per week



Contact Keegan at bitesandbarbellsss@gmail.com with questions!



Tournaments

Oct 12!!!

Website will be updated as
accepted!

Winter Warm Up:

December 13: 12 Black, 13 Red, 13 White, All 14's

PM: 13 Black, 16 Flame, 16 Ignite, 18 Red

December 14: All 15's, 16 Red, 18 Flame

Badger Region Championships:

March 7/8: 14 Flame/16 Flame/16 Ignite: Madison

March 14/15: 12's, 13's, 18's: Milwaukee

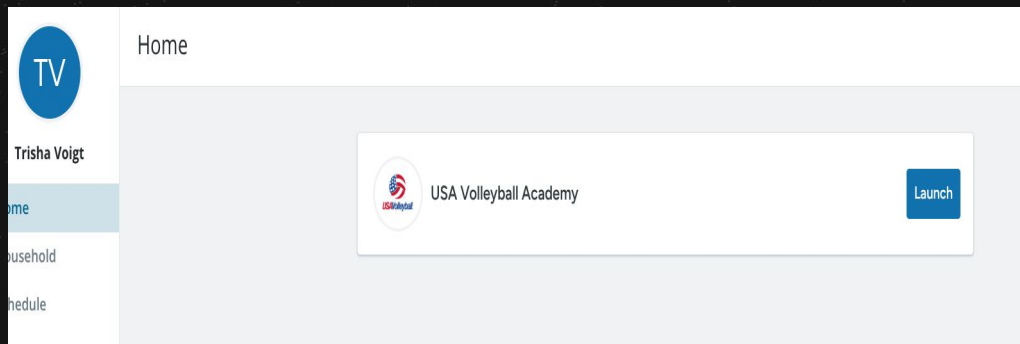
March 21/22: 14 Red/Black, 16 Red, 15's, and 16 Blue: Milwaukee



REF TRAINING MODULES



- SportsEngine website
 - Child's account
- USA Volleyball Academy
 - Launch
- Content Library
 - USAV Junior R1 Training
 - USAV Junior R2 Training
 - USAV Junior Line Judge Training
 - USAV Junior Scorer Training
 - USAV Junior Asst. Scorer/Libero Tracker Training



FUNDRAISING 101

- Actual cost of club versus player fees
 - Around \$450 per player
- Individual Opportunities
 - Kwik Trip Car Wash
 - Kwik Trip Gas Cards
 - Serve-A-Thon
- Whole Club
 - Restaurant Nights
 - Team competitions
 - Invite family/friends!!!
 - Winter Warm Up
 - Basket Raffle
 - Ask for donations for the raffle
 - Invite family/friends!



HEAT'S
WINTER WARM UP
DECEMBER 13/14
WHY WE FUNDRAISE

HEAT IS COMMITTED TO PROVIDING TOP NOTCH VOLLEYBALL COACHING FOR THE YOUTH OF OUR COMMUNITY. BY RAISING FUNDS TOGETHER, WE CAN ATTRACT AND RETAIN A HIGH QUALITY COACHING STAFF, ENSURING OUR ATHLETES RECEIVE HIGH QUALITY INSTRUCTION AND SUPPORT. IT ALLOWS US TO KEEP CLUB FEES AFFORDABLE, MAKING THE SPORT ACCESSIBLE TO MORE PLAYERS.

EXPECTATIONS...

01

PLAYER CONTRACT

- **Practice:** On Time and Give it your All
- ▲ • **Attendance:** All events, must communicate prior
- ▲ • **Transportation:** Coaches can NOT drive players
- ▲ • **Sportsmanship:** Show respect to ALL - players, opponents, refs, Coaches, parents
- ▲ • **Code of Conduct:** Same as school
- ▲ • **Cell Phones:** Keep them in your bags!
- ▲ • **Social Media:** You are responsible for what you say/post/forward/message, etc.
- **Playing time:** It is earned!!! Talk to your coach.
- **Physical Best:** Rest, Hydrate, Nourishment

02

PARENT CONTRACT

- **Communication:** Empower players, parent role vs coach role
- **Inappropriate Behavior:** Report to President or Vice President
- **Conflict Resolution/Grievance Procedure:** 24 hour rule, involve players, rational, problem solving, in person
- **Refunds:** Non-refundable regardless of reason, injury at Heat event on a case by case basis
- **Player Fees:** pay on time, reach out if need assistance, online payment fees are responsibility of parent, include name/team on checks, late fee if over 15 days, Coaches do NOT accept payments
- **Fundraising:** Optional, assists with player fees
- **Sportsmanship:** Be a positive example

Copies of contracts available on Club Parents page of website along with google form to sign electronically.

VISIT OUR WEBSITE!

- <https://www.heatvbc.com/home>
- Parent Portal
 - Contracts, Fundraising, Restaurant Nights
- Team Pages (practice times/locations)
- Meet the coaches and Board
- Heat calendar
- FAQ
- Positive Coaching Alliance
- Follow us on Facebook and instagram



▶ ▶ ▶ ▶ ▶

THANK YOU to our SPONSORS

Still seeking
sponsorships!

<i>SPIKE</i> \$1000	<i>SET</i> \$500	<i>BUMP</i> \$250	<i>SERVICE</i> \$100
	Bergstrom	STIFEL Investment Services	Dairy Queen
	Fox Cities Appraisal		
	Don Hietpas & Sons	<i>SET</i> \$500	
	PRN Health	Beem Light Suana	
	Kolosso Dealership	Bristol Hospice	





THANKS!

DO YOU HAVE ANY QUESTIONS?

General questions: heatvbcjodi@gmail.com

Operations: heatvbctrish@gmail.com

Sponsor/Fundraiser Ideas: amhiepas@gmail.com

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OTHER HEAT HAPPENINGS....



VOLLEYSEEDS

- 5-9 year olds
- Coach Payton
- Winter 1 & 2 Sessions



ADULT LEAGUE

- Drop in Format
- Friday, 7-9 PM
- \$10/night



LESSONS

- individual/small group
- Starting late fall

