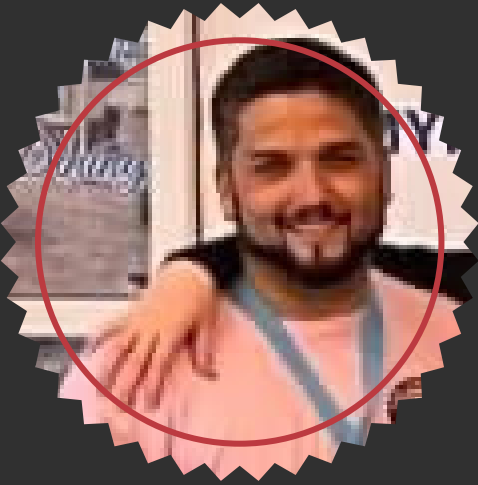


# 12 REGIONALS



**DIRECTOR OF COACHING**  
**BILLY DUDDING**



**HEAD COACH**  
**T'JANA PUGH**



**ASSISTANT COACH**  
**TIFFANY JACKSON**

## CLUB PHILOSOPHY

Growth, not wins

## GUIDING PRINCIPLES

Fostering sustained athlete growth through ongoing skill refinement and teamwork.

## CULTURE

OUR CLUB CULTURE IS SECOND TO NONE. OUR CULTURE IS LIKE A WORK OF ART, WHERE EVERY LITTLE DETAIL CONTRIBUTES TO ITS STRENGTH AND BEAUTY. OUR CLUB IS CHARACTERIZED BY A SENSE OF CAMARADERIE, MUTUAL RESPECT, AND UNWAVERING SUPPORT AMONG TEAM MEMBERS. OUR CULTURE INSPIRES RESILIENCE, GRIT, AND AN INDOMITABLE SPIRIT, EMPOWERING ONE ANOTHER TO OVERCOME ADVERSITIES AND ACHIEVE GREATNESS AS ONE COHESIVE UNIT. BEYOND VOLLEYBALL, THE BONDS FORMED IN OUR SUPPORTIVE ENVIRONMENT EXTEND BEYOND THE COURT, FORGING LIFELONG FRIENDSHIPS AND LEAVING AN ENDURING LEGACY OF EXCELLENCE AND CAMARADERIE.

## ATHLETE DEVELOPMENT

PRIORITIZING THE LONG-TERM DEVELOPMENT OF ATHLETES, FOCUSING ON SKILL-BUILDING, PHYSICAL CONDITIONING, AND MENTAL WELL-BEING, RATHER THAN SOLELY ON SHORT-TERM WINS.

## BALANCING COMPETITION AND FUN

RECOGNIZING THE IMPORTANCE OF COMPETITIVE SPIRIT WHILE ENSURING THAT THE SPORT REMAINS ENJOYABLE AND FUN FOR PARTICIPANTS.

## POSITIVE COACHING

COACHES WHO EMPHASIZE CONSTRUCTIVE FEEDBACK, ENCOURAGEMENT, AND PERSONAL GROWTH TO HELP CREATE A NURTURING ENVIRONMENT FOR ATHLETES.

## GOLD MEDAL SQUARED

CLUB-WIDE PHILOSOPHY IN TRAINING METHODS USING GOLD MEDAL SQUARED. EACH ATHLETE WILL ATTEND GOLD MEDAL SQUARED TRAINING BETWEEN OCTOBER 20-22 AT OUR FACILITY!

## RECRUITING

- SPORTSRECRUITS: ATHLETE PROFILES/INTEGRATING SIDELINE HD VIDEO/COLLEGE COACH ACCESS
- RECRUITING SEMINARS: COLLEGE COACHES/Q&A
- PERSONALIZED CONTACT AND REFERENCES FROM CLUB COACHES AND COACHING DIRECTORS TO COLLEGE COACHES

## SKILL DEVELOPMENT

- WEEKLY SKILL SESSIONS
- POSITIONAL TRAININGS
- TEAM STRENGTH AND CONDITIONING
- 2-3 PRACTICES PER WEEK
- POD TRAINING BY COACHING DIRECTORS

## DUES

**\$1325**

WHEN CREATING OUR SCHEDULE, OUR AIM IS TO STRIKE A BALANCE BETWEEN COMPETITIVE OPPORTUNITIES AND ENSURING OVERALL BALANCE IN TRAVEL DISTANCES, DESTINATION COSTS, AND AVOIDING STAY-TO-PLAY EVENTS WHENEVER FEASIBLE.

### DUES INCLUDE:

TOURNAMENT REGISTRATIONS, EQUIPMENT, COACHES EXPENSES, SPORTSRECRUITS, GOLD MEDAL SQUARED TRAINING, SKILL SESSIONS, STRENGTH AND CONDITIONING, ADMIN COSTS

### DUES DO NOT INCLUDE:

TRAVEL EXPENSES, UNIFORMS, USAV/JVA/AAU MEMBERSHIPS, PLAYING TIME

ALL TOURNAMENT DATES ARE TENTATIVE, AND SUBJECT TO CHANGE.

## TOURNAMENT SCHEDULE

REGIONAL	JAN 21	TBA
REGIONAL	FEB 3	TBA
REGIONAL	FEB 17	TBA
REGIONAL	MAR 3	TBA
REGIONAL	MAR 16	TBA
REGIONAL CHAMPIONSHIP	APR 6	TBA