



PARENT HANDBOOK 2008-2009

Parent Informational Meeting
October 15th 2008

- ABOUT TAMPA UNITED VOLLEYBALL ACADEMY
- STAFF AND CONTACTS
- LEVELS AND SKILL EXPECTATIONS
- TRYOUTS
- REQUIRED PAPERWORK
- PAYMENT PROCEDURES AND POLICIES
- APPROXIMATE PRICING
- TRAVEL SCHEDULES
- TRAVEL POLICY
- PLAYER AND PARENT CONDUCT
- FUNDRAISING IDEAS AND FINANCIAL AID
- PLYOCITY TRAINING
- UNITED ONLINE STORE

Our mission is.....

To provide more young athletes with affordable opportunities to enjoy and grow in the sport of volleyball. We will offer National, Regional, AAU, and league teams for all ages and skill levels. It is our goal to improve the level of volleyball and coaching in the Tampa area.

A little about us.....

Tampa United Volleyball Academy is entering its first season of competition in 2007. The emergence of this new organization offers a renewed commitment to the very best instruction at a reasonable cost. This Academy brings together the coaching staffs from 4 of the bay area's Universities and Colleges. Below is a sample of the coaches that will serve on the Board of Directors as well as be lead training coaches in the Academy:

Chris Catanach - Head Coach, University of Tampa

Sam Cibrone - Head Coach, Saint Leo University

Mike Flynn - Head Coach, Tampa Preparatory School

Dan King – Assistant Coach, St. Leo University

Jeff Lamm - Associate Head Coach, University of Tampa

Gary Larkin - Head Coach, Hillsborough Community College

Claire Lessinger - Head Coach, University of South Florida

Monica Medvid – Associate Head Coach, Hillsborough Community College

Kevin Reynolds - Head Coach, AHN

Tampa United Volleyball is committed to offering volleyball programs for all ages and levels. It is our intention to make sure each team in the Academy has the chance to work with our top coaches. Our Training coaches will not only train a team, they will be mentoring younger coaches by attending and running practices which will expose all of our teams to the Academy's most experienced coaches. We feel this approach will help us complete our mission.

Where will we practice.....

Tampa United Volleyball Academy has invested in a facility located just off I-4 that we will have access to 24/7. Our teams will also practice at the University of Tampa campus and Hillsborough Community College campus as needed.

Tampa United Volleyball Board of Directors

Executive Director:

Sam Cibrone sam@tampaunitedvolleyball.com (813) 787 – 6221

Associate Director:

Gary Larkin gary@tampaunitedvolleyball.com (813) 786 – 5900

Advisory Board:

Chris Catanach ccatanach@ut.edu
Claire Lessinger Claire.lessinger@mail.usf.edu
Mike Flynn mike@tampaunitedvolleyball.com
Kevin Reynolds Kevin@tampaunitedvolleyball.com
Dan King Dan@tampaunitedvolleyball.com

Coaches Education:

Chris Catanach ccatanach@ut.edu
Claire Lessinger Claire.lessinger@mail.usf.edu

Coaches' Committee Liaison:

Mike Flynn mike@tampaunitedvolleyball.com

Travel and Equipment Coordinator:

Monica Medvid monica@tampaunitedvolleyball.com

Website and League Coordinator:

Jeff Lamm jeff@tampaunitedvolleyball.com

Registration and Information Coordinator:

Kevin Reynolds kevin@tampaunitedvolleyball.com

Volleyball Parenting 101 Coordinator:

Chris Catanach ccatanach@ut.edu

TAMPA UNITED LEVELS AND EXPECTATIONS

Tampa United will offer national, travel, regional, and AAU level teams. We will also offer leagues for beginner as well as student-athletes that cannot commit the time to a travel team. In this way, we can service all levels of volleyball in our area. Our goal is to bring the love of the game to the beginners and also train tomorrows college bound student-athlete at the highest possible level.

The National (Tampa) Program.....

is designed for the athlete committed to playing volleyball in college and who is willing to make sacrifices for her progress, her team, and her sport. These teams will travel out of state and take on the best competition our country has to offer. These players have the athleticism and skill to match up against the very best prospects.

The Travel (United) Program.....

is designed for the athlete who is also serious about her volleyball and who is working hard to open doors to playing in college. She also makes sacrifices for her progress, her team, and her sport. She may be looking at a wider array of colleges that may not require elite level athletic ability, skills, or commitment.

