

# 14 NATIONALS



**DIRECTOR OF COACHING**  
**NICOLE WATERS**



**HEAD COACH**  
**NICOLE WATERS**



**ASST COACH**  
**CURTIS NARRON**



**ASST COACH**  
**ALYSSA ROUSE**

## 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 OACHES 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

### \$2525

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

VIRGINIA BEACH BRAWL	JAN 6-7	VIRGINIA BEACH, VA
WINTER BUMP	JAN 13-15	MYRTLE BEACH, SC
QUEEN CITY CLASSIC	FEB 3-4	CHARLOTTE, NC
CAPITOL HILL CLASSIC	FEB 17-19	WASHINGTON D.C.
ADIDAS BLUEGRASS	MAR 9-10	LOUISVILLE, KY
HIGH TIDE INVITATIONAL	APR 13-14	MYRTLE BEACH, SC
ATLANTIC COAST GRAND PRIX	APRIL 27-28	VIRGINIA BEACH, VA
K2 SUMMER BLAST	MAY 11-12	GATLINBURG, TN
COASTAL CLASSIC	JUN 8-9	MYRTLE BEACH, SC
AAU NATIONALS	TBA	ORLANDO, FL