



INFORMATONAL MEETING

Parent/Player Informational Meeting 2015-16



- WELCOME -

Introductions

- Paul Reed - Club Owner/President
- Nicole Johnston – Club Director
- Sandra Sites - Club Admin. and Membership Director
- Media Cloutier - Club Admin. and Communications Director
- Jayme Wantowski & Maya Crawford – Accounts Payable and Billing Questions

Coaching Staff

MHAC strives to find high quality, dynamic coaches. We are fortunate to have the following individuals on board for the 2015-16 season.

- Ariane Donovan

- Hailey Stinson

- Cirriah Shultz

- Alyssa Hall

- Kristel Baeckel

- Anna Vieru

- Casi Johnson

- Andrea Helman

Why play club?

- Elevates the level of play.
- Preparation for high school.
- College readiness and recruitment.
 - Of the graduated MHAC seniors, over 50% play at the college or university level.
- Relationships and memories.
- Lifelong skills and quality learning opportunities.
 - Team building, goal setting, communication, etc.

Why play club with MHAC?



About MHAC

- Established in 2008
- Born from a need for an affordable, high quality east county club.
- Our goal is to provide the community with a youth program that not only supports the love and elevation of the game, but that is also centered around health, fitness, and overall positive life skills.
- No other east county club can offer girls the benefits of the athletic facility and workable payment plans.

Our Mission:

We believe in...

- ❑ Hard work and working together.
- ❑ Effectiveness and efficiency.
- ❑ Logic and specificity.
- ❑ Facts, not opinions.
- ❑ The little things ARE the big things.
- ❑ Self-discovery and self-improvement.
- ❑ Goal-setting and a growth mindset.
- ❑ Evaluation and “feed-forward.”
- ❑ Gratitude and humility.
- ❑ Achievement isn't measured simply by a scoreboard.
- ❑ Success is the journey, not the destination.
- ❑ We believe there's a win-win situation without the win-at-all-cost mentality.

Our Mission: We believe in...

- At TEAM MHAC, we believe in helping all stakeholders (coaches, parents, players and staff) become the best people they can be. Each individual is a part of our program, our family and ideally, part of the TEAM MHAC legacy.
- What separates this volleyball club from so many others? WE WORK TOWARDS BUILDING THE PERSON WITHIN... who will YOU become in the process?

Tryouts – **NEW TIMES**

- **12U - Sunday, November 1st @ 12:00pm (MHAC Main Gym)**
- **14U Sunday, November 1st @ 2:30pm (MHAC Main Gym)**
- **16U Saturday, November 21st @ 12:00pm (MHAC Main Gym)**
- **18U Saturday, November 21st @ 3:00pm (MHAC Main Gym)**
- We may call for additional tryout sessions if necessary.

Tryouts – Age Definitions

- 18 and Under Division: Players who were born on or after September 1, 1997
- 16 and Under Division: Players who were born on or after September 1, 1999
- 14 and Under Division: Players who were born on or after September 1, 2001
- 12 and Under Division: Players who were born on or after September 1, 2003

Requirements for Tryouts

WHAT YOU NEED TO BRING:

- ✓ **CEVA/USAVB Membership COMPLETED**
 - ✓ Bring a copy of your current membership card or print out the email confirmation.
- ✓ **CEVA Medical Release Form Filled Out**
- ✓ **CEVA Concussion Form Filled Out**
- ✓ **MHAC Tryout Form Filled Out**
- ✓ **\$20 cash or check**
 - This covers CEVA insurance, coach lunch, and running tryouts costs.
- ✓ Dressed down, athletic attire and shoes.

USAVB/CEVA Membership

- You do not have to choose the club at the time of registration. If you are unsure, pick the “UNDECIDED” option until after tryouts.
 - **Once you choose a club, you MUST go back and change this. You cannot be added to a roster without choosing MHAC as your club.**
- You may opt to do the One Day \$10 CEVA membership.
 - **Once you have a position and choose your club, you MUST go pay the difference. You cannot be added to a roster without a full membership.**
- **Once again, players cannot practice, or be added to a roster until they have paid the CEVA fee and picked MHAC as their club.**

What happens after tryouts?

Making Teams:

- Coaching panel meets to discuss and create an initial placement/teams.
 - Note: placement may not be final. There may be movement amongst the teams. We may also call for a secondary tryout date.
- Teams will be posted on our website immediately following tryouts.
- If your child has been added to the wait list, or did not make a team, I will personally call you to discuss options.
- Once you have accepted a spot, drop your **Letter of Commitment** form off at MHAC or bring it to the registration meeting.

Team Registration

The team registration and signing is vital to attend.

- Parent/player meeting with the team and coach.
- Discuss player/parent agreement and club policies.
- Fill out membership paperwork and payment schedule/EFT information.
- Place size orders for uniforms, warm-ups, practice shirts and other gear.
- This meeting is **MANDATORY**.

Team Registration

Dates are TBD, and will be shared at Tryouts and on the website.

