

PARENT/PLAYER INFO PACKET

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SUNSET WEST INFO

Sunset West is a select club for players who want to play organized volleyball competition this winter and spring!

TOURNAMENTS: The club will compete on Sundays (possibly a Saturday) against other USAV teams in the surrounding area. All tournament play consists of at least 3 or 4 matches for each team. Most tournaments are either in the Omaha/Lincoln/Council Bluffs area. ALL teams CAN play in ONE TOURNAMENT outside the metro area, traveling to Kearney, North Platte, or Sioux City (etc.). Teams will play their first tournament on Sunday **JANUARY 5th**. The season will conclude the weekend of March 29th. A complete schedule will be available in a few weeks. All teams participate in a minimum of 2 tournaments. Each girl will play in each tournament, but all participants are not guaranteed equal playing time. Sunset West normally places 9 - 10 players on each team.

PRACTICES AND TRANSPORTATION: We will have week night practices at elementary and middle schools in the metro area beginning the **second** week of January. (1/23) All practices in November and December will be on Sundays at Millard South. Players are guaranteed **one practice per week**, but some teams practice twice. Practice nights and sites are decided after players/parents meet the coaches. Players will receive a ball with their club fees and are **REQUIRED** to bring their ball to practice and to all tournaments. Transportation to and from practices is not provided; therefore, the responsibility and expense rests with each player and their parents.

FEES AND OBLIGATIONS: The cost for the entire season is as follows:

Price per player: \$800

\$300 is due **at tryouts**, along with post-dated checks for Jan 10th and Feb 11th with the both post-dated checks are \$250. **-ALL 3 CHECKS ARE DUE @ TRYOUTS!**

** Other Payment plans are available on an individual basis**

- Multi-sibling discount
- There will be a FUNDRAISING opportunity
- Playing USAV involves commitment.
- Girls are expected to attend all scheduled tournaments and practices.
- Refunds are considered on an individual basis

UNIFORMS

You will be provided with 2 uniform shirts, but need to purchase your own black shorts.

EQUIPMENT

Each player will receive a ball, all other volleyball equipment will need to be purchased on your own. (shoes & knee pads)

EXTRA APPAREL

There will be an opportunity to order team sweatshirts for an additional cost. (and is not required)

Questions & Answers

What night does my team practice? - It is chosen by the coach & team

Where do they play? - Usually schools or volleyball facility's in the Omaha/Lincoln areas

Parent liaison!

Each team can have a TEAM PARENT, which will help with communication, between club directors, coaches, parents and players!!

Registration problems??

Contact Bill Stanley @ Great Plains during regular business hours 402-593-9670

Calendar of events

November 17 tryouts for 14s, 13s, 12s, & 10s (Millard South)

November 23 tryouts for 15s & 16s (Millard South)

November 24 practices at Millard South (times TBD)

December 1 3-on-3 tournament @ Millard South - Details TBA

***ALL APPAREL ORDERS ARE DUE on DEC 1st!!!! ~ fundraising info also

December 8 & 15 OFF (youth basketball)

December 22 practices at Millard South (times TBD)

December 29 Sunday practices - times are TBA

January 3 SERVING clinic - 'see below' - page 5

January 5 IN HOUSE TOURNAMENT @ Millard South

January 10 SERVE RECEIVE clinic @ TBD

January 12 FRIENDSHIP TOURNAMENT @ Millard South (team pictures)

January 13-16 week night practices START

January 17 SETTING clinic @ TBD

January 19 FIRST GPVB SANCTIONED TOURNAMENT

TENTATIVE TOURNAMENT DATES

January 5	'In House' Tournament
January 12	'Friendship' Tournament
January 19	
January 26	
February 2	
February 9	
February 16	
February 23	
March 2	
March 9	
March 16	
March 23	
March 30 ~~~ SATURDAY ~~~	Regionals 10's - 13's @ CHI
March 31 ~~~	Regionals 14's-16's @ CHI

FRIDAY NIGHT CLINICS

FOR THE 17th YEAR! - Sunset West will be hosting specific "skill" clinics for current players who would like some extra help and extra reps. Local high school coaches, local college coaches and college players will serve as guest instructors. The clinics are a free service. (check the website for changes).

Times are tentatively scheduled from: 7:30 PM - 8:15^{*} PM (10's & 12's)

^{*} 15 mins are added for photos & autographs 8:30 PM - 9:15^{*} PM (13's & 14's & older)

<u>DATE</u>	<u>SKILL</u>	<u>LOCATION</u>
January 3 rd	Serving	Millard South**
January 10 th	Serve Receive	TBD
January 17 th	Setting	Millard South**
January 24 th	Spiking	TBD
January 31 st	Defense	Millard South**
February 7 th	Transition	Millard South**
February 14 th	Blocking	Millard South**
February 21 st	Weights/Nutrition/Agility	Millard South
	Being a Leader (mental strength)	

ALL PLAYERS 7:00 - 8:00 PM

ALSO** - on Fridays we host at Millard South and additional practice will be offered at the opposite time = in the south gym.

IMPORTANT NAMES & NUMBERS

GREAT PLAINS WEB SITE: <https://www.greatplainsvolleyball.org/>

Sunset West Club Directors

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Notes: