





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

Develop our athletes character, life skills, and passion for the game while educating and encouraging our athletes in their pursuit to become better volleyball players

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 following Thanksgiving through the end of May**



WHAT MAKES DIGS UNIQUE ?

- Our coaching staff is highly qualified!
- We are a parent run organization with a board.
- Highly qualified coaching staff with many coaching at the local high schools and colleges.
- 10 female coaches that are former DIGS players.
- Our head coaches only coach one team so we can provide players with a high quality experience.

TRAINING SCHEDULE

	Ct 1	Ct 2	Ct 3
Village school Mon/Wed 6-8	11	12	
Village school Mon/Wed 8-10	16w	17w	
Village school Tue/Thur 6-8	13r	14b	
Village school Tue/Thur 8-10	Boys	Boys	
Oakland Mon/Wed 6-8	15r	15w	
Oakland Mon/Wed 8-10	16r	17r	18's
Oakland Tue/Thur 6-8	14r	14w	

TOURNAMENT SCHEDULE

Age			11u	12u	13u	14u	15u	16u	17u	18u
Event	Dates	Location								
MLK Weekend	Jan 13 -15	Pennsylvania					X	X	X	X
GEVA Tournament 1	TBA	TBA	X	X	X	X	X	X	X	X
GEVA Tournament 2	TBA	TBA	X	X	X	X	X	X	X	X
GEVA Tournament 3	TBA	TBA	X	X	X	X	X	X	X	X
Capitol Hill Classic	Feb 17 - 19	Washington, DC					X	X	X	X
Northeast Qualifier II	Mar 8 10 / Apr 26 - 28	Phil. or Balt.						X	X	X
GEVA Regionals	TBA	TBA	X	X	X	X	X	X	X	X
Fun at the Sun	May 25-27	Mohegan Sun,CT			X	X	X	X	X	

*Teams can qualify for USA Volleyball Girls National Championships (June/July) or sign-up for AAU Girls 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

Age Group	Price Per Player	Competitions	Practices 2x/Week	Saturday Training	Sundays Positionals
11/12	\$1,850	0 overnight- 4 regional	X		*
13	\$2,400	1 overnight- 4 regional	X		*
14	\$2,400	1 overnight - 4 regional	X		*
15	\$3,400	3 overnight - 4 regional	X	X	X
16	\$3,650	4 overnight - 4 regional	X	X	X
17	\$3,650	4 overnight - 4 regional	X	X	X
18	\$3,400	3 overnight- 4 regional	X	X	X

*TBD some Sunday Trainings will be provided

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 tournament jerseys (1 jersey for 11u/12u)
- Officiating & Scorekeeping Certification
- Out of region tournaments included in tournament schedule (see slide 6)
- Athlete ticket for End of Season Gala

What's not Included?

- Required - 2 Practice Shirts and UA Hoodie - \$90-105
(This will be purchased through club store)
- Spandex & Socks - \$40 (optional)
- Travel Warm-up - \$140 (optional)
- Travel backpack - Ages 15 – 17 (required) - \$55
- Sneakers, knee pads, etc.
- 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
- Add on Strength and conditioning training
 - a. D1 Training
 - b. Freak Strength

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
 - Divide the season into thirds?
 - 1st $\frac{1}{3}$ everyone plays equally
 - 2nd $\frac{1}{3}$
 - 3rd $\frac{1}{3}$ playing to win at all time

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 10th year as a physical education teacher.
- Assistant Women's Volleyball Coach at NYU, 5th 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



Coaching Staff Assignments

Girls			
	Head Coach	Assistant Coach	Assistant Coach
18 red	Warren Tom	Madisyn Beirne	Sophia Spiridonakos
17 red	Jenna Lara *	Bill Lee *	Ashley Cornett *
17 white	Ryan Camua *	Deirdre Corrigan *	Alexis Rolon *
16 red	Haris Brkovic *	Caleigh Golabeck *	Rhett Arcilla
16 white	Karina Almeda *	Kamil Garbowski	Kayla Cruz *
15 red	Steven Santonastaso **	Jess Blaze	Rachel Bello **
15 white	Dana Kim *	Jen Stuber *	
14 red	Steve Corn *	Kelly Daley *	Jamie Mcpartland
14 white	Amanda Rachwal *	Madeline Matheny	Julia Wilkins
14 blue	Jen Stuber *	Yumi Higuchi	
13 red	Britni Jaskot *	Jenna Westley	Julia Gould *
12 red	Gina Bijelonic *	Megan Bushnell	
11 red	Erin Ludwig *	Alexis Rolon *	
	*Former DIGS Player	*High School Coach	*Collegiate Coach(former/current)

MAKING A TEAM

- Our selection process involves an athletic assessment. We factor in athletic ability, skill demonstration, position, coachability, attitude, and court presence during the 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/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.

Whats Next?

*Once a player completes the acceptance process

Season begins:

Village School: Begin Monday, 11/29 (Mondays in November/December will be at NJ Sports House)

NJ Sports House: Begin the week of 11/27 (12 Wright Way Oakland NJ)

Position Training: Begins Sunday December 3rd (12 Wright Way Oakland NJ)

*Based on team tournament/travel schedules

* Coaches will assign positions but players are welcome to attend any addition training sessions they want

9-10am Setters

10-11am Middles

11am-12pm Outsides

12-1pm Ball Control (libero/DS)

Mandatory parent meeting:

Village School: First Week of practice

NJ Sports House: First week of practice

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

Uniform and warm-up orders taken

DIGS Alumni Class of 2023

Abigail DePeri - University of Hartford

Madelynn Faber - University of Alabama

Madison Fusco - Virginia Tech University

*Michela Voit - Johnson & Wales University

*Bridget Lonergan - Tufts University

Jamiee Keys - University of Pennsylvania

*Lauren Stuart - Bard University

*Brookelyn Talmadge - Bryant University

*Sabrina Arcilla - Saint Joseph College of Maine

*Cammi Quirk - University of Scranton

*Competing in college

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.

Parent Reference Information

GEVA Resources

<https://www.geva.org/juniorsresources>

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>