

**AVALANCHE**  
**VOLLEYBALL**

# Thank you for registering our Developmental Prep Volleyball League

## Avalanche Developmental Programming

- Our developmental volleyball league focuses on all skills needed to develop the fundamentals of the game such as blocking, hitting, passing, serving, and offensive and defensive systems while also helping prepare athletes for the next level of competition...whether that's school or club volleyball. We do this by providing athletes with practices and matches in a league setting with a trained volunteer coach. All coaches go through classroom and on the court training to provide our athletes with the best possible instruction. Trainings are led by Chris Stanfield, Avalanche Director, who is both Impact and CAP certified.

## Philosophy

- Avalanche Athletics wants to inspire and promote healthy competition amongst our athletes, so they continue to push each other and compete to the best of their abilities. We believe in training, accountability, and working hard to make your teammates better.

## Developmental Volleyball Prep League

*Please understand that we are a developmental, not recreational league. I want to see athletes improve, progress, and develop proper fundamentals that will allow them the opportunity to have a lengthy playing career. I want our program and coaches to inspire and promote healthy competition among our athletes, so they'll want to push each other and compete with each other. We believe in training, accountability, and working hard to make your teammates better. While I would love to be a program for everyone, that's just not the case. For an athlete to be successful within our Yeti and White Out programs, they have to want to be here. If an athlete has little to no desire to learn, improve, or advance their volleyball skill set, they will not enjoy the program or help with the development of their teammates.*





## Divisions

- **Lil' Flurries Division 6 - 10u**
  - Training Only
  - Wednesdays 6:00-7:15pm
- **Yeti Division 9-11u**
- **Blizzard Division 12-14u**
- **HS/Club Competitive 4s League**
- **Sunday Clinics, Small Group and Private Lessons**
  - After Labor Day



# League Dates & Schedule

*(All Practices and Matches are posted in your dashboard)*

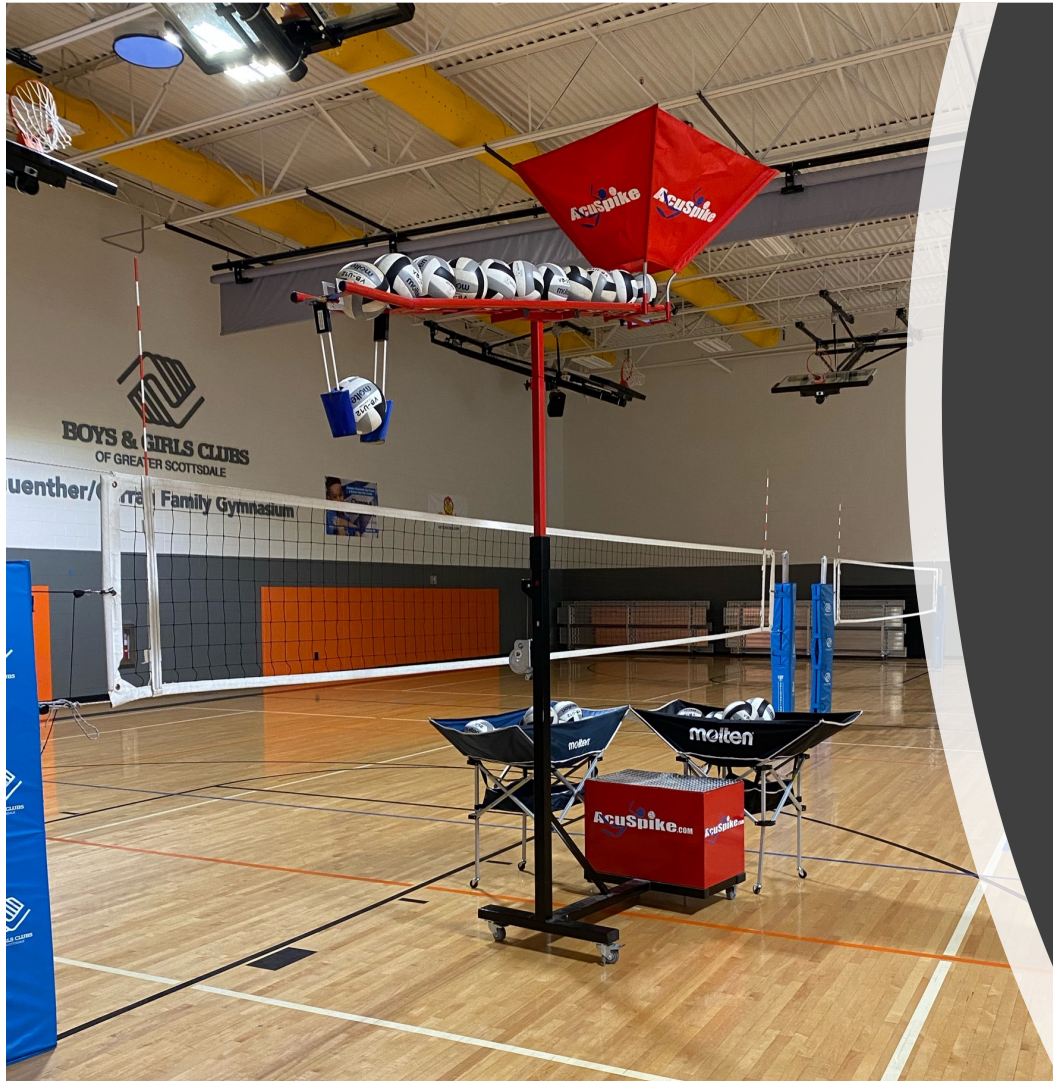
- Season Dates: August 14 – October 7, 2023
    - 1-hour Practices
    - Saturday Matches
  - Team & Coach Trainings
    - Sat. Aug. 19
    - Sat. Sept. 23
  - Tournament: Saturday, October 7, 2023
    - Single Elimination
  - **Lil' Flurries:** March 27 – May 20, 2023
    - **Wednesdays 6:00-7:15pm**
      - *Sat. Sept. 2, 9:00-10:00am*
      - *Sat. Sept. 9, 9:00-10:00am*
      - *Sat. Sept. 23, 9:00-10:00am*
      - *Sat. Sept. 30, 9:00-10:00am*
- **Weekly email reminders for practices and matches are sent 48 hours prior.**





