

LoneStar Volleyball Club, Ranked the #5 Club in North Texas!



Hosting teams in all age divisions 9U to 18U.

The LoneStar Volleyball Club family of coaches and staff would like to offer a warm invitation to your family to consider our club for the upcoming season.

The club environment can be an overwhelming and intimidating venture. LoneStar Volleyball Club wants to ensure you have the necessary information to make the best decision for your athlete. This handout is a summary of tryout information and team details. Further details are located on our website, however, if you have unanswered questions, please contact us, we'll be happy to discuss our club family with you in person!

We look forward to the privilege of training your athletes!

Program Details: As a member of the North Texas Region of USA Volleyball, LoneStar Volleyball Club provides a competitive program dedicated to advancing the development of junior athletes through the pursuit of excellence in volleyball, fostered by a highly qualified, professional staff.

Mission: LoneStar Volleyball Club provides the technical, tactical and physical training necessary to allow volleyball athletes to be strong, successful players. The Club enables athletes to reach their maximum playing potential through excellence in coaching during intense practice and tournament situations.

Benefits

- Customized training program based on the Gold Medal Squared standards
- Strong, experienced, professional coaching staff led by former college coaches & scholarship athletes
- Training held in Frisco at LoneStar Sports Center, home of LoneStar Volleyball Club
- Tournaments scheduled for optimum competition and collegiate recruiting exposure

Pre-Tryout Evaluation Clinics

Club Pre-Season Evaluation Clinics allow athletes the opportunity to work with the LoneStar Volleyball Club coaches and to experience our training methodology. LoneStar will host clinics up to club tryouts so that athletes are introduced to our coaching team and have an opportunity to warm up prior to tryouts. Registration is required. Please register on-line: www.LoneStarVolleyball.net

10U – 12U Wednesdays 5:30p-7:00p Fee: \$15 for each	13U Sundays 1:00p-3:00p Fee: \$20 for each	14U Sundays 1:00p-3:00p Fee: \$20 for each	15U Sundays 4:00p-6:00p Fee: \$20 for each	16U & 17U Sundays 4:00p-6:00p Fee: \$20 for each	18U Wednesdays 7:30p-9:30p Fee: \$20 for each
08/03 09/07	07/31 09/11	07/31 09/11	07/31 09/11	07/31 09/11	07/31 09/11
08/10 09/14	08/07 09/18	08/07 09/18	08/07 09/18	08/07 09/18	08/07 09/18
08/17 09/21	08/14	08/14 09/25	08/14 09/25	08/14 09/25	08/14 09/25
08/24	08/21	08/21	08/21	08/21	08/21
08/31	08/28	08/28	08/28	08/28 10/02	08/28 10/02

Open House for Parents and Athletes – Wednesday, August 24th, 6:00p–7:00p or Sunday, September 18th, 3:00p–4:00p.

Visit LoneStar Sports Center and join the staff of LoneStar VBC to learn what our club family has to offer your athlete.

Tryout Information

LoneStar Volleyball Club will be holding tryouts for all positions for 9U through 18U (per USAV guidelines).

Athletes must attend the tryout date in their age division.

Tryout Registration

All athletes participating in tryouts MUST complete the following registration processes PRIOR to attending tryouts.

1. Register with USA Volleyball and pay at www.NTRVolleyball.net. A copy of the USAV membership card must be presented at tryouts.
2. From the NTRVolleyball.net site, print, complete and bring the Medial Waiver (<http://ntrvolleyball.net/forms/>)
3. Register with LoneStar Volleyball Club and pay for tryouts at www.LoneStarVolleyball.net

Tryout Dates The tryout fee is a one-time fee that is applicable to try outs only.

