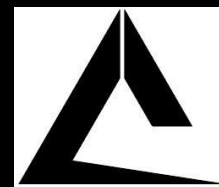


# ALPHA PERFORMANCE



## INFORMATION MEETING

Welcome to Alpha Performance Volleyball! We will be entering our second season for the 2020 - 2021 Season. We offer elite level coaching for athletes in Central KY and the surrounding area. We will offer teams for athletes between the ages of 9 - 18. We strive to offer the best coaching and practice environment to develop high-level athletes and teams.

## ALPHA TRYOUT DATES

	SUNDAY 11/08	TUESDAY 11/10
12U and 13U	12:00 - 1:30 PM	4:30 - 5:30 PM
14U	2:00 - 4:00 PM	6:00 - 7:00 PM
15's and 16's	4:30 - 6:30 PM	7:30 - 8:30 PM
17's and 18's	7:00 - 8:00 PM	9:00 - 10:00 PM

## TRYOUT REGISTRATION

Tryout Registration is now open for any athlete wishing to participate in a full season of volleyball (December-June). Any athletes wishing to participate in the TNT program register beginning October 1st.

Registration must be completed through the website. All fees and payment will be collected through the website. If you wish to register separately, please contact [director@alphaperformancevb.com](mailto:director@alphaperformancevb.com) for a registration form and return with an \$80 check for tryouts to 317 Princess Arch Lane Lexington, KY.

**If you would like to tryout for TNT for local teams only please note on registration.**

**Teams will be announced by tryout number on the website November 11<sup>th</sup> at 4 PM. Coaches will contact the players within 24 hours of tryouts. Athletes have 24 hours to decline their spot. Team Meetings will happen shortly after teams have been finalized.**

Teams will consist of 8-11 players but will generally be kept to 9 players. Rosters will be created for what best serves both the team and the athlete, under certain circumstances this means playing up or with a different team. These discussions will be had directly with the parents and the player.

## WHICH ARE GROUP SHOULD I TRYOUT FOR?

### *Age Group Classifications for the 2021 Season*

#### **New 2021 AAU Volleyball Age Divisions**

**10 & Under** – Must be born on or after July 1, 2010

**11 & Under** – Must be born on or after July 1, 2009

**12 & Under** – Must be born on or after July 1, 2008

**13 & Under** – Must be born on or after July 1, 2007

**14 & Under** – Must be born on or after July 1, 2006

**15 & Under** – Must be born on or after July 1, 2005

**16 & Under** – Must be born on or after July 1, 2004

**17 & Under** – Must be born on or after July 1, 2003, **OR** players who were born on or after July 1, 2002 and are in the 11th grade during the current academic year.

**18 & Under** – Must be born on or after July 1, 2002, **OR** players who were born on or after July 1, 2001 and be high school students during some part of the current academic year.

### **Alpha offers four levels of teams; NAVY, WHITE, RED, TNT**

TEAM	PRACTICE	SEASON	TOURNAMENTS	FEES
NAVY	2/Week + Positional + SAQ	NOV - NATIONALS	10-12	\$2900-3100 12U - \$2200-2400
WHITE	2/Week + Positional + SAQ	NOV - NATIONALS	10-12	\$2600-2800
RED	2/Week + Positional	DEC - JUNE	9-11	\$1900-2100
TNT	2/Week	JAN - MAY	6-8	\$900
Developmental	2/Week	JAN - MAY	6-8	\$650

Fees listed are approximate. All fees are included. Alpha believes in having no surprises and presenting the true cost up front. We will offer sponsorship opportunities and work for play opportunities. In addition, Alpha will offer fundraising opportunities to offset Per Diem Cost for coaches.

Teams will practice primarily at the Alpha Training Center located at 4050 Georgetown Road Lexington Ky 40511. Additional practices may be held at Transylvania University Beck Center. Practice times will be between 4 PM and 10 PM daily with some practices on weekends without tournaments. Navy and White teams will have SAQ (16 Weeks) and Positional Training once a week. These are part of the expected practice schedule. Red teams will have positional practice once a week and can opt into SAQ.

Teams will travel within the Mid-West. All NAVY and WHITE teams will travel to Nationals. Developmental teams will stay in KY (including Cincinnati and Southern Indiana).

## **UNIFORMS**

Alpha will be pairing with NIKE to offer a great product! Teams will receive jerseys, spandex, kneepads, backpack, practice shirts and warm-up. All other uniform items will be available on the Team Store.

## COACHING

Alpha's coaching staff will offer coaching from the best Central KY has to offer. Alpha offers coaches who have dedicated their life to the sport, through coaching middle school, high school, and college. Alpha offers coaches with playing experience covering every level of collegiate competition along with professional careers.

### **Anticipated Teams – Coaches Assignments may adjust based on tryout numbers**

Coaches will be announced on website and facebook leading up to Alpha Advantage Camp

<b>11 Navy</b>	<b>11 White</b>	<b>12 Red</b>
<b>12 Navy</b>	<b>12 White</b>	<b>13 Red</b>
<b>13 Navy</b>	<b>13 White</b>	<b>14 Red</b>
<b>14 Navy</b>	<b>14 White</b>	<b>15 Red</b>
<b>15 Navy</b>	<b>15 White</b>	<b>16 Red</b>
<b>16 Navy</b>	<b>16 White</b>	
<b>17 Navy</b>	<b>17 White</b>	
<b>18 Navy</b>	<b>18 White</b>	

## CONTACT

**Amy Barmore Director**

**Phone:** (502) 645-5642

**Email:** [director@alphaperformancevb.com](mailto:director@alphaperformancevb.com)

**Website:** [www.alphaperformancevb.com](http://www.alphaperformancevb.com)

## SOCIAL

**Facebook:** @AlphaPerformanceVB

**Instagram:** @alphaperformancevolleyball

**Twitter:** AlphaPerformVB

**TeamApp:** Alpha Performance Volleyball