



WELCOME TO THE 2022/23 SEASON!

What would you be willing to do to see your child grow and prosper? What is the legacy that you hope to leave behind?

As Dakine enters our 6th year of club volleyball we are very excited to continue our partnership with League One Volleyball (LOVB). This partnership offers us the opportunity to build a legacy in the sport of volleyball that we could only dream of until now. **The mission of LOVB is to fundamentally change the game. To bring a professional women's volleyball league to the United States.** We believe that in order to build a strong professional league, community-level club support is critical and we are excited about the many ways that professional volleyball can give back to our club programs. Dakine will be one of the anchor clubs for LOVB to support a future professional team in the Pacific Northwest. LOVB plans to begin this phase of growth in January of 2024 with a lead up into the Paris Olympic Games – with a plan for our athletes to return and play in the League One Professional Women's League upon their return!

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** 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.

2022-23 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

- **11 & Under:** 11 Surf (Elite),
- **12 & Under:** 12 Surf (National), 12-2 (Regional), 12-3 (Regional), 12-4 (Regional)
- **13 & Under:** 13 Surf 1 (National), 13 Surf 2 (Elite)
- **14 & Under:** 14 Surf 1 (National), 14 Surf 2 (Elite), 14 Tiki (Regional)
- **15 & Under:** 15 Surf 1 (National), 15 Surf 2 (Elite)
- **16 & Under:** 16 Surf 1 (National), 16 Surf 2 (Elite)
- **17 & Under:** 17 Surf 1 (National), 17 Surf 2 (Elite)
- **18 & Under:** 18 Surf 1 (National)

BELLEVUE

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



SEASON “BASICS”

- Season Length – Dependent on your team. All National Teams will begin shortly after tryouts and will continue until USAV National Championships.
- Practices/Week: National and Elite Teams will have 3 practices per week.
- High Exposure Tournament Schedule (**see *Tentative Schedule*)
- LOVB National Level Comprehensive College Recruiting Support Included
- HUDL Video Support Included for Surf Teams only. 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, strength and conditioning, and recovery techniques
- Neurofuel for Surf Teams Only – 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. We use a blend of gear with the main warm up, back pack provider being Under Armor.

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 from 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 or 3 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 7 p-9:30p – U15-U18	4:30p-7p – U12-U14 7 p-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. All National and Elite teams will have one additional Positional workout per week.*

Strength and Conditioning

Each player will be expected to participate in strength and conditioning away from our team practice times. We will provide strength and conditioning programs to our athletes and will make every attempt to integrate these pieces into our training regimen.



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

ALL NATIONAL TEAMS WILL HAVE 2 TEAM PRACTICES AND 1 POSITIONAL PRACTICE PER WEEK. Positional practices will occasionally be cancelled on weekends where the team competes.

U12-U14 Surf 1/2 (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 Surf 1/2 (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 Dri

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 with the right coaching 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 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.

We will be offering a Recruiting Seminar on December 10th 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

- Dec. 3rd Recruiting Club Zoom Conference with Lauren Hansen
Topic: Dakine Class of 2023 and 2024
Topic: Dakine class of 2025 and 2026
- Oct 29th First Day of Tryouts (U12 – U14)
- Nov 20th First Day of Tryouts (U15 – U18)
- Dec 24th-Jan 2nd Holiday Break
- January 7-8th USAV Power League Schedule Begins

Dakine 2022/23

- 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.

TENTATIVE 2022/23 SCHEDULE - HIGH EXPOSURE TOURNAMENTS

We will be creating a tentative schedule for High Exposure Tournaments for all National and Elite Teams. These schedules are unfortunately only tentative until we are officially accepted for each tournament that we attend. This is due to the incredible demand of women's volleyball



right now and the stay to play requirements being fulfilled by each individual team. Each team's tentative schedule can be found online.

2022/23 DUES & FEES

Dues will be announced on Sept. 15th, 2022 for the upcoming season.

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
- ALL Coach Travel/Pay Fees
- LOVB's Whole Athlete Training Program (W.A.T. Program)
- LOVB's National Recruiting Platform (U15-U18)
- HUDL (for Surf 1 and Surf 2 Teams)
- Neurofuel (for Surf 1 and Surf 2 Teams) – 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
- 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.

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:

- **Payment in full 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.
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- **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.**