10U – 12U Saturday, 09/24 3:00p–6:00p Fee: \$35 2015 LSVBC members \$45 new members	13U Saturday, 09/24 6:00p–9:00p Fee: \$35 2015 LSVBC members \$45 new members	14U Saturday, 10/01 3:00p–6:00p Fee: \$35 2015 LSVBC members \$45 new members	15U Saturday, 10/01 6:00p–9:00p Fee: \$35 2015 LSVBC members \$45 new members	16U Saturday, 10/08 3:00p–6:00p Fee: \$35 2015 LSVBC members \$45 new members	17U & 18U Saturday, 10/08 6:00p–9:00p Fee: \$35 2015 LSVBC members \$45 new members

LoneStar Volleyball Club Team Descriptions

Club Prep Teams - For experienced younger athletes to begin training early for higher competition. Ages: 9, 10 & 11 years

- Goal of this team is to transition younger athletes into club competition.

Regional – For highly skilled and competitive athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to obtain a bid to Nationals and give the players the most exposure to college recruiters.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

National – For highly skilled and competitive athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to compete at the highest level of competition within the Nation.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

Elite / Endless Pursuit – For highest skilled and elite level athletes who may be planning a collegiate athletic career. Ages: 11 through 18 years.

- Goal of this team is to compete and win at the highest level of competition within the Nation.
- Level of commitment: All practices and tournaments are mandatory. Allowances made for school-related requirements.

FRISCO	Club Prep Teams (9, 10, 11)	Regional Teams	National Teams	Elite/Endless Pursuit Teams
# of Players	12 players per team			
Staff	Includes head coach			Includes head coach and a dedicated assistant coach
Practice	2 practices/week for 2.5 hours each practice, including DX3 Performance Training			
# of Tournaments	2 club tournament in DFW, winter and spring seasons with Frisco Youth League and Lone Star National Qualifier	9 tournaments in DFW and Lone Star National Qualifier	8 tournaments in DFW, 1 out of state National Qualifier and Lone Star National Qualifier	6 tournaments in DFW, 2 out of state National Qualifiers, Tour of Texas and Lone Star National Qualifier
Custom Uniform Package	1 custom jersey, 1 warm up set, 1 T-shirt jersey, 1 pair spandex, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 1 pair of socks, 1 backpack, 1 window decal Volleyball shoes optional (additional purchase)	2 custom game jerseys, 1 warm up set, 2 spandex shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 2 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal	2 custom game jerseys, 1 warm up set, 2 spandex shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 2 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal	3 custom game jerseys, 1 warm up set, 3 spandex shorts, 1 tournament tee, 2 practice tees, 1 pair of knee pads, 3 pairs of socks, 1 backpack, 1 pair of volleyball shoes, 1 custom window decal

Club Fees	Fee*	# Payments	Deposit	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr
11 Elite & Endless Pursuit	\$2,700 + \$300 *	6	\$800	\$366.67	\$366.67	\$366.67	\$366.67	\$366.67	\$366.67 *
12 Elite & Endless Pursuit	\$3,400 + \$300 *	6	\$1,000	\$450	\$450	\$450	\$450	\$450	\$450 *
13 & 14 Elite 13 & 14 Endless Pursuit 15, 16 & 17 Elite 18 Endless Pursuit	\$3,600 + \$300 *	6	\$1,100	\$466.67	\$466.67	\$466.67	\$466.67	\$466.67	\$466.67 *
15 & 17 Endless Pursuit	\$3,800 + \$300 *	6	\$1,100	\$500	\$500	\$500	\$500	\$500	\$500 *
16 Endless Pursuit	\$4,000 + \$300 *	6	\$1,200	\$516.67	\$516.67	\$516.67	\$516.67	\$516.67	\$516.67 *
All National Teams	\$2,900 + \$300 *	6	\$1,000	\$366.67	\$366.67	\$366.67	\$366.67	\$366.67	\$366.67 *
All Regional Teams	\$2,800 + \$300 *	6	\$1,000	\$350	\$350	\$350	\$350	\$350	\$350 *
Club Prep (9s, 10s, 11s)	\$2,100 + \$300 *	6	\$700	\$283.34	\$283.34	\$283.34	\$283.34	\$283.34	\$283.34

NOTE!!!!!! Fees are based on 2015-16 tournament fees as all tournament fee schedules have not been released. There may be an adjustment made if tournament fees increase. Final fees will be posted on our Club webpage (www.LoneStarVolleyball.net) prior to tryouts and contract signing.