The Regional (Florida) Program.....

are designed for the athlete seeking experience and a development of her fundamentals. She is very serious about competing in high school and may be open to playing once in college. These levels are appropriate for a multi-sport athlete who is unable to commit to a more extensive practice and travel schedule or who is unable or unwilling to make a larger financial commitment.

The League Teams.....

are designed for the beginning to intermediate volleyball player. Leagues will be one or two nights a week and will generally run six weeks long with a short break before the start of the next session. In each six week session athletes will receive training in all six skills as well as team training.

Tampa United Volleyball

Skill Expectations

12s and 13s age division:

- Basic ball control concepts including.... movement, platform development, freeball passing, serve receive passing.
- Setting and overhand passing techniques
- Overhand serving.... Float serves, topspin
- Basic attacking concepts.... Armswing, hand contact, footwork, tipping, and introduction of one leg attacking
- Basic defensive concepts.... Positioning, movement, middle up and middle back defense, blocking footwork and hand positioning
- Basic offensive concepts.... 3 contacts per side, offensive systems, understanding rotations and overlapping.

14s age division:

- All skills mentioned above
- More specialized positional training
- Intermediate to advanced defense.... Digging feel and awareness, floor defense skills
- Intermediate to advanced attacking.... line and crosscourt attacking, 1st and 2nd tempo attacks, setter attacking
- Intermediate to advanced serving.... Location serving
- Offensive systems.... 6-2 and 5-1, attacking in an offensive scheme
- Defensive systems.... rotation and read defenses

15s age division:

- All skills mentioned above
- More advanced specialized positional training
- Serving strategies, use of isolation and crossing offensive strategies,
- understanding match-ups, SR off higher level serving, ball pursuit and going to the floor effectively, go-to training, spread blocking, blocking positioning/technique/contact, cut shot attacking in moderation, tooling, defending behind a blocking scheme.

16s age division:

- Everything mentioned above
- Back row attacking within the offense, jump serving, team coverage, transition attacking, offensive speed, swing hitting and cross attacking, bunch blocking, finishing blocks, channeling on defense.

17-18s age division:

- Everything mentioned above
- Film study and advanced strategies, players taking responsibility for product on floor, problem solving, conditioning and strength training that will pave the way to success in college.

Middle School Tryouts

(ages 8 to 14)

Date: October 21st
Location: Tampa Prep
727 West Cass Street
Tampa, FL 33606
Tryout Fee: \$60.00

<u>Age Division</u>	<u>Date</u>	<u>Registration Times</u>	<u>Tryout Times</u>
12 and under	Oct. 19, 2008	10:30 PM	11:00 AM – 1:00 PM
13's	Oct. 19, 2008	1:30 PM	2:00 PM – 4:00 PM
14's	Oct. 19, 2008	4:30 PM	5:00 PM - 7:00 PM

PLEASE SEE www.tampaunitedvolleyball.com for useful links.

- Make-up times by appointment only.
- Tryouts may be paid for by check made out to Tampa United VBC.
- Deposits must be paid to accept you roster spot on a team.

High School Tryouts

(ages 15 to 18)

Date: November 18th
Location: Tampa Prep
727 West Cass Street
Tampa, FL 33606
Tryout Fee: \$60.00

<u>Age Division</u>	<u>Date</u>	<u>Registration Times</u>	<u>Tryout Times</u>
15's	Nov. 23, 2008	8:30 AM	9:00 AM - 12:00 PM
16's	Nov. 23, 2008	12:30 PM	1:00 PM - 4:00 PM
17's	Nov. 23, 2008	4:30 PM	5:00 PM - 8:00 PM
18's	Nov. 23, 2008	4:30 PM	5:00 PM - 8:00 PM

- Make-up times by appointment only.
- Tryouts may be paid for by check made out to Tampa United VBC.
- Deposits must be paid to accept you roster spot on a team.

**Decisions will begin to be made immediately following tryouts. Your coach will call you to notify you of the team you made and who else is being called for your team. We will need a decision as soon as possible to complete the rosters for each team. Please note rosters may change depending on who accepts or declines spots.*

You are only a member of Tampa United Volleyball Academy when the following criteria are met:

Check List

- Once you accept a spot with us you must provide a credit card to be placed on file and pay a \$500 deposit. (Deposit subject to Florida Region commitment rules)

- You sign the **2008-2009 Participation and Payment Contract**
 - This form is due the Monday after tryouts.

