

## **NPJ BEND PARENT MEETING 10/12 - 1PM, NPJ SPORTS ZONE**

Thanks to everyone for attending our annual Parent Meeting! We're so excited to launch another club season. My name is Colton Naill, and I'm the Director of NPJ Bend. I'm also the Director of NPJ Beach Volleyball, and the Head Coach of NPJ Bend 14 National. Introduce Olivia Irving, NPJ Bend Assistant Director, NPJ Sports Zone Building Manager & Head Coach of NPJ Bend 15 National. Save questions until the end - group Q&A and individual Q&A

We're proud to be in our home gym, the NPJ Sports Zone. Hand over to Liv for more NPJ SZ details. We bought the gym to house our club teams, camps, clinics and lessons. We control the schedule and availability of the courts, so there are 0 scheduling conflicts throughout the season. We also use the gym at Bend International School, which features our own Sport Court and NPJ equipment.

NPJ Volleyball Club was founded in 2009 out of Salem Oregon. NPJ Bend launched in 2018, and now NPJ has 4 locations, over 90 total teams and sends dozens of athletes to the next level every year (point to banners - 45 in 2025). NPJ is led by Founder & Senior Director Adam Ellis, Director of Operations Alyssa Whitney and Director of Volleyball Mike Gee. NPJ is owned by 3 Step Sports, a Sports Management firm based out of Massachusetts.

NPJ was founded on the simple idea of helping athletes use volleyball to get where they want to go in life. Ultimately, we want our athletes to have fun and to play in a supportive, safe, family environment. This kind of focus is at our core and something we're proud to provide to our players of all age levels. The NPJ mission is to provide a healthy, positive and rewarding experience for all players, coaches and family members. At NPJ, we're focused on helping every player build the tools they'll need to succeed both on and off the court.

NPJ is the #1 ranked club in the Pacific Northwest. We've implemented an innovative coaching method called the Ecological Approach to our teaching. Our coaching staff is elite and loaded with former D1 players, college coaches, HS coaches and lifelong enthusiasts who are proven leaders, role models and quality human beings. We're proud of all of our alumni, and we have recruiting services in place to help your athlete make it all the way. Our teams compete at the national level, facing the toughest teams in the country while getting collegiate exposure. And we have our own gym here in Bend which no other club has. Lastly, we focus on having fun and building relationships that turn your team into your family.

Our club uses the Ecological Approach to our coaching methods. In short - Ecological approach means using the game to teach the game. We believe in training in a way that best prepares our players & the team for competition. We've cut out drills and activities that don't translate to what we'll experience at tournaments. For that reason, our players and their teams play way more competitive rallies at practice and become more well-rounded than other players

NPJ is a Blue Ribbon CEVA club, meaning if we uphold the standards of the Blue Ribbon requirements, we can become eligible for help with post-season costs. Full details are on the CEVA website, but items include no red or purple cards, no ejections from tournaments, no personnel on probation or suspension from the region, no reports or complaints about parents & coaches.

Club Volleyball at NPJ Bend is broken down into 2 categories - Local & Travel. Club dues will be posted on the website by 10/16. Tournament schedules are on the team pages of the website with the exception of local, which we should have finalized before tryouts. Club dues include gym rental, coaches fees, tournament entry fees and administrative fees. All club dues include HIIT Logic training (Katie to speak on that shortly), Hudl for 15-18s. Uniforms are handled by Gear Up and are not included in club dues. Club dues do not include travel (drive, flight or hotel). There are fundraising opportunities - details on that will be discussed shortly.

Local teams are sorted by age every 2 years (12u, 14u & 16u which can also carry 18u) and compete in AAU sanctioned tournaments. Players must have an active AAU membership to compete. There are 6 local tournaments per season, located in Bend, Redmond, Sisters or Prineville. Teams are sorted 1-4 based on ability level. Club season starts with the first practice the Monday/Tuesday after Thanksgiving, and concludes after the final tournament in early March. Practices are 2x/week for 90 min each. Local teams will primarily practice out of the Bend International School gym.