Expenses included in fees:

- NTR player and coach officiating & scorekeeping clinics
- Tournament entry (meals not included)
- DX3 Performance Training
- Uniform & accessory package
- Coach compensation, USAV fees & travel expense
- Administrative & Overhead Expenses
- Facility expense
- Training equipment
- 1 Car window decal

Fee Plan: A payment plan is available. Expense of participating in Nationals is NOT included. Should a team receive a National bid, the team must participate in the National tournament. The fees for attending Nationals will be provided once tournament fees are confirmed. Nationals post-season payments will be extended through June.

* In addition to the club fee, each family will be scheduled for a maximum of 4 hours of service duty (working at a LoneStar-sponsored event; concessions, gate, clean up, etc.) during the current club season ending May 7th. \$300 of the club fee will be credited against the April fee payment or refunded once the 4 service hours are completed, (must be completed by May 7th). If the service hours are not completed by May 7th, no credit/refund will be applied. NOTE: Age requirements apply to certain assignments.

LoneStar Volleyball and DX3 Athlete



Your club player is at the highest competition level and should be practicing and training as an elite athlete. Great athletes prepare, train and play year-round because it is crucial to mitigate the risk of injury, perform at their best and to stay conditioned to the rigors and demands of a high level of play.

DX3 focuses on educating players, coaches, and parents on how to be better athletes. We spend time teaching the mechanics and processes in order to increase their athletic IQ, safety, and ability. Just as cognitive lessons with practical implementation are taught in skill training, DX3 cognitively teaches athletic development.

Your level of play is determined by the speed and power of your execution.

Does your athlete come into season physically prepared for the rigor and level of play? We don't mean: do they have the skill. Do they have the speed, strength and stamina to help keep them from getting injured? Too many athletes are not proactive and miss the opportunity to substantially improve through pre-season or off-season training to help them reach their full potential. The goal of in-season training is to maintain a player's current level and mitigate the risk of injury, focusing on accomplishing minor gains in speed and strength. Every athlete should have a good pre-season program so they are prepared for what is ahead, not playing catch up when season or injury hits. We strongly encourage a year-round training plan so you can prepare for season, stay healthy in season and make better gains in off-season.

LoneStar Volleyball and DX3 Athlete want to ensure you continue to develop through a 7-month training program, December through June for teams 11-18, and a 6-month for Club Prep, January through June. Note that DX3 offers year-round training to LoneStar athletes and families at a substantially reduced rate. DX3 programs are developed specifically to coordinate with your other physical demands such as practice, positional training, school training and games.

LoneStar Club Athletes Program includes:

- Up to 60 Training sessions integrated into LSVBC practices (2 days per week on practice nights)
- Unlimited Instructor-Led, Small Group Training Membership at the Jungle in LoneStar Center (December 1st-June 30th even if their season ends earlier) (Monday-Thursday 4-7 pm, Saturday 9am-2pm)
- Cognitive Instruction that applies to any environment
- Learning proper mechanics allowing for correct training practices and sport execution
- Proper Dynamic Warm Ups for Flexibility
- Power and Vertical Training
- Speed and Agility Training
- Female and Age-Appropriate Resistance Training
- Core Strength and Conditioning
- Pre-competition preparation
- Post-competition recovery (unloading of the body)
- Injury Management Practices for rotational health and joint preservation
- Injury Transition if an athlete should get hurt
- Nutritional Education

Before December and after June DX3 training can be purchased by LSVBC team members at a discounted rate. LoneStar club athlete's family members are invited to join the Jungle for a discounted monthly rate. DX3 trains boys and girls ages 7 and up of all sports. Private, team and organization training available in the Jungle or on location. Let us know how we can serve your athletes.