# 1st Week of Practices

- Arrive 10-15 minutes early
- Check-In at the Avalanche table
  - (athletes will check-in for the first 2-weeks)
- We'll confirm your coach and practice court
  - You'll have the same court and coach all season
- You can purchase kneepads if needed (\$25.00)
- Coaches will pass out jerseys at the end of practice



## Location

- All practices and matches take place at the Thunderbirds BGCS.
  - 20199 N. 78<sup>th</sup> Place, Scottsdale, AZ 85255

# Lil' Flurries 6-10u Training Format

---

Avalanche has tweaked the format of our Lil' Flurries, 6-10u program. We've moved to a training formatted program and use a Baden 12u light volleyball that will be friendlier for our youngest athletes.

The fall program will be a 7-week program that includes 7 hours of group training and Saturday scrimmages.

- **Program Dates:**
  - 7-Weeks
  - August 23 – October 4, 2023
  - Wednesdays | 6:00-7:15pm
- **Format:**
  - 7-hours of group training (Wednesdays 6:00-7:15pm)
  - Scrimmage/Match Play
    - *Sat. Sept. 2, 9:00-10:00am*
    - *Sat. Sept. 9, 9:00-10:00am*
    - *Sat. Sept. 23, 9:00-10:00am*
    - *Sat. Sept. 30, 9:00-10:00am*
- **Coaches:**
  - Coach Chris – Izzy – Maggie – Ireland – Sam - Linden





# League Format Yeti & Blizzard

- Practices
  - Once a week for an hour
- Match Schedule
  - Sat. Aug. 19 – Team & Coach Clinics
  - Sat. Aug. 26 – Matches
  - Sat. Sept. 2 - Matches
  - Sat. Sept. 9 - Matches
  - Sat. Sept. 16 – Matches
  - Sat. Sept. 23 – Team & Coach Clinics
  - Sat. Sept. 30 – Matches
  - Sat. October 7 (Tournament)

