



Southside Parent Meeting

Our Philosophy:

We believe in training the athlete as a whole. Our goal is to provide a sports experience that builds character while teaching the fundamentals of the game. Also, we teach our athletes how to form healthy habits around exercise and nutrition that will carry them into adulthood. This creates the ability to influence both the athlete and their family, which allows us to have a positive effect on more than just those who wear a team jersey.

Club Volleyball is a marathon, not a sprint. The 6-month season will require repetition and will allow for many opportunities to grow and progress throughout the season.

What makes Southside different from other clubs:

1. We are backed by Courthouse Club Fitness. Courthouse Club Fitness has spent the last 40 years as a part of area youth programs and making fitness a lifestyle in our community.
2. Uniforms are included. Each player will receive a Hoodie Sweatshirt, Practice T-shirt, and 2 uniforms. Players will have the ability to purchase additional gear online.
3. Our head coaches and director have at least 5 years of coaching experience or collegiate playing experience each.
4. We hold practice over Christmas and spring break. However, feel free to go on vacation if you have one planned during these times! Please just Communicate travel plans with your coach.
5. Because we believe in training the athlete as a whole, we use Courthouse resources to make sure your daughter has the tools to train and reach her potential.
 - a. A Courthouse membership during the club season is included in club dues for each player. Your athlete can work out, cross-train, or use the pools and other amenities in the club.
 - b. Southside supports multi-sport athletes and we encourage you to play more than one sport! Research shows a correlation between one-sport athletes and an increased risk of injury. If your athlete chooses to play another sport, please lay their schedules side-by-side and find conflicts. Please inform your coach and team, but feel free to do basketball, softball, swimming, or track!

Practice

Practices are held at the Battle Creek, Lancaster, and West Courthouse Locations. In addition, teams may practice at Blanchet and/or Salem Academy. Practice times range from 6:00 PM-8:30 PM, 12U will have priority for early practices.



Cost

We realize that club volleyball is an investment and want to identify what is included in your cost. **This year all travel tournament fees are included in your club dues, no more travel tournament invoices. Player lodging, transportation, and food will be the parent’s responsibility.**

<i>Teams</i>	<i>Club Dues</i>	<i>Deposit</i>	<i>Installment 1</i>	<i>Installment 2</i>	<i>Installment 3</i>	<i>Installment 4</i>	<i>Installment 5</i>
18Black	\$2,800	\$600	\$440	\$440	\$440	\$440	\$440
16Black	\$2,600	\$600	\$400	\$400	\$400	\$400	\$400
16Orange	\$2,400	\$600	\$360	\$360	\$360	\$360	\$360
16White	\$2,200	\$600	\$320	\$320	\$320	\$320	\$320
14Black	\$2,100	\$600	\$300	\$300	\$300	\$300	\$300
14Orange	\$2,000	\$600	\$280	\$280	\$280	\$280	\$280
14White	\$1,850	\$600	\$250	\$250	\$250	\$250	\$250
12Black	\$1,100	\$600	\$100	\$100	\$100	\$100	\$100

****A fundraising option will be available to offset club dues, as well as our Southside Scholarship Fund. Scholarship applications are on our website.**

Pre-Season Clinics - Cost: \$35 Register

12U Pre-Season Clinic – October 18, 6:30 PM to 8:00 PM at Battle Creek Courthouse

14U Pre-Season Clinic – October 20, 6:30 PM to 8:00 PM at Battle Creek Courthouse

16U/18U Pre-Season Clinic – October 25, 6:30 PM to 8:30 PM at Battle Creek Courthouse

Tryouts

12U - Sunday, November 6, 2022, 8:00 AM - 10:00 AM Battle Creek Courthouse

14U - Sunday, November 6, 2022, 11:00 AM - 2:00 PM Battle Creek Courthouse

16U - Sunday, November 13, 2022, 11:00 AM - 2:00 PM Battle Creek Courthouse

18U - Sunday, November 13, 2022, 8:00 AM - 10:00 AM Battle Creek Courthouse

Parents MUST be present at the end of all tryouts. Teams will be selected at the end of tryouts.

What you need to do before Tryouts (information found at southsidevb.com/tryouts)

- Register for Tryouts via SportsEngine. It is recommended to register for a Tryout Membership first and upgrade to a full membership after making a team.
- Fill out the CEVA Membership Form online (found on the Southside website)

What you need to bring to Tryouts

- Printed or digital copy of your USAV membership



- Printed CEVA Medical Release Form

Tentative Tournament Schedule *Subject to Change

Power Leagues are within the Willamette Valley (Eugene to Portland). We will not know the location of the tournament until approximately two weeks prior.

	<u>18 Black</u>	<u>16 Black</u>	<u>16 Orange</u>	<u>14 Black</u>	<u>14 Orange</u>	<u>12 Black</u>
<u>December</u>	Friendship TBA	Friendship TBA	Friendship TBA	Friendship TBA	Friendship TBA	Friendship TBA
<u>January</u>	1/22 PLQ 1/15 - 1/17 Matt Hartner, Eugene	1/15-1/17 Matt Hartner, Eugene 1/23 - PLQ #1	1/15 - 1/17 MLK, Seattle 1/23 - PLQ #1	1/9 PLQ #1 1/15 - 1/17 MLK, Seattle 1/30 PLQ #2	1/9 PLQ #1 1/15 - 1/17 MLK, Seattle 1/30 PLQ #2	1/8 PLQ 1/29 PL #1
<u>February</u>	2/5 PL #1 2/19 - 2/21 Las Vegas Classic	2/6 PLQ #2 2/19 - 2/21 Las Vegas Classic 2/27 PL #1	2/6 PLQ #2 2/19 - 2/21 Pres. Day (Ceva or Seattle) 2/27 PL #1	2/12 PL #1 2/19 - 2/21 Pres. Day, Seattle	2/12 PL #1 2/19 - 2/21 Pres. Day (Ceva or Seattle)	Friendship TBA Friendship TBA
<u>March</u>	3/5 PL #2 3/12 - 3/13 Spring Classic, WA	3/6 PL #2 Friendship TBA	3/6 PL #2 Friendship TBA	Friendship TBA 3/13 PL #2	Friendship TBA 3/13 PL #2	3/12 PL #2 Friendship TBA
<u>April</u>	4/9 PL #3 4/30 -	4/10 - PL #3 4/23 - 4/24 Regionals	4/10 - PL #3 4/23 - 4/24 Regionals	Friendship TBA 4/16 PL #3 4/30 -	Friendship TBA 4/16 PL #3 4/30 -	4/9 PL #3 4/23 - 4/24 Regionals
<u>May</u>	5/1 Regionals			5/1 Regionals	5/1 Regionals	

*Tournaments are subject to change

Questions?

Visit our website at southsidevb.com or email Director Cammy Baker at Southside@courthousefit.com