

# *North Central Washington Volleyball Club*

P.O. Box 4611 ★ Wenatchee, WA 98807 [www.ncwvbc.com](http://www.ncwvbc.com) ★  
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Leadership★Teamwork ★ Development Jeff Riley Stephanie Fuller Lisa Johnson Club Director Treasurer  
Tournament Coordinator

Karrie Wolsborn Eva Osburn Chrissy Dahl Uniforms/fundraising Secretary Board Member

## **NCWVBC JVA/USA ELITE U16 2019**

### **What is JVA?**

Junior Volleyball Association is a national organization for junior elite volleyball competition. This organization provides clubs/players with an opportunity to face teams from all over the nation at a higher level. Most tournaments consists of 400 + teams and are held in large convention centers.

#### **JVA Levels:**

**Open Divisions**-- Highest Level of Play. Very tough competition. Large teams/clubs

**Premier Divisions**- Very competitive but not at an open division.

**Club Divisions** - Lowest level of play.

( more consistent with what we see is our local washington state club tournaments)

We will most likely compete at the **Premier Division**.

### **What Would USA/JVA Look Like?**



We will compete at 4 large JVA tournaments as well as 4 smaller local tournaments:

#### Tentative Schedule:

- NCWVBC Lights Out: Saturday, January 10 (Wenatchee)
- JVA – MLK: Sat - Mon Jan 19th<sup>t</sup> (Oregon)
- Leavenworth SpikeFest: Sunday January
- SCCA Las Vegas Classic: Sat-Mon Feb 16 & 18 (Las Vegas)
- NCWVBC Fire & Rain: Sunday March (Wenatchee)
- PNQ: Friday through Sunday, (Greater Spokane Area) March
  - (PNQ = Pacific Northwest Qualifier)
- JVA World Challenge: Fri – Sun, April 5-7 (Louisville, KY)

- ERVA U-16 Regionals – April 27 & 28
- JVA West Coast Cup: Sat & Mon, May (Long Beach) Memorial weekend)

### Practice Schedule

- Sunday: 4pm – 6pm Sterling Middle School----
  - Classroom Sessions Every Other Sunday
- Tuesday: 5:30pm – 8pm Foothills Middle School
- Thursday: 7:30pm – 10pm Foothills Middle School

### **What You Can Expect?**

- **High Level Coaching- ( Refer to Coach McMahons Bio)**
- **A Competitive Environment**
- **Exposure to College Coaches**
- **Mindful Training**
  - **Skill Training, Jump Training and Explosive Training**
- **High Level Skill Development**
- **Film Development and Reflection Sessions/Classroom Sessions**
- **Recruitment**

The 16 Elite team will have Sunday classroom sessions. During this time athletes will be reviewing plays, team offensive and defensive systems and taking stats. Athletes will be highlighting personal plays for their recruitment page.

Each player will have a recruitment page. This page will provide player profiles, contact info, stats, jump reach, jump touch, block touch, honors /awards and highlight videos. All matches/ and scrimmages will be filmed.

Coach McMahon will be putting together a recruiting package for all players. This package can be edited as their high school / club careers continue. Coach McMahon will be training players on recruitment process and opportunities during Sunday classroom sessions.

### **Coach McMahon's Bio:**

Coach McMahon has 16 years of head coaching experience at Cascade High School. She has trained with Gold Medal Squared for ten years and was a travel coach for GM2 for four years. She has traveled around the US training athletes and coaches since 2013. In addition, she has 10 years of club coaching experience.

### **Coach McMahon's Coaching Honors:**

9 league titles -6 district titles -8 state births - 8 State Trophies -2013 State Championship- - 5 NCW Team of the Year Award- 5 Coach of the Year Awards.

### **Coach McMahon has sent 19 players on to the next level:**

#### **Here is just a few.**

- Central Washington University D2
  - Kaycee O'Brien, Jordan Offutt, Analia Vasquez
- Cal State Fullerton University D1
  - Makena Ala ilima Daley
- Eastern Washington University D1
  - Ashley Wright
- Huntington University D3
  - Hillary Pulse
- Lindfield University D3
  - Rae Smith
- Pacific Lutheran University D3
  - Brianna Vincent
- Western Washington University D2
  - Arielle Turner, Eliana Ala'ilma Daley

### **TRYOUTS:**

**U-16 TRYOUTS (PLAYERS BORN ON OR AFTER 9/1/2002.)**

**DATES MAY CHANGE TO 11/18 & 11/19 DEPENDING ON 4A STATE CHAMPIONSHIPS**

**TUESDAY, NOVEMBER 13TH @ PIONEER MIDDLE SCHOOL - 6:00 TO 8:00 PM**

**THURSDAY, NOVEMBER 15TH @ PIONEER MIDDLE SCHOOL - 8:00 TO 10:00 PM**

### **COST:**

We are still looking at cost/dues. More info to come.

### **CONTACT INFO:**

Please don't hesitate to contact Coach McMahon, or Jeff Riley for more information.

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