



INFORMATONAL MEETING

Parent/Player Informational Meeting 2014-15

- 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
- Shelly Smith – Master Coach

Coaching Staff

MHAC strives to find high quality, dynamic coaches. We are fortunate to have the following individuals on board for the 2014-15 season.

■ Ryan Bethurman

■ Lihau Perrira

■ Kristel Baeckel

■ Paige Eisert

■ Anna Vieru

■ Keely Siegel

■ Staci Ludi

■ Alyssa Hernandez

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.

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 2nd @ 2:00pm (MHAC Main Gym)**
- **14U Sunday, November 2nd @ 4:30pm (MHAC Main Gym)**
- **16U Sunday, November 23rd @ 11:30am (MHAC Main Gym)**
- **18U Sunday, November 23rd @ 2:00pm (MHAC Main Gym)**
- We may call for additional tryout sessions if necessary.

Tryouts – Age Definitions

- 18 & under: Players who turn 18 years of age on or after September 1 of the current school year or high school students in the 12th grade or below during the current academic year and are 19 years of age or younger on June 15th of the current season.
- 16 & under: Players who turn 16 years of age on or after September 1 of the current school year.
- 14 & under: Players who turn 14 years of age on or after September 1 of the current school year.
- 12 & under: Players who turn 12 years of age on or after September 1 of the current school year.

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 your club.**
- You may opt to do the One Day \$10 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 by the Monday 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 5th @ 6:00pm
- 14U – November 5th @ 6:00pm
- 16U – November 26th @6:00pm
- 18U – November 26th @6:00pm

MHAC Volleyball Bootcamp

- Team and Skill Building Camp with all MHAC players and coaches.
- December 6 & 7th
- Details and specifics to come.

Practices

- There will be 2 practices per week.
- Times are TBD.
 - Monday/Wednesday 4-6
 - 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 = \$1200 season fee
- Red (aka Club) = Metro/local = \$925 season fee

Black Teams – \$1,200

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 – \$925

Tournaments:

- CEVA Friendship Tournament in December
- 4 Power League Tournaments Jan-April
- 2-3 Friendship Tournaments
- CEVA Regionals

Gear/Other:

- An awesome coach!
- 1 cotton t-shirt 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 \$300-\$400
 - Power League \$600
 - Regionals \$300-\$350
- Warm up gear
- Uniforms
- T-Shirts
- Awards Banquet
- Administrative Fees
 - Flyers, printing

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 beginning to enforce this to help clubs eliminate “club jumping” as a result of unpaid fees.

Important Season Dates

- November 2nd – 12/14 Tryouts
- November 22nd – 16/18 Tryouts
- November 5th – 12/14 Registration
- November 26th – 16/18 Registration
- December 5th – Winter Wonderland Middle School Dance
- December 6 & 7th – Volleyball Camp
- December/January (Winter Break) – Team picture nights
- February 6th – 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 5th from 6-8:30pm.
 - Valentine's Dance, February 6th 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 December 31st
 - Award notification by January 15th.
 - You must complete your season and be current with dues to be awarded a scholarship.
- 5 girls received scholarship funds in 2013-14.
- The more money raised at Dances, the more scholarships we are able to give.

Sponsorships

- Individual Sponsorships are the way to go!
 - 6 girls that had their entire club experiences paid for.
 - Several had a 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!
 - This means no travel or lodging costs.
- 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

Parent Education Nights

- Coaches message
- Upcoming Events
- Playing time
- Q & A Sessions
- Cheering section
- Recruiting
- Dates TBD...(December, February, April)

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