*Playing best 2 of 3 sets: 25, 25, and 15 if needed*

- Tournament
  - Seeded single elimination tournament
    - Saturday, October 7, 2023

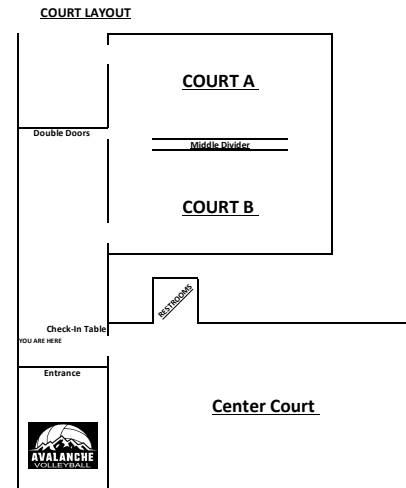
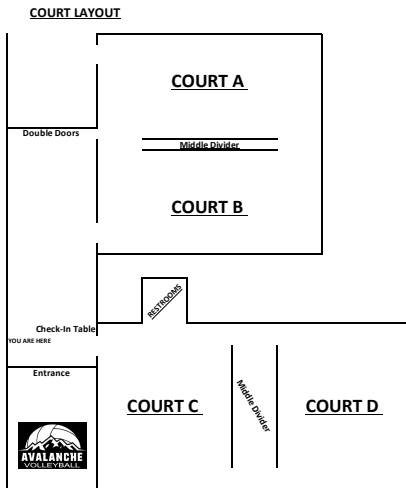
# Fall 2023 Practice Schedule

Avalanche Schedule  
Fall 2023 PREP SCHEDULE  
AUG. 14 - OCT. 7, 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturdays (Out by 5)		
<b>Court D</b>					<div style="display: flex; align-items: center; justify-content: center;"> </div>	<b>Courts A, B, C, D</b>		
6:00pm	Coach Eldridge	Coach Izzy/Ireland	Lil' Flurries Training (6:00-7:15pm)	10-13u Club Prep 7:00-7:30pm		8:00am	4s Matches	
7:00pm	Coach Eldridge	Coach Gavelda	HS 4s Competitive 7:30-9:00pm	14-16u Club Prep 7:45-9:15pm		9:00am	Lil' Flurries	
8:00pm	Coach Chris					10:00am	Blizzard Matches	
<b>Court C</b>						11:00am	Yeti Matches	
6:00pm	Coach Myers	Coach Piccione	Lil' Flurries Training (6:00-7:15pm)	10-13u Club Prep 7:00-7:30pm		12:00pm	Yeti Matches	
7:00pm	Coach Siebenaler	Coach Willis	HS 4s Competitive 7:30-9:00pm	14-16u Club Prep 7:45-9:15pm		1:00pm	Club Prep	
8:00pm	Coach Siebenaler					2:00pm	Club Prep	
<b>Court B</b>		/	/	/		3:00pm		
6:00pm	Coach Chris (Blue)					4:00pm		
7:00pm	Coach Chris (Gray)							
8:00pm								
<b>Court A</b>		/	/	/				
6:00pm	Coach Linden							
7:00pm	Coach Chris (Black)							
8:00pm								

# Court Layouts





# Equipment Needed

---

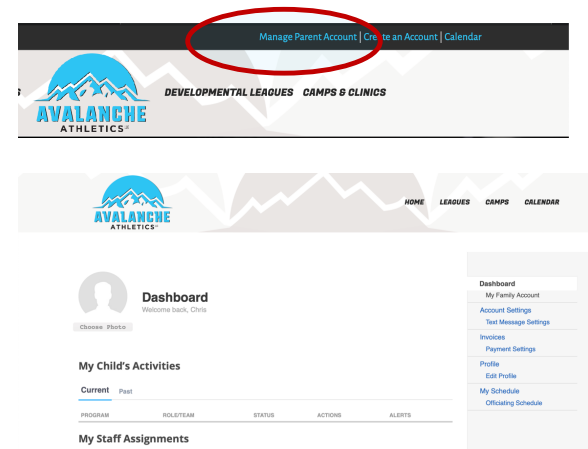
- Court Shoes
- Kneepads
- Athletes receive a League Jersey the first week of practice
- Kneepads can be purchased from Avalanche at anytime for \$25.00. We carry the Mizuno LR6 in black.