Travel teams are sorted by age 12u-18u, and compete in the CEVA region of USA Volleyball. There are 40 regions in total that comprise USA Volleyball. Travel team players must have an active CEVA/USA V membership to compete. Travel teams will participate in the CEVA Region Power League tournaments, National Qualifier tournaments & regional Top Court tournaments. National is the top team in each age group, and will compete with the best teams in the nation in Power League, Qualifiers and Showcases. The goal of a National team is to secure a bid to the post-season: USAV Girls Junior National Championships or Summer NIT. Premier is the second team in the age group and will compete in Power League and other regional tournaments, and can also earn a post-season bid. Travel season starts with the first practice the Monday/Tuesday after Thanksgiving, and concludes once CEVA Regionals end in May (unless your team makes the post-season). Practices are 2x/week and last 2 hrs each. Upon making a travel team, you agree to extra fees that go into the post-season if your team makes it. Players can opt-out of playing but are responsible for their portion of fees. 18 National fees hit 4/15, other teams fees hit 5/15. National & Premier players for ages 15+ will get the Hudl package (Hudl bought Balltime) for video & recruiting services. No team rooms for travel teams (reduces club dues so parents don't have to pay for team room & their own room). For Top Court tournaments, we send a link to book rooms. Certain tournaments are Stay to Play, and we'll send that link & post on the team pages of the website. 15 National & 16 National will compete at the Triple Crown Pre-Season NIT in Kansas City MO. 18 National will travel to Dallas TX for the AVC Qualifier. MLK Seattle is a qualifier for Summer NIT in AZ.

Tryouts - Take place mid-November. We tryout 14u travel on 11/9, and 14u local on 11/10. We tryout 15-18 travel on 11/16, and 15-18 local on 11/17. Make-Up Tryouts are on 11/18. Travel tryouts are at Caldera HS, Local tryouts + make-up are at the NPJ Sports Zone. We ask that everyone signs up for their proper age group, as we tryout by ages every 2 years. Travel tryout players will need a full season CEVA membership OR a CEVA tryout membership. Local tryout players will need an AAU membership. National teams are built first, then Premier teams. Once teams are formed, players will receive a welcome packet with lots of info for next steps. Before leaving tryouts, players will need to sign and turn in the CEVA Letter of Commitment, we'll need a deposit or pay-in-full for dues, and uniform sizing will take place.

Tryouts cont'd - If pay-in-full doesn't work, we can break club dues into 4 payments due at the 1st of the month (Jan, Feb, Mar, April). If that doesn't work, parents will contact Alyssa to set up a payment plan that works for them. Players that do not make a team will be encouraged to give the Local tryouts a shot the next evening.

Pre Tryout Clinics - Great way to get familiar with the procedures of tryouts, meet the coaching staff and to play alongside future teammates. We run players through the games and drills that they'll see at tryouts, implementing our point scoring and ladder system to sort players. Like at tryouts, having the most points does not guarantee a spot on the top team. PTCs are filling up fast so reserve your spot today. Additional sessions may be planned if the waitlist grows.

Parent Guidelines - We have these in place to have the best possible season for players, coaches and parents. You are allowed to watch practice, but cannot shag or otherwise participate. We highly encourage our parents to get vocal and cheer for the team, and discourage our parents from heckling or criticizing opposing teams, players & parents and officials. Parents can and will be issued purple cards for inappropriate behavior, which will affect our club's standing as a Blue Ribbon Club. Each club team will have a team parent that helps with communication, food tables, team bonding and other off-court activities. Please communicate with the Head Coach to volunteer to be a Team Parent.

Playing Time - Playing time is earned, not given. Paying club dues does not entitle players to playing time. Club dues covers gym time, coaches fees and tournament entry fees. The 6 players that play the best together earn the most playing time. We highly encourage our players to have talks with coaches about how to earn more time. Our coaches are prepared for those conversations and will have a plan for improvement for each player. Parents are not to communicate with coaches about playing time. Any issues with coaches should be communicated through myself or Olivia. We do have a 48hr rule where there is no parent to coach communication about playing time/issues within 48hrs of tournament conclusion. Again - issues should be initiated by the player with the coach, and then as the Club Director any additional issues go to Colton or Olivia.

Fundraising - There are several fundraising opportunities to help offset the costs of club ball. Sporfie is our gym livestream that contains a marquee of ads in the bottom corner of the feed. \$300 gets businesses their logo on the marquee which can link to a website of your choosing, and \$100 of that sale will go to the athlete. CEVA funds a scholarship opportunity that any athlete can apply for. We've also done holiday wreaths, hanging flower baskets that will need a Bend point person to complete.

Recruiting - Colton serves as the NPJ Bend Recruiting Coordinator, and has a unique perspective being on all sides of college recruiting - former D1 player, former NAIA College Head Coach and longtime Club Coach & Director. Hudl recently bought BallTime, and all 15-18 travel teams will have a Hudl account for video services and college recruiting profile. There are over 1,800 college programs in the country between NCAA D1, D2 & D3, NAIA & Junior College. We will work tirelessly to find a program that's right for your athlete!

HIIT Logic - NPJ Bend has partnered with HIIT Logic to provide cross training for our athletes. We know that the HIIT Logic method will help athletes in becoming stronger and more physical volleyball players and to stay healthier longer. Turn to Katie for details on HIIT.