



# VISION

Provide an opportunity to compete at the highest possible level, while emphasizing the value of teamwork, commitment, and priority management. To grow DIGS Volleyball Club and improve the level of volleyball in our region.

# MISSION

To develop our athletes character, life skills, and passion for the game while educating and encouraging our athletes in their pursuit to become better volleyball player.

# VALUES

Teamwork - Sportsmanship - Effort - Respect - Effective Communication

# DIGS Volleyball Club: Quick Facts



- **Established in 1987**
- **DIGS is a not-for-profit organization**
- **We are a parent-run organization**
- **Compete locally in GEVA (Garden Empire Volleyball Association) region for USA Volleyball & AAU's**
- **DIGS Competitive Season: The week after Labor Day weekend thru beginning of March (GEVA Regionals)**

# WHAT MAKES DIGS UNIQUE ?

- Our coaching staff is highly qualified!
- We are a parent run organization with a board.
- 9 coaches currently coach a high school program.
- 10 coaches at our club have or currently coach at the collegiate level.
- 9 coaches were former DIGS players.
- Our head coaches only coach one team so we can provide players with a quality experience.

# TRAINING SCHEDULE

<b>Labor Day Thru Thanksgiving</b>	<b>Ct 1</b>	<b>Ct 2</b>
<b>Village school Tue/Thur 6-8</b>	Boys 14R	Boys 14R
<b>Village school Tue/Thur 8-10</b>	Boys 17R	Boys 18R

<b>Post Thanksgiving to end of season</b>	<b>Ct 1</b>	<b>Ct 2</b>
<b>TBD (Days/time)</b>	Boys 14R	Boys 14R
<b>Village school Tue/Thur 8-10</b>	Boys 17R	Boys 18R

# TOURNAMENT SCHEDULE

Age			14u	17u	18u
Event	Dates	Location			
Wicked Good Challenge	Dec 16 - 17	Providence, RI		X	X
GEVA Tournament 1	TBA	TBA	X	X	X
GEVA Tournament 2	TBA	TBA	X	X	X
GEVA Tournament 3	TBA	TBA	X	X	X
Bane Northeast Qualifer	Feb 18 - 19	Manheim, PA		X	X
GEVA Regionals	TBA	TBA	X	X	X

\*Teams can qualify for USA Volleyball Boys National Championships (June/July) or sign-up for AAU Boys National Championships (May) – this is a team decision in conjunction with the coaches. These are not included in the basic dues and would cost extra.

\*Teams can sign up for additional tournaments – this is a team decision in conjunction with the coaches. These are not included in the basic dues and would cost extra.

# DUES AND FEES

2023-2024 season

2023-2024 season				
Age Group	Price Per Player	Competitions	Practices 2x/Week	Saturday Training (Team/Positional)
14	\$2,200	0 overnight - 4 regional	X	From Labor Day to Thanksgiving
17	\$3,300	2 overnight - 4 regional	X	From Labor Day to Thanksgiving
18	\$3,300	2 overnight- 4 regional	X	From Labor Day to Thanksgiving

# What is Included?

- All GEVA and pre assigned tournament registration fees.
- Two 2-hour training sessions per week
  - Position specific training Sunday's (see Dues and Fees)
- 2-3 tournament jerseys(Slunks, UA)
- Travel Bag
- Officiating & Scorekeeping Certification
- Out of region tournaments included in tournament schedule (see slide6)
- Athlete ticket for End of Season Gala
- All Inclusive travel club.

# What's not Included?

- Required – 2 Practice Shirts and UA Hoodie - \$90  
- \$105 (This will be purchased through club store)
- Additional Gear- sneakers, knee pads, etc.
- Socks
- Meals for tournaments (meals for coaches)
- Travel/lodging for tournaments – hotels, airfare, or gas.
- \*Additional tournaments- any add on local, travel, or National tournament
- Annual Gala – \$80 (approx.) per family member
- Strength and conditioning fee
  - a. D1 Training
  - b. Freak Strength



# DIGS OFFICERS

## Executive Board

**President:** Warren Tom

**1st Vice President:** Gina Bijelonic

**2nd Vice President:** Rachel Bello

**Treasurer:** Warren Tom

**Secretary:** Ashley Fitzsimmons

## Trustees

Bill Lee & Jennifer Quirk

## Business Administrators

Susan Jaskot & Marcie Waldeck

# Recruiting Coordinator: Stephen Santonastaso



Steve will be advising families in the college recruiting process bringing 28 years of college and club volleyball experience to our high school age group athletes.

This serves as a natural crossover with Steve's current position where he serves as a professional recruiting coach working with a nationwide recruiting platform, NCSA, supporting and advising families through the recruiting process.

Prior to joining DIGS as a full-time coach, Steve spent a season with the Rutgers (New Brunswick) volleyball program, helping the Scarlet Knights to become a team on the rise establishing numerous program firsts.

Steve spent 15 years coaching at his alma mater, the University of Rhode Island, including the last three seasons at the helm of the Ram program. He was elevated to head coach after spending 12 seasons with the program including nine seasons as associate head coach.

Steve graduated from the Univ. of Rhode Island in 1993 with a Bachelor of Arts in physical education with a concentration in athletic training and earned a Master's in athletic training at San Jose State University.