- 12U – November 10th @ 6:00pm
- 14U – November 10th @ 6:00pm
- 16U – November 24th @6:00pm
- 18U – November 24th @6:00pm

MHAC Volleyball Bootcamp

- Team and Skill Building Camp with all MHAC players and coaches.

- TBD

Practices

- There will be 2 practices per week.
- Times are TBD.
 - Monday/Wednesday 4-6
 - 12U Possible Sunday Practice
 - The rest practice Tuesday/Thursday between the hours of 4:00-9:30

Red or Black: What is the difference between teams?

- Black (aka Elite) = Travel/regional = \$1250 season fee
- Red (aka Club) = Metro/local = \$950 season fee

Black Teams – \$1,250

Tournaments:

- CEVA Friendship Tournament in December
- 4 Power League Tournaments Jan-April
- 2-3 Friendship Tournaments
- President's Day Tournament
- Willamette Classic in May
- CEVA Regionals

Gear/Other:

- An awesome coach!
- 2 high performance jerseys (you keep)
- 2 Practice t-shirts (required to wear)
- Warm up pullover/jacket
- Backpack/gear bag
- Option to purchase warm-up pants at extra cost. You supply your own black spandex.

Red Teams – \$950

Tournaments:

- Possible CEVA Friendship Tournament in December
- 4 Power League Tournaments Jan-April
- 2-3 Friendship Tournaments
- CEVA Regionals (14-18s)

Gear/Other:

- An awesome coach!
- 1 basic jersey, 1 high performance jersey (you keep)
- 2 Practice t-shirts (required to wear)
- Warm up pullover/jacket
- Backpack/gear bag
- Option to purchase warm-up pants at extra cost. You supply your own black spandex.

Budget Breakdown (per team basis)

- Coaches stipend and travel expenses
- Facility and Membership Fee for Mt Hood Athletic Club
- CEVA Team Fees
- Equipment
 - Balls and ball bags
 - Nets/upkeep
 - Med Kit
- Tournament Fees
 - Friendship \$350-\$450
 - Power League \$600
 - Regionals \$300-\$350
- Warm up gear
- Uniforms
- T-Shirts
- Awards Banquet
- Administrative Fees
 - Flyers, printing, staffing

What happens if...

- ❑ My daughter decides club volleyball is not for her and wants to quit mid-season?
- ❑ Regardless of the reason, **there are no refunds.**
 - ❑ The club pays out ALL fees at the beginning of the season.
- ❑ In addition, you may not take a spot on a team if you have outstanding bills from MHAC or ANY other club.
 - ❑ CEVA is committed to enforcing this to help clubs eliminate “club jumping” as a result of unpaid fees.

Important Season Dates

- November 1st – 12/14 Tryouts
- November 1st – 16/18 Tryouts
- November 10th – 12/14 Registration
- November 24th – 16/18 Registration
- December 11th – Winter Wonderland Middle School Dance
- December/January (specific dates TBD) – Team picture nights
- February 5th – Valentines Middle School Dance
- May – End of Season Awards Banquet

Fundraising at MHAC

- **Club Fundraisers** provide the club with funds for Scholarships and to be able to cover the costs of additional equipment, coaching, or team needs in the season. We only have 2 mandatory participation club fundraisers:
 - Holiday Dance, December 11th from 6-8:30pm.
 - Valentine's Dance, February 5th from 6-8:30pm.
- **Team/Individual Fundraisers**
 - All proceeds go directly to the player or team to cover costs.
 - Hot Dog Sales, Christmas Tree Sales, Flower Baskets, Chowder Sales etc.

Scholarships

- MHAC grants scholarships to individual girls based on:
 - Financial Need
 - Thoroughness of application
 - These range between \$100-\$300
 - Scholarship applications due January 1st
 - Award notification by January 15th.
 - You must complete your season and be current with dues for the scholarship to be credited to your account.

- 5 girls received scholarship funds in 2015-16.

- The more money raised at Dances, the more scholarships we are able to give.

Sponsorships

- Individual Sponsorships are the way to go!
 - 4 girls that had their entire club experiences paid for.
 - Several had a good portion of their season fees covered.
 - Tax deductible for businesses.
- Sponsorships are the individual's responsibility to attain.
 - All paperwork and money must be turned into the bookkeeper to be credited to the account.
- Check our the website for the necessary paperwork and for a convenient, ready-made sponsor request letter.

Regionals

- In Portland again this year!
 - Oregon Convention Center
 - This means no travel or lodging costs. Yay!
- 2 days for ALL teams, however LIMITED SPACE.
- VERY EXCITING.

Mt Hood Athletic Club Membership

- Players get membership:
 - Under 13 = limited use.
 - 13+ = full access members.

- 15+ Classes Per Week
- Weight Room
- Cardio Floor

- A special offer to MHAC parents:
 - Discounted enrollment!
 - Good option while girls practice!
 - Please see Membership Director Sandra Sites

Q & A

- More questions?
- Visit the website: www.mhacvolleyball.com
- Contact Us:
 - Director: Nicole @ Nicole_johnston@ortrail.k12.or.us or 503.730.2571
 - Club/Membership: Sandra 503.826.0565
 - Accounts and Billing: Maya or Jayme 503.826.0565