



WELCOME TO THE 2021/22 SEASON!

Dakine Warriors Volleyball Club strives to be the premier indoor and beach volleyball club in the Puget Sound Region for athletes who wish to train and compete at the highest level possible and aspire to play collegiate volleyball. Our teams are trained by experienced coaches who are continuing to develop and hone their coaching skills.

All Dakine teams will be participating in the USA Volleyball Puget Sound Region Power League and USA Volleyball National Qualifier Events.

All players accepting spots on National teams will be required to compete in **USAV National Championships** (if qualified) at the end of the season.

OHANA/MISSION/VISION

OHANA

This is to us the very basis of our everything we do at Dakine. Ohana is not only the family you are born with but also the family that you intentionally choose. We rally around and support our Ohana at all times. Kindness, sportsmanship and community support are some of the hallmarks of our Ohana and we ensure that this is the goal of ALL members of Dakine. Whether you are a player, coach, administrator or parent, striving for the betterment of our Ohana is a requirement of all members of Dakine.

Our Mission

To provide superlative coaching and foster the best possible learning environment indoors, on the beach, or grass. To teach our family of athletes the fundamentals of the game of volleyball, and cultivate the desire in each to compete at the highest level. We want our athletes to develop the work ethic and discipline it takes to be an elite athlete, along with the importance of sportsmanship. We want to create complete athletes on the court, and even better people off the court.

Our Vision

To establish Dakine Volleyball area teams, players and coaches as the standard of excellence for junior volleyball in our region. Our goal is to have Dakine Athletes among the most highly recruited athletes in the country due to the skill development, volleyball IQ, academics and team culture that is developed at Dakine.

2021-22 PROJECTED TEAMS

These numbers are projections based on the previous season and anticipated changes. We ARE prepared to change some team qualifications based on the quality of our tryouts. We anticipate the following teams for the upcoming season:

UNIVERSITY PLACE

- **12 & Under:** 12 Surf (National), 12-2 (Regional), 12-3 (Regional)
- **13 & Under:** 13 Surf (National), 13 Shaka (Regional)
- **14 & Under:** 14 Surf (National), 14 Ohana (National), 14 Tiki (Regional)



- **15 & Under:** 15 Surf (National), 15 Ohana (National)
- **16 & Under:** 16 Surf (National), 16 Ohana (National)
- **17 & Under:** 17 Surf (National), 17 Ohana (National)
- **18 & Under:** 18 Surf (National)

BELLEVUE

- **13 & Under:** 13 Lokahi (National)
- **14 & Under:** 14 Lokahi (National)
- **16 & Under:** 16 Lokahi (National)
- **18 & Under:** 18 Lokahi (National)

SEASON “BASICS”

- Season Length: December thru mid-June (Tournaments Begin in December or January)
- Practices/Week: 2 (Monday/Wednesday or Tuesday/Thursday)
- High Exposure Tournament Schedule (see Tentative Schedule)
- LOVB National Level Comprehensive College Recruiting Support Included
- HUDL Video Support Included for National Teams. HUDL provides statistics and a Recruiting Video Creation for all athletes. HUDL recruiting videos are now housed in an easy to navigate library for College Coaches.
- LOVB Whole Athlete Training Program featuring mental training, nutrition tips, and recovery techniques
- Neurofuel – Neuro fuel is a Mental Training App developed specifically for volleyball players. This app was developed by some of the top minds in Volleyball Mental Training and is used by top Collegiate and Club programs. www.neuro-fuel.com
- Uniform Packages for all teams. This year we are using Under Armor - as they are one of the only National Volleyball Brands that is not having supply chain issues and has product on the ground in the US.

ROSTERS & PLAYER DEVELOPMENT PHILOSOPHY

Dakine uses some of the following criteria for building rosters for our Girls' National Program. Our goal is to play a great defensive game with strong offensive systems in place.

In the U15-U18* age groups we will employ the following philosophy:

- Setters will run 5-1 as a preference, if setters do not have the height to play front row but have the speed required we will run a 6-2. Not concerned about height ... just the ability to run an offense at a high level. Preference will be for our setters to run 5-1 systems at 15s and above as this is what we have seen most collegiate programs are looking for in their recruiting.
- If a 5-1 is determined to be the preference for a team a second setter will be developed in practice who would also have a second job come game time. These players may be a Right Side, DS, Libero or Pin.
- Pin and Middle players will have opportunity to play 6 rotations.
- Middles will have the opportunity to develop their toolbox of attacking locations across the net.