# Your Dashboard

- AvalancheAthletics.com
  - Manage Parent Account
- Find your coach, practice day, & time
- Find your match schedule
- View & download season match schedule
- Message your coach & team
- RSVP to practices and matches
- View all current & previous registrations
- Print Invoices
- Add a parent, sibling, email address, or just update your information

Dashboard
My Family Account
Account Settings
Text Message Settings
Invoices
Payment Settings
Profile
Edit Profile
My Schedule
Officiating Schedule



## Club Coaches

Amanda Brown – Club Director

Andrew Manuel

Brittany Neal

Hailey Fagyas

Erin Terjesen – Communications

Chris Stanfield



## Our Developmental Prep Coaches

- Are trained volunteers
- Believe in the system
- Care about your athletes
- Pick their practice day & times based off of what works for their schedules
- Receive additional training opportunities
- Receive practice materials & practice outlines
- Receive program discounts & other incentives
- Avalanche provides all practice equipment and indoor practice space
- Most of all they want to see your athlete succeed
- Are background checked yearly

# Avalanche Refs



Our refs are current and former HS and Club Players



They are all paid



They go through training much like our coaches



They know the game extremely well



Yes, they're going to make mistakes and miss calls (so would you)



Yelling and belittling my refs will not be tolerated and is the quickest way to find yourself permanently removed from Avalanche Athletics.



*Imagine your 15, 16, 17 year old son or daughter reffing and someone yelling at them over a developmental volleyball call?*

Ireland

Linden

Maggie

Sophia

Izzy

Sam





# Facility Agreement & Membership

- Avalanche rents court time from the Boys & Girls Clubs of Greater Scottsdale (BGCS) –
- Our court time isn't donated, nor is it free
- Part of our facility agreement is that all participating athletes have a current BGCS membership
  - \$25 yearly
- To purchase your membership
  - Please print and follow the steps on next slide.
  - Any questions or issues please direct to Maggie DeBruin at [Maggie.debruin@bgcs.org](mailto:Maggie.debruin@bgcs.org)

# Membership Instructions



Here's how to purchase a free 2022 Avalanche Volleyball membership to show your child as an active member:

- Go to [www.bgcs.org/myclubhub](http://www.bgcs.org/myclubhub) and click "Need a Login?"
- Enter your information in the four required fields. Please use the email address you used in Club Connect (only if you had a club connect account. If you can't remember the email, please email [info@bgcs.org](mailto:info@bgcs.org) to request the correct email address. **If you did not have an account in Club Connect, the form will create a new account for you.**
- You will get an email with a link to create a password.
- Login to your account.
- If your child(ren) has a current membership you will see that on your homepage under Memberships & Registrations. You do not need to do anything further:



[Home](#) [Memberships](#) [Registration](#) [Family Visits](#) [Documents & Forms](#) [Update Your](#)



Welcome to the BGC online portal! In your portal you can complete a Club membership, update your contact information, store your credit card information.

## Memberships & Registrations

Below you will see your current club memberships and program registrations.

Memberships	Reg. Actions	Membership Type	Membership Start Date	Membership End Date
MY HOUSEHOLD MEMBERSHIPS				

- If you do NOT see an active membership for your child, click "Memberships" in the top menu or the "Browse memberships" button.
- Ensure your location is set to Thunderbirds (Volleyball)
- Select "Annual Membership" and select "2022 THUNDERBIRDS AVALANCHE MEMBERSHIP"
- It will be discounted to \$0 in the cart.
- Please fill out the required fields and sign the waivers and checkout.
- You're all set!

Questions? Email [info@bgcs.org](mailto:info@bgcs.org) for help!

# Facility Agreement continued...

- **Court Policy** – All staff and coaches must be registered as a coach or employed with Avalanche Athletics and then cleared with the BGCS through their background screening to be on the court. In any capacity. This is for the safety of everyone involved.
  - Spectators must be in the bleachers or standing on the same side as the bleachers during any practices or matches.
  - Spectators may not stand or sit behind either team's bench during match play.
  - During practices spectators may not be on the court to help shag balls, scrimmage or run drills without being registered and cleared through the BGCS background screening.
- **Liquid Policy** – Water only in the gym. No food, coffee, gatorade etc....