- You sign the **Waiver/Liability Release**.

- You fill out the **Tampa United Player Information Sheet**.

- You fill out a **Medical Release Form** and have it notarized. (*We will provide a notary at tryouts.)

- You sign the **Parent/Player Code of Conduct Contract**.

- You read this handbook in its entirety.

TAMPA UNITED VOLLEYBALL PLAYER INFORMATION SHEET

*This must be filled out **completely** to be offered a roster spot.*

Athlete's Name: _____

Birth Date: ___/___/___ Age: _____ Grade: _____ Actual Age Division: _____

Athlete's Social Security Number: _____

Address: _____

City: _____ Zip: _____

Home Phone: (_____) _____ Mobile: (_____) _____

Athlete's Email: _____

HS Team: _____ Position _____ Years Played _____ Handed L / R

This will be competed at tryouts

Height: _____ Standing Reach: _____ Jump Touch: _____

Mother's Information:

Mother's Name: _____

Mother's Occupation: _____

Mother's Work Phone: _____

Mother's Cell Phone: _____

Mother's Email: _____

Include in group email lists? YES NO

Father's Information:

Father's Name: _____

Father's Occupation: _____

Father's Work Phone: _____

Father's Cell Phone: _____

Father's Email: _____

Include in group email lists? YES NO

With whom does the athlete reside: Mother / Father / Both

The party that is responsible for payment: Mother / Father / Both

Address to mail statement if different from above:

Tampa United Volleyball Academy: **2008-2009 Participation and Payment Agreement**

I, the parent/guardian of: _____ have read this Agreement concerning the policies and practices of the Tampa United Volleyball Academy ("The Academy"). I agree, with my daughter having been selected to the team listed below, to let her join The Academy for the 2007 Volleyball Season. In agreeing to this, I understand that she cannot play for any other team in USA or AAU Volleyball without a written release from the Director of Tampa United Volleyball Academy.

I understand that I am responsible for all fees due by the Player. I understand and agree that upon signing this Agreement and paying a deposit of \$500 (deposit subject to FL Region Commitment Rules) , I shall be financially responsible for the entire fee of \$ _____ payable as set out below. I understand that I am responsible for this entire fee once I sign this Agreement and pay the deposit, under any and all circumstances with no exceptions, regardless of whether my daughter plays the entire season, decides to leave The Academy, is dismissed due to conduct violations, or has any other reason to attempt to claim a refund.

I also understand that I am responsible for my daughter's transportation to all practices and tournaments.

I understand that team travel will be dependent upon my daughter maintaining membership on a specific team, which is at the sole discretion of the Directors of The Academy. Promotions and demotions are possible depending upon development of the individual player. I understand that membership in The Academy is limited and others may have been denied a position by my daughter's acceptance.

I understand that equal opportunity to participate will be provided during practices, however, on court time at tournaments is not guaranteed, but is determined by The Academy staff and coaches.

I agree that, if I am on a payment schedule, The Academy is entitled to receive the entire contract balance due as liquidated damages if I am more than 14 days late on any payment due. In this event, if this matter is referred to an attorney and/or collection agency, I agree to pay, over and above my liabilities, reasonable collection fees, attorney fees, and court costs. Venue for all actions under this Agreement shall lie in Hillsborough County, Florida.

I hereby warrant, represent, and agree that my daughter is in good physical health and that she has no disability, impairment, or ailment that prevents her from engaging in active or passive exercise and that she has no condition that would cause such exercise to possibly be detrimental to her health, safety, comfort, or physical condition. The Academy strongly recommends that your daughter consult her own physician before beginning participating in our program.

This agreement is not assignable or transferable without prior approval of Tampa United Volleyball Academy.

This agreement is governed by the laws of the State of Florida and supersedes all prior oral or written representations, or communications and may only be modified or amended by a written supplement signed by the me, another parent or spouse or legal guardian, and an authorized representative of Tampa United Volleyball Academy.

READ, ACKNOWLEDGED, and AGREED TO this _____ day of _____, _____.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Address: _____

City: _____, State: _____, Zip: _____

Fee Payable As Follows: \$500 deposit immediately and 1/3 balance charged to credit card on Jan. 5, Feb. 5, Mar. 5.

