

MEET THE COACHES MEETING!

Come to the “Meet The Coaches Day” at The Courts on Sunday, October 18, 2009, at 6:00 p.m. If you are new or old to our club, meet Nebraska Impact VBC’s coaches, hear about our club’s philosophy, current and future plans, costs, and much more. A question and answer session will follow a short presentation.

NEBRASKA IMPACT VOLLEYBALL CLUB invites you to tryout for the 2009/2010 club season.

Club Director Mike Godek formed Nebraska Impact VBC in 2000 to give more girls the chance to play competitive club volleyball while improving their skills for high school and college. His coaching career began coaching a USA Volleyball boys’ team in 1991. He has coached girls’ high school volleyball for the past nine years and has a Special Services Teaching Certificate issued by the State of Nebraska. He has been a player, an official, a coach and a club director in his thirty years associated with this great sport of volleyball and has been a member and coach of the Great Plains Region/USA Volleyball since 1980.

Nebraska Impact VBC encourages all of its teams to participate in at least one travel or qualifier tournament each season. A qualifier tournament is held outside of the Great Plains Region (Nebraska). Qualifier tournaments are an additional cost to all players (not included in club fees), but it is well worth it. All players that make Nebraska Impact’s Select and 1st teams are required to commit to the club’s goal of attending junior nationals if they should qualify either through the region’s bid tournament or through a qualifier. Many of the club’s players have been awarded college scholarships because they were seen playing at these qualifiers in Indianapolis, Kansas City, Denver and Minneapolis where college coaches do most of their college recruiting for players. Nebraska Impact also focuses on developing new players to the sport of volleyball.

Nebraska Impact has qualified team(s) for the USA Volleyball Junior National Championships for the past five years. The 2008/2009 Season proved to be a record setting season for the club by qualifying three teams for the Junior National Championships.

UNDER ARMOUR will be Nebraska Impact VBC’s choice for uniforms this season.

PRACTICE FACILITIES:

Our teams will practice at The Courts located at 137th & Giles Road, LaVista, NE., on Sunday afternoons in December and will move to our new facility in January. After teams are selected, each team will determine what days they will practice. Each team will practice an average of two times per week after January 1st. Our new facility will be available every day of the week for training.

COACHES:

Nebraska Impact VBC’s coaches have several years of experience coaching and/or playing. Each coach must submit and pass a background check. They must attend a required Great Plains rules clinic each year and be IMPACT (not associated with the club) certified with USA Volleyball. IMPACT certification is a program developed by USA Volleyball which focuses on player and coach

liability. Nebraska Impact VBC also requires that all of its coaches attend a coaches’ clinic conducted by the club’s director before each season. Please check out our website for a complete list of our coaches, their bios and what age divisions or teams they will be coaching at <http://www.eteamz.com/impactvolleyball>. More coaches could be added and will be announced before tryouts. Below is a tentative list of teams we plan to field this season, our coaches, and their planned age groups (subject to change):

GIRLS

18 Select - Mike Godek/Ashley Pike
181 – Dan Martin/Scott Comstock
17 Select – Michael Godek Jr/Carolyn Splichal
171 – Deryck Anderson/TBA
16 Select - Bo Yong/Charlie Jimenez
161- Nancy Thurston/Jason Weberg
15 Select - Mike Godek/Monte Arnold
151 – Vicky Kilgore/Kelly Ketcham
14 Select – Bo Yong/Tessa Howe
141 – Scott Carne/Jessie Clark
13 Select – Mary Mozena/Poc Khamsanit
131 – Brandon Cerny/Ausha Perkins
121 - Tracy Matson/Monte Arnold
122/101 – Valerie Wentworth
111 - Dan Martin

BOYS

15, 16, 17 and 18 year old team – Brandon Cerny
12, 13, and 14 year old team – Deryck Anderson

ATTENTION---BEFORE TRYOUTS!!! GREAT PLAINS REGION REGISTRATION PROCEDURE!!!

Every prospective club volleyball player and coach is required to register as a member of the Great Plains Region. Members will register directly with the Region’s on-line database system.. Once you register on-line and your membership fee is received at the Great Plains office, your membership will be activated. ALL registrations **MUST** be completed **AND ACTIVATED** before you can participate in ANY club activity for the 2009/10 season. **THIS INCLUDES PRACTICES AND TRYOUTS!!!** All players must print a copy of their membership card and present it at each tryout you attend. Membership cards will be available for print from your database account after your registration fee has been submitted to the Great Plains office and your account has been activated. The registration system is open and available on or after September 1st. Register as soon as possible. **Log onto www.gpvb.org** and click the Online Registration tab.