U12-U14 age groups we will employ the following philosophies.

- While we do have positions in game and develop players to their strengths we develop all players as VOLLEYBALL PLAYERS.



- All players will pass, set and learn how to hit from all positions on the net. All players will work on serving and serve receive.
- U12-U13 teams will run a 5-1 or a 6-2 offense depending on skill level of players.
- 14s teams will run either a 5-1 or 6-2 offense depending on skill level of players. Heavy preference to a 5-1 if possible for U14 Surf team.

PROGRAM FEATURES

Experienced, Professionally Trained Coaching Staff

Each of our Head Coaches in the National Program will have a minimum of 2 years of club, college or high school coaching experience and will be a minimum of 21 years old. Most have MUCH more than that. In addition, our coaches will undergo USAV background screenings and Safe Sport training. On the court, our coaches will complete LOVB’s internal certification process developed by our National Technical Director Jamie Morrison. Jamie is the former assistant coach of the US Women’s National Team and has 3 Olympic Medals to his credit.

2 Practices/Week

TENTATIVE Program Practice Schedule:

Monday	Tuesday	Wednesday	Thursday
4:30p-7p - U12-U14 7p-9:30p U15-18	4:30p-7p – U12-U14 7p-9:30p – U15-U18	4:30p-7p – U12-U14 7p-9:30p – U15-U18	4:30p-7p – U12-U14 7p-9:30p – U15-U18

** Practice schedule is considered TENTATIVE prior to the season due to the fact that tryouts have not been completed for all age groups. All reasonable attempts to use the schedule will be made based on the number of teams and court availability. All teams will practice either Monday/Wednesday or Tuesday/Thursday.*

Strength and Conditioning

Dakine Warriors will implement a Strength and Conditioning program based upon the fundamentals of Whole Athlete Training that is being developed with LOVB. The coaching team at LOVB has extensive experience developing strength and conditioning programs for teams from Olympic Medal Winners to top Collegiate Programs to top U12 Club Teams. Each player will be expected to participate in strength and conditioning away from our team practice times.

Position Training on ALL “Team” Practice Nights

Positional Training will be incorporated into all Team Practices as part of the practice plan. Players will spend significant time in each practice working at their positions both technically (fundamentals) and tactically (small groups with teammates).

Typical Practice Plan for Team Practice



U12-U14 Elite (2.5 hours)

10 min Pre-Practice Footwork & Warm-Up
20 min Serve & Pass
30 min Position Training (Technical/Tactical/Group)
30 min Team System Work (Sideout or Transition)
30 min Scrimmage/Wash Drills
30 min Strength & Conditioning Program

U15-U18 Elite (2.5 hours)

30 min Strength & Conditioning Program
10 min Pre-Practice Footwork
20 min Serve & Pass
30 min Position Training (Technical Tactical/Group)
30 min Team System Work (Sideout or Transition)
30 min Scrimmage/Wash Drills

Recruiting (U15-U18)

Dakine was started in large part because Chris and Ariana grew tired of hearing local club coaches and directors claim that we “don’t have the athletes in the Pacific Northwest to compete at a National Level”. We felt that the athletes ARE here – we simply have to be willing to work a little harder to provide the right training and opportunities to our local athletes.

Now, only 5 years later Dakine is currently ranked 10th in the NATION for number of athletes recruited in 2021. Our goal is to increase this number as we strive to help provide more athletes opportunities to play volleyball in college and now beyond! We hope that our drive to create National opportunities for athletes makes others work harder too.

We will employ a National Recruiting Director (Lauren Hansen) that will be responsible for maintaining a current database of college needs, college contact information and developing the tools and resources that our athletes will use during the recruiting process. In addition, our on-site Recruiting Coordinators (TBD) will work directly with our athletes and their families by conducting PSA (Prospective Student Athlete) consultations throughout the season.