**EVERYONE must have a credit card to be kept on file for payments unless you pay the full tuition when you accept the spot on a team.
(Non-negotiable)**

Please circle one **Visa** / **MC** / **AMEX** / **DISC**

Credit Card # _____

EXP: ____/____ **ZIP:** _____

Waiver/Liability Release

Participant of Tampa United Volleyball Academy, Inc.

Printed Player Name:

I acknowledge that volleyball or any sporting event is an extreme test of a person's physical and mental limits and that my participation in a volleyball event can cause potential death, serious injury, or property damage.

With a full understanding of the potential risks, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE NAMED PERSONS OR ENTITIES listed below or others, and assume full responsibility for my participation. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns:

- a) I WAIVE, RELEASE, AND DISCHARGE from any and all claims or liabilities for death or personal injury or damages of any kind which arise out of or relate to my traveling to and from or my participation in any volleyball event,
- b) I AGREE NOT TO SUE any of the named persons or entities listed below for any of the claims or liabilities that I have waived, released or discharged herein; and
- c) I INDEMNIFY AND HOLD HARMLESS the named persons or entities mentioned below from any claims made or liabilities assessed against them as a result of my actions.

NAMED PERSONS OR ENTITIES: Tampa United Volleyball Academy, Inc. and its Regional Volleyball Associations, tournament directors, sponsors, and the owners, officers, directors, employees, sub-contractors, representatives, and agents of any of the above.

Player's Signature (regardless of age)

Date Signed:

If player is under 18 years of age, a parent or guardian must execute, in addition to the foregoing Waiver/Liability Release Form, the following, for and on behalf of the minor. The undersigned parent and natural guardian or legal guardian of the player executes the foregoing Waiver/Liability Release Form for and on behalf of the minor named herein. I hereby bind myself, the minor and all other assigns to the terms of the Waiver/Liability Release Form. I represent that I have legal capacity and authority to act for and on behalf of the minor named herein, and I agree to indemnify and hold harmless the named persons or entities named in the Waiver/Liability Release Form for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the Waiver/Liability Release Form.

Parent/Guardian's Signature

Date Signed:

Printed Name of Parent/Guardian

TAMPA UNITED VOLLEYBALL ACADEMY - TENTATIVE COST

****IMPORTANT****

*Hotels, uniforms, tournament entry, plyo training, and coaches fees are **included** in the tuition costs.
Your **ONLY** extra costs will be transportation to the tournament location and food.*

Tampa United requires all athletes 14 and under to stay with a parent in hotels, therefore hotels are not included in for tuition for the 12 – 14 aged teams.

Tuition for the National (Tampa), Travel (United), and Regional (Florida) teams includes Plyocity Plyometric training program. All training sessions will coincide with those teams practice schedules.

TUITION

12-N, 12-R, 12-R, 13-R, 13-R, 14-R, 14-R	6 tournaments (2 Orlando) 4 convention center events 2 practices plyo training	1900
15-R, 16-R	6 tournaments (2 Orlando) 4 convention center events *1 night for Orlando Tournies 2 practices plyo training	2100
15-T, 16-T, 17-T, 18-T	7 tournaments (2 Orlando, ATL) 5 convention center events 1 night Orlando tournies, all nights in Atlanta 3 practices plyo training	2800
13-N	7 tournaments (2 Orlando, ATL) 5 convention center events all nights in Atlanta 3 practices plyo training traveling assistant coach	2600
14-N	7 tournaments (2 Orl, Atlanta, 1 Out) 6 convention center events 2 Power leagues tournies all nights in Atlanta and out 3 practices plyo training traveling assistant coach	3250
15-N, 6-N, 17-N, 18-N	7 tournaments (2 Orl, Atlanta, 1 out) 6 convention center events 2 Power Leagues tournies all nights in Atlanta and out 1 night Orlando tournies 3 practices plyo training traveling assistant coach	3450

Travel Information and Policies

Instate Tournaments:

All players must secure transportation to instate playing sites. Feel free to work with other parents to do so. 14 and under age groups (except 14-1) must room with a parent or host parent. USAV high school teams will have hotels on Saturday night for instate tournaments. Players must be available for the coach's team meetings throughout the weekend. It is not uncommon for parents to trade off chaperone responsibilities from tournament to tournament. *Ages 15 and up will be provided with team rooms. Players whose parents are staying in the team hotel may stay with their parents, but no refunds will be given.