Junior Players: If you register prior to the region’s signing date (November 7th, if you are under 14 and November 21st, if you are over 14) you **MUST** select **UNDECIDED** as your club name. Once you sign with a club, you can log back into your account and change your club affiliation. (If you originally picked a specific club, and you are not playing for that club, you must contact the registrar – registrar@gpvb.org, to have your club affiliation changed.) Players that are under 11 years of age can register for \$20. You will not see this option listed as a membership option, but the cost will be adjusted when your registration fee is sent to the office. All other players’ fees are \$50 which **MUST** be sent directly to the Great Plains RVA in Ralston, NE. **NOTE: All junior players must still complete a medical history and release form and give it to their club director.** This form can be printed from the confirmation page or can be obtained from the FORMS section on the Great Plains website or from your club director. The completed form must

be submitted to your club director before you participate in any practices. **DO NOT SEND** the medical history and release form to the Great Plains office.

Use the following steps when registering for the 2009/2010 USA Volleyball season!

- 1) **Register Online: Go to www.gpvb.org.** Click on the **Online Registration** tab. If you are a new member, click **I Am Registering for the First Time**. If you are a returning member AND you know your login, click **Go To Login Screen**. If you do not remember your login, click **I Need My Username and Password**. The email address and birthday of the member must be entered. When retrieving your log-in information, the email address you type in must match the email address in the account. If the email address in that account has changed, contact the Great Plains registrar at registrar@gpvb.org.
- 2) Once you have logged into your account (for returning members), click on the **Renew Online** button on the left side of the screen or on the top of the page where it says “To apply for your membership online, click here.”
- 3) Verify your personal information and follow the on-screen instructions.
- 4) On the confirmation screen:
 - a) You **MUST** open the USA Volleyball Waiver and Release of Liability. Read it. Close the document.
 - b) You **MUST** open the USA Volleyball Code of Conduct. Read it. Close the document.
 - c) Check both boxes that you have read and agree with the disclaimers.
 - d) After reading the ‘Use agreement’ statement, check the box.
 - e) Enter the driver’s license or state ID number for the individual consenting above. (Note: the driver’s license or state ID number is for verification purposes only.)
- 5) After you click confirm, you will receive a message that states “your membership application has been confirmed”.

A check for the \$50 registration fee needs to be sent to:

Great Plains Region
7545 Main St, Ste A
Ralston NE 68127

Checks can be made payable to: GPRVA (if possible, write the name of the registered member in the memo section of the check). If you have any questions or problems with the registration process, please contact Bill Stanley (registrar@gpvb.org) at 402-593-9670 between 10 am and 6 pm. After hours, you can contact Sue Mailhot (sue@gpvb.org) at 402-598-4782.

IMPACT’S MISSION STATEMENT:

To promote the sport of volleyball by providing more girls the chance to play competitive club volleyball while improving their skills for high school and college.

IMPACT’S VISION:

Compete at the highest level to improve all middle and high school volleyball programs in the Omaha/ Metro areas.

WHAT AGE DIVISION DO I PLAY IN?

USAV JUNIOR OLYMPIC VOLLEYBALL AGE DEFINITION

For use during the 2009-2010 Season

For eligibility purposes, a player who has just completed a grade in the Spring of 2010 will be considered in that grade just completed.

18 and Under Division:

Players who were born on or after Sept 1, 1991

(9-1-91 through 8-31-92) or

Players who were born on or after Sept 1, 1990 and a high school student during some part of the current academic year

17 and Under Division:

Players who were born on or after Sept 1, 1992

(9-1-92 through 8-31-93)

16 and Under Division:

Players who were born on or after Sept 1, 1993

(9-1-93 through 8-31-94)

15 and Under Division:

Players who were born on or after Sept 1, 1994

(9-1-94 through 8-31-95)

14 and Under Division:

Players who were born on or after Sept 1, 1995

(9-1-95 through 8-31-96)

13 and Under Division:

Players who were born on or after Sept 1, 1996

(9-1-96 through 8-31-97)

12 and Under Division:

Players who were born on or after Sept 1, 1997

(9-1-97 through 8-31-98)

11 and Under Division:

Players who were born on or after Sept 1, 1998

(9-1-98 or after)

TRYOUT DATES @ THE DIGZ!!!!

Tryouts will be held at **The Digz NOT at The Courts** where we practice. See directions.....

Tryout Fee: \$10 per player

Mandatory parents' meeting 15 minutes before each tryout begins.

Tryouts for 14's, 13's, 12's and 11's will be held

Saturday, November 7, 2009, at **The Digz**.

