

CAROLINA ADVANTAGE VOLLEYBALL

11 TEAL

VISION

A volleyball club nationally heralded for developing its players into the best people and athletes they can be.

MISSION

Producing technically and tactically skilled volleyball players that grow and learn to compete at their highest level.



Director of Training
Ilani Myers

Head Coach
Megan Paulk



Assistant Coach
Jai Lynn Hunt

TRAINING.

You get **MORE**.

Sun **TEAM TRAINING** 2 hrs

To be the best, you need to do more than your competitors. That's what we intend to do.

THEORY.

We are - quite literally - **VOLLEYBALL NERDS**.

We coach volleyball full time. We're all in, and we've made it our business to constantly educate ourselves on the best ways to train your daughters & get the most out of every session. Principles of motor learning, transfer, & skill retention might not sound exciting to you, but **this is what we geek out on**.

What does this mean for you?

Not only are you getting **more coached hours** in the gym, but you're also getting **BETTER COACHED HOURS** in the gym, with every minute spent maximizing skill growth.

PEOPLE.

By profession, by personality, and by passion - **WE ARE ALL VOLLEYBALL PEOPLE**. As NCAA coaches and Advantage club directors, JP & Emma are on the court 24/7. Working with college-aged athletes as well as developing junior players gives them a unique perspective that allows them to merge **INTENSITY** & a **drive for excellence** with **COMPASSIONATE COACHING** that puts the girls first.

Our entire team of head coaches & assistants is equally devoted & motivated by the art & science of training.

DUES & COST.

\$900

Our goals when producing a schedule are to balance **high-quality competition** while seeking **BALANCE** in the amount we travel, the expense of the destinations we select, & avoiding stay-to-play events where possible.

We aim to provide families more control of their dollar by allowing you to travel how you please, use credit card points, travel miles, stay more comfortably at Air BnBs, etc.

Dues **INCLUDE** gym rental, coach salaries, equipment, tournament entry fees, and administrative costs.

Dues **do not include** uniform, USAV/AAU memberships, and travel/lodging.

***\$450 will be due upon commitment, and the balance due Dec 1.**

***We start training Nov 13.**

TOURNAMENT SCHEDULE

CAROLINA REGION	JAN 21	TBD, NC
ADVANTAGE DAY	JAN 28	@ NETSPORTS
CAROLINA REGION	FEB 3	TBD, NC
CAROLINA REGION	FEB 17	TBD, NC
CAROLINA REGION	MAR 3	TBD, NC
CAROLINA REGION	MAR 16	TBD, NC

*Please note that Advantage reserves the right to make adjustments as necessary

CAROLINA ADVANTAGE

VOLLEYBALL

*Please note this is subject to change

Please note that the **TEAL HEXAGONS** denote practices at Netsports while the **GRAY HEXAGONS** denote practices at Kestrel.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
5-7pm 18 Teal 18 White 17 Teal 17 White 16 Teal 16 White	5-7pm 16 Gold 15 Gold 14 White	5-7pm 18 Teal 18 White 17 Teal 17 White 16 Teal 16 White	5-7pm 16 Gold 15 Gold 14 White	1-3pm 18 Teal 17 Black 18 White 16 Black 17 Teal 15 Teal 17 White 15 White 16 Teal 15 Black 16 White 14 Teal
7-9pm 17 Black 16 Black 15 Teal 15 White 15 Black 14 Teal	TPT Liberos: 7-8:30pm	7-9pm 17 Black 16 Black 15 Teal 15 White 15 Black 14 Teal	TPT Setters: 6:30-8pm Middles: 7:30-9pm	3-5pm 16 Gold 16 Silver 15 Gold 15 Silver 14 White 14 Black 13 Teal
	7-9pm 13 Teal 13 White 12 Teal		TPT Pins: 6:15-7:30pm	5-7pm 13 White 12 Teal 11 Teal

Our **TECHNICAL POSITION TRAINING "TPT"** will be conducted for your team every other week. We'll have a **"CAROLINA"** week that will include **18 Teal, 18 White, 17 Teal, 17 White, 16 Teal, & 16 White** and then we'll have an **"ADVANTAGE"** week that will include **17 Black, 16 Black, 15 Teal, 15 White, 15 Black, & 14 Teal**. So you will alternate from **4** to **3** training sessions depending on your team and the week. The program will include a curriculum that maximizes position specific reps and offers a different framework to your daughter's skill development that is unique from their team training sessions.

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