

# CAROLINA ADVANTAGE VOLLEYBALL

# 13 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.



**Pod Leader  
& Head Coach**

Ilani Myers



**Assistant Coach**

Elena Gobena

## TRAINING.

You get **MORE**.

Tues/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.

**\$3,000**

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.

\*\$1,500 will be due upon commitment, and the balance due Dec 1.

\*We start training Nov 13.

## TOURNAMENT SCHEDULE

CAROLINA REGION	JAN 6	TBD, NC
CITY OF OAKS	JAN 13-15	RALEIGH, NC
CAROLINA REGION	JAN 20	TBD, NC
ADVANTAGE DAY	JAN 28	@ NETSPORTS
WASHINGTON'S B.B.	FEB 17-18	ROCKY MOUNT, NC
CAROLINA CLASSIC	FEB 24-25	ROCKY MOUNT, NC
LOCOMOTIVE CHAL.	MAR 9-10	ROCKY MOUNT, NC
GREENSBORO AAU	MAR 23-24	GREENSBORO, NC
ACPL-RICHMOND	APR 13-14	RICHMOND, VA

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

# CAROLINA ADVANTAGE VOLLEYBALL

# 13 WHITE

## 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.



**Pod Leader**  
Ilani Myers

**Head Coach**  
Paige Emore



**Assistant Coach**  
Abbey Crist

## TRAINING.

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Tues/Sun **TEAM TRAINING 2 hrs**

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## THEORY.

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

## DUES & COST.

**\$2,600**

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.

**\*\$1,300 will be due upon commitment, and the balance due Dec 1.**

**\*We start training Nov 13.**

## TOURNAMENT SCHEDULE

CAROLINA REGION	JAN 20	TBD, NC
ADVANTAGE DAY	JAN 28	@ NETSPORTS
WASHINGTON'S B.B.	FEB 17-18	ROCKY MOUNT, NC
CAROLINA CLASSIC	FEB 24-25	ROCKY MOUNT, NC
LOCOMOTIVE CHAL.	MAR 9-10	ROCKY MOUNT, NC
GREENSBORO AAU	MAR 23-24	GREENSBORO, 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
<b>5-7pm</b> 18 Teal 18 White 17 Teal 17 White 16 Teal 16 White	<b>5-7pm</b> 16 Gold 15 Gold 14 White	<b>5-7pm</b> 18 Teal 18 White 17 Teal 17 White 16 Teal 16 White	<b>5-7pm</b> 16 Gold 15 Gold 14 White	<b>1-3pm</b> 18 Teal   17 Black 18 White   16 Black 17 Teal   15 Teal 17 White   15 White 16 Teal   15 Black 16 White   14 Teal
<b>7-9pm</b> 17 Black 16 Black 15 Teal 15 White 15 Black 14 Teal	<b>TPT</b> Liberos: 7-8:30pm	<b>7-9pm</b> 17 Black 16 Black 15 Teal 15 White 15 Black 14 Teal	<b>TPT</b> Setters: 6:30-8pm Middles: 7:30-9pm	<b>3-5pm</b> 16 Gold   16 Silver 15 Gold   15 Silver 14 White   14 Black   13 Teal
	<b>7-9pm</b> 13 Teal 13 White 12 Teal		<b>TPT</b> Pins: 6:15-7:30pm	<b>5-7pm</b> 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.