

# Winter Club Try-outs

## Sunday, November 8th

### 09/10 Elementary/Middle School

1:30 - 2:00 ..... Physical Testing  
2:00 - 4:00 ..... Try-out

## Sunday, November 15th

### 09/10 Sophomore/Junior/Senior

12:00 - 12:30 ..... Physical testing  
12:30 - 2:00 ..... Try-out

### 09/10 Elementary/Middle School

2:00 - 2:30 ..... Physical Testing  
2:30 - 3:30 ..... Try-out

### 09/10 Freshman/Sophomore

3:30 - 4:00 ..... Physical Testing  
4:00 - 5:30 ..... Try-out

## Sunday, November 29th

### 09/10 Junior/Senior

1:30 - 2:00 ..... Physical testing  
2:00 - 3:30 ..... Try-out

### 09/10 Freshman/Sophomore

3:30 - 4:00 ..... Physical testing  
4:00 - 5:30 ..... Try-out

### 09/10 Sophomore/Junior

6:00 - 6:30 ..... Physical testing  
6:30 - 8:00 ..... Try-out

### Try-out Fees

\$40/child and \$30/each additional child.  
Good towards club fees.

## CLUB PRICING

### National/Elite

\$ 950.00

### Regional

\$ 775.00

### Local

\$ 650.00

### Club (12 and Under)

\$ 595.00

Kaepa gear included in player tuition:  
warm-up jacket, warm-up pant, and black  
spandex shorts.

## PLAY DATES:

### NATIONAL/ELITE LEVEL:

#### Power League Dates:

January 16-17, January 30-31, February 27-28, and March 13-14

#### Tournament: Sports Performance President's Day Classic

February 13-15

### CLUB LEVEL (local and regional) Power League Dates:

#### (Ages: 12, 15, and 16)

January 9, January 24, February 6, and February 21

#### (Ages: 13, 14, 17, and 18)

January 10, January 23, February 7, and February 20

#### Winter State Championship Tournament:

March 13-14



**POWER LEAGUE:** The Power League is comprised of many different clubs from the West Michigan area. Each play date, our Local and Regional teams will play 4 matches, and our National/Elite teams will play 6 matches—think of these as mini-tournaments. Following every play date, all participating club teams will be ‘seeded’ according to their record to assure that week by week, teams will be competing against other teams of similar skill level.

**ADDITIONAL TRAINING:** Volleyball is a game of movement and timing. If you think about it, every contact with the ball requires a great deal of both, yet most volleyball players are not taught or trained how to move properly; until Carpe Diem Volleyball.

Michelle Vander Meer, the Head Coach of Carpe Diem, has been to (among others) three different coaching clinics at the Olympic Training Center in Colorado to learn from the best coaches in the Nation. One thing was emphasized over and over: ‘teach your players how to move and how to move properly and efficiently!’

Carpe Diem Volleyball has a unique 25-minute volleyball-specific training session included in every practice! This training instructs players how to move properly and clarifies techniques in volleyball specific footwork patterns. Also integrated are agility, speed, reaction time and quickness exercises.

Whether your daughters need a biomechanical boost, or to simply reinforce their proper technique, this specialized training will enhance the performance of any athlete!

## HOURS OF PRACTICE AND TRAINING:

**NATIONAL/ELITE - all ages: December 7 - March 14** (Some travel required)

- 70 hours of team and individual training
- 14 hours of core, movement, speed, and jump training
- 11 play dates; 8 power league days, 3 tournament days—minimum of 30 matches
- 2 hours of practice, plus 25 minutes of training twice a week; schedule involves travel.

**REGIONAL - 16-18 years old: December 7 - March 14** (Events are local)

- 70 hours of team and individual training
- 14 hours of core, movement, speed, and jump training
- 6 play dates; 4 power league days, 2 tournament days—minimum of 21 matches
- 2 hours of practice, plus 25 minutes of training twice a week.

**LOCAL - 13-15 years old: December 7 - March 14** (Events are local)

- 56 hours of team and individual training
- 14 hours of core, movement, speed, and jump training
- 6 play dates; 4 power league days, 2 tournament days—minimum of 21 matches
- 1<sup>1/2</sup> hours of practice, plus 25 minutes of training twice a week.

**CLUB - 12 years old and under: December 7 - March 14** (Events are local)

- 56 hours of team and individual training
- 14 hours of core, movement, speed, and jump training
- 6 play dates; 4 power league days, 2 tournament days—minimum of 21 matches
- 1<sup>1/2</sup> hours of practice, plus 25 minutes of training twice a week.



**Keapa gear included in player tuition: warm-up jacket, warm-up pant, and black spandex shorts.**