## Club Director: Rachel Bello

- Played for DIGS for 7 years.
- Coaching at DIGS for 16 years
- Graduated from the University of Rhode Island in 2007 with a BS in Kinesiology
- 4-Year Player for the URI Rams Volleyball Team, 2 years as captain
- Assistant Coach for URI Rams Volleyball in 2008
- Assistant Coach, Assistant Camp Director, Head Coach, Manager, and Assistant Camp Director at the URI Volleyball Camp – 5 years
- Coached and played one season (2011-12) professionally for the TSV Hartberg Volleyball Club in Hartberg, Austria.
- In her 10<sup>th</sup> year as a physical education teacher.
- Assistant Women's Volleyball Coach at NYU, 5<sup>th</sup> season - helped lead the team to win the conference championship in 2021 and to the final four of DIII NCAA's in 2022
- Masters in Educational Leadership from Concordia and Masters in Positive Coaching and Athletic Leadership from The University of Missouri



## Boys Club Director: Warren Tom

- Coaching at DIGS for 21 years
  - Coaches teams that earned a GEVA National Bid:
    - 15 American Division (2015),
    - 16 American Division(2012)
    - 17 Open Division (2008)
  - 2011 Earned National Bid at Northeast Qualifier with 18 American Division
- Graduated from the Sevens Institute of Technology in 2002 with a BE in Engineering Management
- 4-Year Player for the Stevens Men's Varsity Team, 1 year as captain
- Assistant Player Coach for Stevens Women's Team, 1 Year
- Assistant Coach Women's Volleyball Team at Felician University (2022-2023)
- Head coach of Girls Volleyball Team at Academy of the Holy Angels High School for 4 years
- Head coach of the Boys Junior Varsity & Freshman Team at St. Peter's Prep High School for 2 years.



# Coaching Staff Assignments

	Head Coach	Assistant Coach	Assistant Coach
<b>18 Red</b>	Rhett Arcilla	Sophia Spiridonakos	Warren Tom / Other DIGS Coaches
<b>17 Red</b>	Jason Jones		
<b>14 Red</b>	Warren Tom	David Korunovski	

	Head Coach	Assistant Coach	Assistant Coach
<b>18 Red</b>	Jason Jones	Rhett Arcilla	Sophia Spiridonakos / Warren Tom
<b>14 Red</b>	Warren Tom	David Korunovski	Other DIGS Coaches

\*Team Structure if we don't have enough for 2 teams at the older level

# MAKING A TEAM

- Our selection process involves an athletic assessment based on the results of generally established testing methods. We also factor in athletic ability, skill demonstration, position and court presence during the clinic/tryout period.
- Athletes are placed on a team where their athletic level allows them to learn, contribute, and compete without feeling overwhelmed or out of synch with other players, or unable to participate fully in drills or tournaments.
- Teams will be formed upon completion of the tryouts.
- Team invitations will be sent via email and posted by number on website.
- Acceptances are due within 72 hours by "replying" directly to the email invitation with an "accept" or "decline".
- Upon acceptance you must make your first dues payment online (1/3% of total annual dues) to reserve your spot.
- If a player turns down the invitation, the first player on the waitlist will be called.

# PLAYING TIME POLICIES

- Knowledge and Ability
- Performance/Attendance in training sessions
- Team needs
- Position requirements and demonstrated commitment.
- These decisions are the sole discretion of our coaching staff.
- Playtime is governed by the rules of volleyball. 12-sub limit, player must only exchange for the same rotational position.
- This is a competitive club that will strategically play athletes for the best chance of winning.
- All athletes on the team will get playing time but not all playing time will be equal

# Whats Next?

- Selected players will receive email invitations to a specific team and their corresponding numbers will be posted on the website
- If a player turns down the invitation, the first player on the waitlist based on the needs of the team and the tryout results is called
- The website will be updated with the new players' number (replacing the one that turned it down)
- When a team is full with all players having accepted their invitations, the website will be updated to indicate that the team is full.
- We will not be calling anyone else on the waitlist for that team.
- Team registration completed via online payment
  - First installment of 33 1/3rd % due at time of acceptance
  - Remaining payment schedule (1/3rd increments): 10/11, 11/1

## **Season begins:**

**Village School:** begin **Tuesday, September 5th**

Position Training tentative schedule: **September - November**

## **Mandatory parent meeting:**

Village School: TBD

Club commitment contracts and forms to be signed and submitted at parent meeting.

Uniform and warm-up orders taken



# What do we do?

- We offer competitive team training and developmental clinics.
- We provide a safe and positive environment that fosters growth and a passion for the sport of volleyball.
- Provides athletes with high-level training and instruction in a positive learning environment that fosters personal growth and development and a passion for the game of volleyball.
- Our goal is to teach/foster important life skills athletes will use on and off the court and educate players and parents about the college recruiting process.
- Teach players how to deal with adversity through teamwork.
- Encourage our athletes in their academic pursuits to be the best they can using time management skills they learn through volleyball.
- Encourage our athletes to take pride in their performance, and to positively represent this program, and community as well.

## **Key Principles**

- ⚖ Improvement through defined goals, structured training, thorough preparation, measured anticipation, and live competition
- ⚖ The provision of equal training time for all club members
- ⚖ Decisions regarding team placement and tournament playing time are made by the coaching staff alone

## **Our Goals**

- ⚖ Teach the values of teamwork, sportsmanship, leadership, time management, commitment, and hard work through the game of volleyball
- ⚖ Provide quality skills instruction, training, and coaching
- ⚖ Enjoy volleyball through fun times and challenging competition
- ⚖ Build self discipline, confidence, and self esteem

# Parent Reference Information

**USA Volleyball Rules of Play:**

**<https://usavolleyball.org/play/rules-of-volleyball/>**

**USA Volleyball Grassroots - John Kessel Play Time:**

**<http://www.teamusa.org/USA-Volleyball/Features/2015/March/30/You-are-Paying-for-Practice-Not-Playing>**

**Train Ugly - Praise and Mindset**

**<https://youtu.be/NWv1VdDeoRY>**

**Train Ugly - Learning**

**<https://youtu.be/u9WpHHJz5Dc>**