Lauren Hansen will be conducting a preliminary recruiting Zoom call for 2020/21 Dakine Athletes on November 7th, 2021. She will then be at Dakine on November 29th in order to present to all athletes trying out at Dakine to talk about Recruiting. We will be offering a Recruiting Seminar on November 28th for players who commit to Dakine after tryouts.

High Exposure Tournament Schedule

Dakine Warriors will be offering their Girls Elite Program a high exposure tournament schedule that will not only offer an extremely high level of competition, but also the opportunity to be seen by college coaches (specific to the U15-U18 age divisions). Based on the individual team, the actual tournament may change to ensure the best possible competitive scenario and exposure.

Important Club Events

- Nov 7th

Recruiting Club Zoom Conference with Lauren Hansen

Topic: Dakine Class of 2022 and 2023

Time: Nov 7, 2021 06:00 PM Central Time (US and Canada)

Topic: Dakine class of 2024 and 2025

Time: Nov 7, 2021 05:00 PM Central Time (US and Canada)



- Oct 30th First Day of Tryouts (U12 – U14)
- Nov 29th First Day of Tryouts (U15 – U18)
- Dec 11th Tournament Play Begins
- Dec 24th-Jan 2nd Holiday Break
- January 8-9th USAV Power League Schedule Begins

What’s New for Dakine In 2021/22

- Dakine is now part of League One Volleyball (LOVB) ... bringing the first sustainable Women’s Professional league to the United States. LOVB and their member clubs are providing the first viable path through the club experience to professional opportunities for women in volleyball.
- LOVB’s Whole Athlete Training program will bring new aspects of training to our athletes including mental health, mindset, leadership, nutrition, and recovery. This training is driven by our National Technical Training director, Jamie Morrison.
- Dakine Coaches will be working within the LOVB Coach Training system. Ongoing Coach Education will be mandatory for all coaches throughout their seasons at Dakine.
- Dakine will be using a National Recruiting Coordinator for our athletes. Lauren Hansen will be guiding recruiting personally for our Dakine Recruiting Directors and our Athletes.
- We are excited to get back to regular competition! Last season was strange to say the least. We worked very hard to get our athletes opportunities to play volleyball locally and nationally. We are excited to have more opportunities this season!

TENTATIVE 2021-22 SCHEDULE - HIGH EXPOSURE TOURNAMENTS

Below is a TENTATIVE schedule of High Exposure Tournaments. All tournaments should be considered tentative until entries are submitted and teams have been accepted. We will determine the remainder of the schedule based on team level, tournament strength and travel distance.

2021-2022 DUES & FEES

Below are the dues and fees for the 2021-22 Season. Also, you will see both the Extended and Standard Payment Plans which families can choose from when registering for the season.

Tuition Payment in Full 5% Discount - \$3040.00

U13-U14 SEASON DUES - \$3200

<u>Extended Payment Plan</u>	<u>Standard Plan</u>
\$500 - Acceptance Fee	\$500 - Acceptance Fee
\$300 – November 15th	\$500 - November 15th
\$400 - January 15th	\$500 - December 15th
\$400 - February 15th	\$500 - January 15th
\$400 - March 15th	\$500 - February 15 th
\$400 - April 15th	\$500 - March 15 th
\$400 - May 15th	\$200 - April 15 th
\$400 - June 15th	

U15-U18 SEASON DUES - \$3200

<u>Extended Payment Plan</u>	<u>Standard Payment Plan</u>
\$500 - Acceptance Fee	\$500 - Acceptance Fee
\$300 – December 15th	\$500 - December 15th
\$400 - January 15th	\$500 - January 15th
\$400 - February 15th	\$500 - February 15th
\$400 - March 15th	\$500 - March 15 th
\$400 - April 15th	\$500 - April 15 th
\$400 - May 15th	\$200 - May 15 th
\$400 - June 15th	

WHAT’S INCLUDED IN DUES?