Check out www.getDX3.com for more information and contact Ronnie Natali, ronnie@teamDX3.com, with any questions about our program.

Fundraising

LoneStar Volleyball is able to provide fundraising events for those interested. Details will be available at the initial club meeting.

- Immediate positions available for the following for athletes who have committed to joining a 2016-17 LoneStar Volleyball Club team only.
- Flexible scheduling is available to work around club tournaments.
- Funds earned will be credited to the athlete's club dues
- NOTE: Does not count toward required service hours and fundraising. Only 1 option can be selected.
 - **Youth League scorekeepers** (minimum age 15 years) – keep score for recreational and competitive teams during each of the youth league seasons.
 - **Contact:** BeltonT@LoneStarVolleyball.net
 - **Café cashiers and servers (minimum age 15 years)** – work at the BlueStar Café serving event guests
 - **Contact:** BSC@LoneStarVolleyball.net

LoneStar Volleyball Club - Frequently Asked Questions

Who should I contact with questions about LoneStar Volleyball Club?

Lacie Allen	Club Program Director	AllenL@LoneStarVolleyball.net	214-686-7200
Zach Villarreal	Senior Training Director	VillarrealZ@LoneStarVolleyball.net	214-422-0706
Jennifer Nichols	Travel Coordinator, Social Media & Promotions	Promotions@LoneStarVolleyball.net	214-578-1302
Amy Henson	Registration Assistance	HensonA@LoneStarVolleyball.net	214-529-2914
Arneva Martin	Executive Director	info@LoneStarVolleyball.net	214-334-3105
Chris Mares	Financial Director	Mares@LoneStarVolleyball.net	214-215-9187

The LoneStar Volleyball Club coaching team is posted on the website at www.LoneStarVolleyball.net. See the Club page from main menu then click Coaching Team button in left menu.

What is Club volleyball?

- Club volleyball is a highly organized national program for junior boys and girls. The governing body is USA Volleyball; which establishes the rules, sanctions events and make certain that every club and player meets the requirements for fair and safe competition. USAV sanctions a national tournament every June to crown a national champion in each age division.

When does the club season start and end?

- The North Texas Region of USAV sets the dates for tryouts that all clubs must honor. Tryouts and contract signing are conducted on specific dates scheduled by the North Texas Region. See Tryout Section of this handout. Tournament play starts in late December and runs through the first of May. The National Tournament is held in June for those teams that qualify. Clubs may participate in as many tournaments as they choose, but most limit the number to around ten per season.

How many clubs/teams are there?

- USAV sanctions thousands of clubs/teams across the USA and Puerto Rico. In the North Texas Region, there are over 120 clubs which makes us one of the largest regions in the nation by the number of registered players. Clubs may participate at all age levels from 8U – 18U and could have multiple teams in each age division.

What are the age requirements to play club volleyball?

- USAV sanctions age divisions from 8U – 18U. Some clubs offer a preparatory program for players as young as 9 years of age which provides valuable tournament experience and professional coaching. The preparatory teams play a limited tournament schedule and must compete in the 12U age division.

Is there guaranteed playing time in club volleyball?

- Every club has their own policy regarding playing time. At the preparatory ages, the LSVBC coaches go to great lengths to ensure every player is developing and is getting equitable play time. At the 12U and older levels, playing time is earned and there are no guarantees with regards to time on the court during the tournaments. LoneStar Volleyball Club provides every parent with our [Playing Time Policy](#) so that there are no surprises to anyone.

My daughter wants to play volleyball for her school; is club a requirement?

- No. However, it is important to note that most High School players in our area do play club volleyball. If your Middle School and High School have a mature volleyball program, you can be assured that most of the players on the roster will be club players. In fact, many of the HS coaches also coach at the club level, so the two programs are connected very closely.

My son/daughter has played in the Frisco Youth Volleyball League (FYVB) league, is he/she ready for club?