14's – 8:00 a.m. (Boys 14-12 @ 8 am)

13's – 10:00 a.m.

12's, 11's & U – 1:00 p.m.

Tryouts for 15's, 16's, 17's and 18's will be held

Saturday, November 21, 2009, at **The Digz**.

18's & 17's – 8:00 a.m. (Boys 18-15 @ 8 am)

16's – 10:00 a.m.

15's – 1:00 p.m.

The Digz is located at 4428 S 140th St, Omaha.

From the North: Get to 144th & L Street. On L Street turn South. go Past Charlie's On The Lake, go to the corner after the new Mercedes dealership, turn East on Old L Street, go 2 blocks to the Millard American Legion and turn North. We are just down the street.

From the South: Get to 144th & Q Street. Go North on 144th, past Bryan Elementary, and turn east at the bottom of the hill (Old L Street). Go 2 blocks to the Millard American Legion and turn North. DIGZ is just down the street.

From the East: Get to 132nd and L Street. Turn South and take the first right at the gas station (Old L Street). Continue until you reach the turn for 140th Street and turn North (the first turn just past the Millard American Legion). DIGZ is just down the street on your left.

TEAMS:

Nebraska Impact VBC will select two teams per age group. We have teams which will be designated as "Select" teams and teams designated as 1st teams. If you are interested in filling an open spot on one of these teams, please contact Mike Godek at 402-339-6951 as soon as possible. Our Select teams play at higher age levels and the 1st teams play within their age level but in Gold Division tournaments.

We may select 2nd teams that will play in Silver Division tournaments for players who wish to learn and improve their skills. This will depend on the number of players trying out.

Please do not try out if you do not intend to sign the Letter of Intent to commit to play with Nebraska Impact VBC, or if you have already signed with another club.

CLUB FEES:

Players 10's, 11's & 12's \$ 900

Players 13's - 18's \$1100

Team fees can be paid in two installments: Two checks will be required at tryouts; ½ due the day of tryouts and another check post dated January 1, 2010 for the balance due.

Qualifier fees are in addition to the above fees.

Fees include 2 UNDER ARMOUR jerseys, two pair of shorts, warm-up jacket and pants, bag, coaches' wages, practice facility rental, free specialty clinics and 8 tournaments.

In an effort to keep club costs down, we host three junior tournaments every season.

website at <http://www.eteamz.com/impactvolleyball>.

7785 Greenleaf Drive

LaVista NE 68128

Revised 10/15/09



JUNIOR GIRLS CLUB VOLLEYBALL

Nebraska Impact VBC is a 501(c)(3) non-profit organization.

Call **Club Director Mike Godek** or
Asst Club Director Bo Yong
for any further information:

Mike 402-339-6951 or 490-2786 or 699-1021

Email: mdgodek@cox.net

Bo 402-884-7594 or 402-960-5735

WHAT WILL I DO AT TRYOUTS?

1. SIGN IN AT CHECK-IN TABLE AND PICK UP GUIDELINE SHEET.
2. COMPLETE IMPACT QUESTIONNAIRE.
3. RETURN QUESTIONNAIRE AND \$10.00 TRYOUT FEE TO TABLE.
4. PIN ON TRY-OUT NUMBER.
5. MOVE TO PHYSICAL TESTING LINE:
STATION #1: YOU WILL BE MEASURED FOR HEIGHT AND REACH.
STATION #2: YOU WILL BE TESTED FOR BLOCK REACH AND APPROACH REACH.
STATION #3: YOU WILL BE TESTED FOR ARM STRENGTH AT THE BASKETBALL THROW.
STATION #4: YOU WILL BE TIMED FOR SPEED AND AGILITY AT THE SHUTTLE RUN.
AFTER COMPLETION OF STATION #4:
MOVE TO COURT #1. GET A VOLLEYBALL AND A PARTNER, STRETCH AND WARM-UP WHILE THE LAST PLAYERS ARE FINISHING UP PHYSICAL TESTING.
6. PLAYERS WILL BE DIVIDED UP EVENLY ONTO COURTS. WE WILL ASSESS YOUR SKILL LEVEL: ATTACK, SETTING, BLOCK, DIGGING, PASSING, SERVE AND SERVE RECEIVE.
(THESE COURTS WILL ROTATE EVERY 15 MINUTES WHEN THE WHISTLE SOUNDS.)
7. A SCRIMMAGE MAY BE HELD IF THERE IS TIME REMAINING.

PLAYERS WILL BE SELECTED AND SIGNED AT END OF TRY-OUTS. **PLEASE DO NOT LEAVE UNTIL ALL FORMS ARE SIGNED AND TURNED-IN.**