Out of State Tournaments:

We will provide all players with team rooms. Players must secure transportation to hotel and playing sites. Players must also remember to bring meal money. The Academy avoids booking transportation in order to allow parents to use their airline miles, to travel with their daughters, and to save money.

Players or Parents must notify the club office and/or head coach with the athletes' travel info for the entire seasons schedule no later than January 31st.

Policies:

Absolutely no boys are allowed at the team hotel. All players will have curfew every night. Players are not allowed to leave the room after curfew unless it is an emergency in which case they will call the coach's mobile phone or proceed directly to the coach's room and knock on his/her door. Prior to curfew players will always travel in small groups, never alone. Drugs, tobacco, and alcohol are of course strictly forbidden. Players caught with the above will meet with staff and their parents to determine the course of action. Punishments will be swift and firm. Remember that it is a business trip.

Notes:

Tournaments do not release schedules until the very last minute. Therefore, when a coach says that they "don't know," it does not mean they are neglecting his or her responsibility, but rather waiting patiently for the information. As soon as information is received, it is always passed on to the families immediately.

Players must arrive 10 minutes prior to their coach's meetings prior to all matches. Meeting time may be at the playing site. It is the player's responsibility to stay in communication with her coach in order to receive meeting times. The coach may be called on their mobile phone or in his or her room at any hour in order to track down information or in the case of an emergency.

All families are encouraged to check our website frequently. If you are uncomfortable, ask your daughter to teach you. It will answer many questions and make your life easier. You are all welcome to try to secure rooms at the team hotel; however, we do not act as a full service travel agency. We will gladly lead you to a recommended travel agent.

TAMPA UNITED VOLLEYBALL ACADEMY PARENT/PLAYER CODE OF CONDUCT

- The Chain of Communication is as follows:
Player Meeting with Head Coach outside of practice and play
Player Meeting with Training Coordinator outside of practice and play
Player Meeting with Executive Director outside of practice and play
Parent Meeting with Parent Liaison
Parent and Player Meeting with Coach, Training Coordinator, and Director
- **Playing Time:** It is earned and at the discretion of the coach; it is reasonable to speculate that playing time may be distributed more liberally at the lower levels.
- **Viewing practices:** Parents are asked to stay in areas designated for viewing.
- **Attending matches:** Impromptu conferences with coaches are forbidden; all spectators are asked to avoid berating referees; players will communicate well in advance concerning any missed practices or conflicts.
- **Payment:** Players whose account is delinquent will be withheld from play and practice.
- **Attendance:** Attendance is required. Since match play is solely up to the discretion of the head coach, playing time may be affected by poor attendance.
- **Multi-Sport Athletes:** Will be handled on an individual case basis. Athletes on National Level teams will be expected to attend all practices unless cleared by the head coach.
- **Negativity and Poor Sportsmanship:** All staff, players, and spectators will avoid harsh criticism, extreme negativity, and displays of poor sportsmanship throughout the process.
- **Respect for Facilities:** No food or drink is allowed in any facility except for players' water or Gatorade; all staff, players, and spectators will clean up after themselves as well as assist with routine cleaning of facilities.
- **Event Behavior:** Players will support other United teams participating at an event; no player will leave until entire team is dismissed after last match or officiating duty.
- **Travel Behavior:** Players will avoid any conduct that is illegal or immoral; players and families will attend and support all team meetings and functions; players will heed curfew and appropriate public behavior. Any deviation from the above will necessitate parent contact and possible dismissal from the event.
- **Please note that in the case of a player being dismissed for any of the above violations, all money collected will be non-refundable.**

PLAYER: _____ SIGNATURE: _____

PARENT: _____ SIGNATURE: _____

TAMPA UNITED FUNDRAISING IDEAS

*When we all first became involved with club volleyball, nearly all families were involved with fundraising. please be encouraged to return to this practice. It is not difficult, and it works!

*Tampa United logos may be used for fundraising; please let the Executive Director know.

*Feel free to explore traditional fundraising ideas such as candy sales or carwashes; the following have also worked well for former student athletes.

100% goes to your player!

1. Video Yearbook: Players may sell ads to companies which will remain on our website throughout the duration of the club season.

SUGGESTED DONATIONS:

\$50 per name

\$100 per business card or personal message

\$500 per business card + link to your business website

Include the club's address, website, and the Executive Director's contact information should they need to contact us.

2. Sponsorship letter: Players may use our name and contact information to solicit donations from businesses who support female student athletes. Simply communicate who you are and why you are raising money. Include the club's address, website, and the Executive Director's contact information should they need to contact us.

3. Serve-a-thon: Players may solicit donations based on a 100 serve serve-a-thon. Donations may be given for each "in" serve or as a flat donation. Simply produce an excel document which allows for entries for each sponsor and his or her pledge per "in" serve or flat donation. Include the club's address, website, and the Executive Director's contact information should they need to contact us.

FINANCIAL AID

A limited amount of financial aid will be given to those players participating on National teams. Aid will be awarded based on a combination of need, talent, and commitment to the organization. Please draft a letter to the Executive Director if you wish to be considered for financial aid. Any player on financial aid will not be permitted to miss practices or tournaments due to conflicts with participation in another sport.

There is a \$250.00 discount for each addition child participating in the Academy.

PlyoCity

Plyometric Training System

Tampa United Volleyball Academy would like to announce the opening of PLYOCITY! Plyocity is a *high intensity, low impact*, plyometrics workout. "Plyometrics is defined as exercises that enable a muscle to reach maximum strength in as short a time as possible. This speed-strength ability is known as power," says plyo expert D. Chu. We are very excited about this high quality program from California coming to the greater Tampa Bay area. This same workout is currently training two-time Olympic gold medalists- Misty May and Kerri Walsh. The class schedule is below along with an insert from the plyocity web site.

<http://www.plyocity.com/plyotraining/index.htm>.

We train athletes to be quicker, faster, stronger and more explosive...and we see results!

Highlights about PlyoCity Training Program:

- Over 50,000 athletes trained in the last 10 years. (Largest in the US).
- Currently training approximately 5,000 athletes.
- Has trained many World Class athletes.
- Over 30 years background in jump training/plyometric training (see Dunkin Donuts article, Feb 1981).
- Currently training over 60 High School, College and Club Programs.
- Mobile Training where Instructors come to the athletes.
- Guarantees 4-6 inches increase in vertical jump per athlete.
- Currently training multiple teams and both male and female athletes at all their participating schools.
- Currently Cross-training athletes in the following sports: Badminton, Basketball, Baseball, Boxing, Cheerleading, Diving, Football, Golf, Gymnastics, Handball, Hockey, Ice Skating, Lacrosse, Martial Arts, Rugby, Skiing, Snowboarding, Soccer, Softball, Squash, Swimming, Table Tennis, Tennis, Track & Field, Volleyball, Water Polo, and Wrestling.
- Recommended/Endorsed by over 500 High School, Club, and College coaches.
- Exclusive Plyo trainer to 3 time Olympic Gold Medalist Karch Kiraly, MVP of the AVP Mike Lambert and Athens Gold Medalists Misty May and Kerrie Walsh.

Tampa United Players who participate on our National, Travel, and Regional teams will be required to participate in our plyometric training program. All Tampa United members will be charged a discounted rate which includes two sessions per week (8 per month) that will coincide with their practice schedules.

Training will also be offered out of season at a rate of \$80.00 per month to Tampa United members and \$100.00 a month for non-members. Write Monica at monica@tampaunitedvolleyball.com for details.

Why Plyometrics?

Team practice alone is no longer enough to develop the necessary skills to be successful in today's Junior, Senior, High or College Sports Programs. You need to exceed what is required from yourself to rise above the competition, and improve your overall game. The few that are able to do this are usually the ones who will advance to the next level.

You must take ownership of your abilities. It's your responsibility to develop the individual skills that will take your game to a higher level - not your coach. He has the whole team concept to develop and evaluate how you fit into it. "Champions are made outside of practice!"

We look forward to training you to become a better athlete.

TAMPA UNITED VOLLEYBALL ACADEMY is powered by **PlyoCity**

TAMPA UNITED ONLINE STORE

- Please see www.tampaunitedvolleyball.com to see selections.
- Items will be charged to credit card kept on file.
- Items will be distributed to the player at practice.
- Any long delays will be communicated before charging the credit card.