- Most likely your player is ready to move forward with a tryout if he/she has had a few seasons of experience with the FYVB league or has attended the LoneStar Academy. FYVB offers a complete path to higher training from Recreation, Competitive, Select, Academy and ultimately, the club program. If you have questions on this progression, please feel free to ask a LoneStar VBC coach or a parent advisor for advice.

What is the time commitment for a club player and parent?

- LoneStar VBC practices are 2.5 hours each, 2 times per week for all teams. This includes 30 minutes of athlete performance training. Tournaments are 1 or 2 day events (3 days for Qualifiers), and you can expect to spend about six to seven hours in the gym on a Saturday and Sunday. Start times will be at 8AM or 3PM for both Saturday and Sunday for most tournaments. Youth League Tournament is approximately 3-4 hours on either a Saturday or Sunday.

What is the financial expense of participating in club volleyball?

- Fees are set by each club and can vary widely by age division and club goal. You should budget between \$2,000 - \$5,000 for club dues.. It is important to note that travel expenses are not included in the club fees and the cost of attending Nationals is not included in the regular club season fees. You should fully understand the tournament schedule and club travel philosophy in order to estimate the actual expenses that you may incur.
- If an account is not paid in full, the participant's name may be submitted to the UIL because she will have violated her "amateur status". The parent/guardian responsible for the player will also be responsible for any additional costs or expenses incurred by the club while pursuing collections. Furthermore, for athlete's over 15, a violation of the amateur status may affect eligibility to compete at the collegiate level.

Does club volleyball require us to travel?

- Every club has a different philosophy regarding travel. LoneStar VBC reserves travel for the National teams that are competing for a bid to the national tournament in June. Even then, the travel requirement has been limited to one out of State Qualifier and the national tournament. If better competition is needed for a particular team, the LoneStar coaching staff may elect to register for an older age division in a local tournament rather than incur travel expenses for the players and parents.

Is there a way to reduce our club fees?

- Yes. LSVBC conducts several fundraising events every season which can reduce the out of pocket expenses by several hundred dollars if you put forth the effort.

Where are the club volleyball practices and tournaments held?

- Practices for LoneStar VBC will be held at LoneStar Sports Center in Frisco, TX. Tournaments are played all over the DFW area and venues are assigned to each age division for a given tournament.

Is club volleyball that much different than a school or recreation program?

- Yes! LoneStar coaches are nationally trained, all have collegiate experience and all are educated and mentored by our highly experienced staff of LoneStar directors. Additionally, the season extends from 5-8 months each season.

Do parents get to participate in the fun too?

- Absolutely! Each team will have a very involved group of parents that will take on some of the organizational duties. Each team will have a Game Day Coordinator, Twitter lead, and a photographer. Our goal is to offload the administrative duties from the coaching staff and allow them to coach while building strong parent friendships with seamless communications. LSVBC also provides each parent with a conduct policy that clearly explains the Do's and Don'ts and how to handle any concerns that may arise.

Where can I get more information on club volleyball in the DFW area?

- The [North Texas Region](http://www.ntrvolleyball.net) website (www.ntrvolleyball.net) is your volleyball encyclopedia for our area. You will need to select the [Juniors-Indoor](#) link to find the most up to date information for club programs in our area. We encourage you to visit the [LoneStar VBC](http://www.LoneStarVolleyball.net) website (www.LoneStarVolleyball.net) for up to date information on our club program and event schedules.



LoneStar Sports Center | 10570 John W. Elliott Drive, Suite 600, Frisco TX 75033

Email: info@LoneStarVolleyball.net | Website: www.LoneStarVolleyball.net | 214-334-3105

www.LoneStarVolleyball.net

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Baylor Medical Center at Frisco, LoneStar's Partner in Good Health

VIP Concierge Services are available for LoneStar participants. Physician appointments made for you and much sooner than contacting the office. Call Chelsea Smith, Sports Care Specialist

806-928-4923 or email csmith@bmcf.com