- ALL Technical Director and Coaches’ Fees
- ALL Practices/Training Sessions



- ALL Practice Gym Time
- ALL Equipment
- ALL Tournament Entry Fees (except Nationals)
- ALL Strength & Conditioning Sessions (3 sessions/week)
- LOVB's Whole Athlete Training Program (W.A.T. Program)
- LOVB's National Recruiting Platform (U15-U18)
- HUDL
- Neurofuel – Neuro fuel is a Mental Training App developed specifically for volleyball players. This app was developed by some of the top minds in Volleyball Mental Training and is used by top Collegiate and Club programs. www.neuro-fuel.com
- ACH/Bank Transfer Processing Fees Included (**Credit Card Processing is an additional fee of 3.0% + 0.30**)
- FULL Uniform Package (3 Jerseys, 2 spandex shorts, 2 practice ts, warm up jacket, warm up pants, backpack, kneepads) Under Armor and other brands.

WHAT'S NOT INCLUDED IN FEES?

- **USAV Membership Fee** **Cost: \$55**
Required for all players to participate in practice and several tournaments.
- **Coaches' Overnight Travel Expenses** **2021-22**
It is nearly impossible to accurately account for Overnight Travel Expenses prior to the season. Thus, those expenses are invoiced to the players throughout the season. Those expenses will include coach's travel (mileage/airfare), coach's per diem (food), and coaches' hotel for overnight events only. This is a pass through financial item for us and trips are invoiced after the event.

Each Travel Tournament fee will be approximately \$300 per event.

TENTATIVE TRAVEL SCHEDULE

- **Tentative Travel Schedule for each team is listed in each team page at www.dakinevc.com**
- **Nationals** **2021-22 Season: USAV : \$400***
Nationals is not included in the dues. The tournament entry fee and all travel expenses will be invoiced to each player. Fees will be calculated by determining the overall cost for all teams attending the particular event and dividing that cost over the total number of players on the teams attending. This ensures fair and equal distribution of expenses regardless of the roster size of your team which is not determined by the players. Nationals events are MANDATORY for all players committing to playing indoor at Dakine should the team either qualify or choose to go in Patriot Division. Any player choosing not to attend will not be allowed back into the National Program the following season and will be charged for the full event.

** Represents the anticipated amount for the upcoming season. We will always do our best to keep the costs as minimal as possible.*



FUNDRAISING PROGRAMS

Dakine now offers fundraising programs. These programs include:

- **Opt-In Fundraisers**
We will offer opt-in fundraisers to assist families in offsetting dues/fees throughout the season.
- **Scholarship Fund**
We are now able to fundraise and accept donations to a 501c3 Scholarship Fund for Dakine Warriors. We are currently planning to host a Club Wide Bingo night as our inaugural Scholarship Fundraising event!

SEASON DISCOUNTS

Dakine is proud to offer Season Discounts for families that pay in full and/or have multiple players in the program. Please see the table below to determine the discount that would be applied:

- **Paid In Full Discount - Approximately 5% of season dues**
- **Sibling Discount - Approximately 3% of season dues (per child)**
If a family has multiple players in the club, the discount will be based on the program each player is participating in.

PAYMENT OPTIONS

Dakine uses DASH payment processing for dues and fees throughout the season that will ease the burden of staying on top of your fees. We request a credit card to be placed on your file to take care of all monthly payments on an auto payment schedule.

- Standard Payment Plans in installments
- Set it and forget it! Once you set your payment types your accounts will automatically be billed on the Payment Plan due dates throughout the season.
- Reminders and receipts ... you will receive automatic reminders and receipts throughout the season. Handy for financial tracking and to ensure your chosen payment account is ready.
- Pay your Travel Invoices in the system.
- Unique user dashboard to track your activity throughout the season.

Need a Custom Payment Plan? Please contact Ariana Hannemann to arrange a custom payment plan via email – ariana@dakinevc.com.

HOW TO MAKE YOUR PAYMENT

- Click on the “DASH REGISTRATION” at the top right at www.dakinevc.com.
- Log in to your account. On the right hand side of your account login you will see a box labelled “Billing” and “Upcoming Payment”. You can click here to pay your dues and invoices.
- When you accept your payment plan the system will auto bill your credit card for each of your payments. No need to login monthly to pay.

If you need to modify a payment schedule or payment date or have any questions about payments at all, please contact our Club Director **Ariana Hannemann** at **(206) 949-9137** or ariana@dakinevc.com. **Please note that if you do not communicate about financial obligations this will affect your athlete’s playing time. We do want to help but will require communication.**