

WHY JOIN CASCADE VOLLEYBALL CLUB?

PHILOSOPHY

Provide a fun and informative place for serious competitive volleyball players to learn volleyball skills and gain experience so they can become stronger players for their school teams and to come away with a life long love of the game of volleyball. Our goal is to provide excellent coaching and a valuable volleyball experience in Seattle at a reasonable cost.

BENEFITS

It has almost become a prerequisite to play club volleyball to be a starter on a high school varsity team. It is difficult to maintain volleyball skills if the only time you play is the 3 month school season. During a single club tournament, our team will play a minimum of 8 games and could play as many as 20. This could be equivalent to 1/5 of the entire school season. The leading high school teams in the Kingco 4A league have nearly 100% of their JV and Varsity players playing club volleyball.

TIME COMMITMENT AND COST

Club volleyball can be overwhelming in terms of the time required. Cascade Volleyball Club has concentrated our program and whenever possible we select nearby tournaments so that volleyball doesn't take over the entire players' lives. We generally go to 8 weekend tournaments from January to May. We will have two practices a week but sometimes only one during the weeks when we have tournaments. By having practices in Seattle & seldom going further than Olympia or Mt. Vernon for tournaments we have cut down significantly on the time that club volleyball can consume. Cascade also offers a once a week intramural program. Club volleyball costs range greatly from club to club – can be from \$75 to \$750 per month for a 6 month season. Cascade Volleyball will be about \$200 to \$300 a month for tournament teams and \$100 for intramurals.

LOCATION

Most volleyball clubs are on the eastside or South or North of Seattle. There are very few options in the city of Seattle. Our practices will primarily be at Ballard High School or Shorewood High School on Sunday afternoons for 2 hours and one other week night for about two hours at one of the following locations: Ballard, Roosevelt, Lincoln, Garfield, Nathan Hale, Ingraham High Schools or Jane Adam MS in North Seattle, or Spartan Gym in Shoreline. The tournaments will be mostly in Seattle, Bellevue, Tacoma or Everett.

COACHING

We have assembled an energetic and highly skilled staff of coaches. Many of our coaches are current or recent college players. Coach training is led by Coaching Manager Dave Roast who has been teaching volleyball for 20 years and he is assisted by our Chief Instructor Whitney Dibble, SPU 2006. Cascade VBC has sent 40 coaches through the intensive Gold Medal Squared Coaching Clinic taught by NCAA Championship and former US Olympic Team Coaches Jim McLaughlin, Carl McGown and Marv Dunphy and USAV CAP program.

RESULTS FOR OUR CLUB

This is our ninth year in operation. In that short time we have risen to be one of the strongest clubs in the region. In 2007 & 2008, five of our teams qualified for the Prime Time tournament (open only to the top 8 teams in the region in each age group & some age groups have as many as 60 teams). In 2009 one of our teams represented our region at the national tournament in Miami. We feel there is ***no better balance than Cascade VBC*** in terms of quality program, coach training, competitiveness, reasonable cost, time commitment – and fun!. Those that have been in our program two years were among the strongest players on their high school teams. Some have gone on to earn volleyball scholarships in college.

TRY-OUT SCHEDULE:

Times and Dates are indicated on our web site. The tryouts for middle school age girls for all clubs will be in early November followed by tryouts for boys and high school age girls in late November.

AGE GROUP DETERMINATION

Age for the 2009/10 Season is based on player's age on Aug. 31, 2010. (For example, if you are still 15 or younger on Aug 31, 2010, you are eligible to play U15 in the 2009/10 season. U15 is typically a freshman in High School.)

TIPS for TRY-OUTS

Pre-register on-line. Come rested and ready to play volleyball. However, it is not all about what volleyball skills you already have. Coaches will also be rating other important factors such as positive attitude, hustle, communication skills, helpfulness, and ability to be a team player, and "coach-ability" (how well can a player pick up and repeat what the instructor has just demonstrated).

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