

ALPHA PERFORMANCE VOLLEYBALL

It begins here

Building the Future

Amy Barmore - Director

Head Coach at Transylvania, 11 years of club coaching experience, HCAC Coach of the Year. All - American at Georgetown College. Top 5 AAU finish, 24 D1 Commits

Michael Ortman - Assistant Director

Volunteer Assistant at Transylvania, Former UK Men's Club Volleyball player, Youth Coordinator for GFV.

Rebecca Just - Assistant Director

Assistant Coach at GCHS, Two-Time All-American, Social Media Coordinator for GFV and APV

Tiffany Horton - Assistant Director

Former Professional Volleyball player, Former All American at Arizona, Assistant Coach at LCA.

Teams

1 | Navy

Navy teams will play open/premier, have two coaches, two practices and positionals and two days a week of SAQ.

2 | White

White teams will play premier/club have two coach, two practices, positionals and SAQ's.

3 | Red

Red teams will play club, have two coaches, two practices a week and positionals. SAQ's are optional.

ALPHA CULTURE

1. **Developing Complete Players**
2. **Mindset**
3. **Cross Positional Training**
4. **Desire to Improve**
5. **Passion for the game**
6. **Developing Self Reliance**

TRAINING

...train like a champion.

1. **Training Principles**
2. **Attention to detail**
3. **Learning to Pursue
Excellence**

Training

What to expect at an Alpha Practice

1. **Consistent Message**
2. **Positional Training**
3. **Dinando Sports**
4. **Quality of practice reps**
5. **Pace of practice**
6. **Number of coaches at practice**

THE ALPHA ADVANTAGE

1. Two Teams per Court
2. Competitive environment
3. Active Learners
4. College Level Coaches
5. Coach Development
6. Four Coaches per court
7. Technical Focus

What to expect at practice

The amount of quality time spent in the gym ultimately determines the potential for success.

1. **Practice will begin with fundamental training**
2. **Team goals**
3. **Always get 1% better**

Player Evaluations

1. **Player Reviews will be offered at the beginning of the season.**
2. **At mid season players will have a one on one coach review.**
3. **At seasons end players will sit down with coaches to review goals and progress through the season.**

Curriculum Guide

Designated training Schedules and plans for ages 12U, 14U, 16U, 18U

These are designed to help players develop the correct progression.

Set expectations for age groups

Sets expectations for coaches



Team Options

Participation Fees

NAVY - Open/Premier Level Teams

Head Coach

Assistant Coach

2 Practices per week

Positional Practice

SAQ Training with Dinardo Sports

12-14 Tournaments.

Practices start in December

College Recruiting Assistance

Team Options

Participation Fees

WHITE - Premier/Club Level Teams

Head Coach

Assistant Coach

2 Practices per week

Positional Practice

SAQ Training with Dinardo Sports

10-12 Tournaments.

Practices start in December

College Recruiting Assistance

Team Options

Participation Fees

RED - Club Level Teams

Head Coach

Assistant Coach

2 Practices per week

Positional Practice

SAQ Optional

9-11 Tournaments.

Practices start in January

TNT

Teams in Training

Begins in January and goes to May

Teams will play 6-8 Tournaments

Teams will be local to help introduce athletes to club volleyball.

Teams will learn Alpha drill progression, culture and club approach

Practice twice a week

Head Coach

Club Director (Assistant Director) running all practices

DiNardo Sports

Mark DiNardo Training

- 1. Injury Prevention**
- 2. Jump Training**
- 3. Movement Training**
- 4. VPI Testing**
- 5. 2 Days a Week/2 8 week sessions**
- 6. \$160 Per Session**

Fees Include... Everything

Coaching Fees

Court Expenses

Administrative Cost

Insurance : JVA, USAV and AAU if applicable.

Tournament Cost

Nike Uniform package

Positional Practice

Coaches per diem



What to expect:

1. Tryout Cost : \$80 non refundable
2. Team fee specific to team and tournament schedule
3. Payment Plans available
4. Online registration and payment portal
5. Personal travel expenses are up to the individual and family



Tournament Selection

Major tournaments in our area. We want to play the best so that we can be the best.

Competition Level will be considered

USAV and AAU qualifiers. We will pick tournaments at the higher ages to get the most out of recruiting.

TNT and Red teams will take travel distance into consideration.

Potential 2021 Issues:

Limited number of teams from a club

Limited number of teams in major tournaments

Waitlisted teams

Early registration

Back up plans: Alpha Partners

ALPHA Training Partners

Mintonette - Max Miller

**Owner and Director of
Mintonette Sports will be
running a camp for all Alpha
Players**

Munciana - Mike Lingenfelter

**Munciana Owner and Director
will be running training for
Alpha Players**

Questions and Answer

Please type questions in comment section.