# Practice Policy

All athletes are expected to be at each practice.

If missing practice, the parent should notify the coach at least 2-hours prior to practice.

Failure to notify the coach in a timely manner, results in an unexcused missed practice.

Unexcused missed practice - results in the athlete being unable to play in the first set of the match.

Excused missed practice – results in the athlete not being able to start in the first set.

After 3 excused practices, the athletes then will not be able to play in the first set of the match.

# League Rules

- We follow USAV club volleyball rules. We do have several modifications to fit our developmental program. Those modifications can be found on the following slides.



**KNOW THE RULES!**

- Lil' Flurries 6-9u court size – 30' x 50' with a 6'6" net and will use a Baden U12 light ball
- Yeti 9-11u court size – Standard 30' x 60' with a 7' net and will use a Molten U12 ball
- Blizzard & White Out 12-16u court size – Standard 30' x 60' with a 7'4" net and will use a Molten L2 ball
- 9-11u Division will play best 2 of 3 sets. 25, 25 and 15 if needed
- 12-16u Divisions will play best 2 of 3 sets. 25, 25 and 15 if needed.



**RULES**



- Teams will get 2 minutes in-between sets; to switch sides, grab water, and reset rotations
- Matches are played to 25 points in sets 1 and 2, all third sets are played to 15
- There are no point caps in sets, but all sets must be won by 2
- In all 3<sup>rd</sup> sets teams in the 9-11u & 12-16u will switch sides at 8
- Coaches are allowed two x 45 second timeouts per set
- All players will rotate in & out of the 6 (middle back position) no sub-for-sub (exception is setters IF running a 5:1 or 6:2)
- Rotations: teams (if able) can & should be running a 5:1 or 6:2 – everyone but setters rotate in/out of zone 6 – (all offenses must be approved by Chris Stanfield)
- Perimeter or Rotational defense
- All players must serve in rotation

# Rotations & Substitutions – YETI Division

ALL rostered athletes must serve and play all 6 rotations.

Coaches set their entire rotation at the start of the set and the rotational order must stay the same for the entire set. All players must rotate in and out of the set. The only exception is for teams who are running 6:2 or 5:1; their setters may remain on the court for the entire set. Teams may not switch setters during a set.

Athletes will rotate in & out of zone 6. This is facilitated by the referee when both players are in the substitution zone (Above the 10' line)

Coaches / Teams that are not following the league rotation and substitution rules can be penalized 8 points on their first infraction and 15 points on their 2<sup>nd</sup> infraction, the following set.

# Rotations & Substitutions – Blizzard Division

- Both the Blizzard (12-13s) division will be moving to a “sub for sub” rotation format. Coaches will be able to sub players in and out per USAV rules and start running true positions, ie...OH, MH, Liberos etc...
- Coaches will still be required to play ALL PLAYERS on their roster, however not every player will serve each rotation. Each player though is required to serve at least on full set or at least a couple of times each set.
- Teams may choose to not to run “sub for sub” format and continue with the middle back rotation and playing a simple 5:1 or 6:2 rotation. In this case all players will be required to serve every rotation.
- All substitutions will be facilitated by the referee when both players are in the substitution zone (Above the 10’ line)
- Coaches / Teams that are not following the league rotation and substitution rules can be penalized 8 points on their first infraction and 15 points on their 2<sup>nd</sup> infraction, the following set.





## Other Programs we Offer

---

- Developmental Prep
  - League Play
  - Skills Clinics
  - Open Gyms
- Competitive Programs
  - Club Prep Training
  - Positional Clinics
  - Open Gyms
  - USAV Club Teams
  - AAU Club Teams



# Current & Future League Dates

## Fall 2023

Developmental Prep  
League

- August 14 – October 7, 2023

## Fall/Winter 2023

Developmental Prep  
League

- Nov. 6 – Dec. 16, 2023

## Club Tryouts

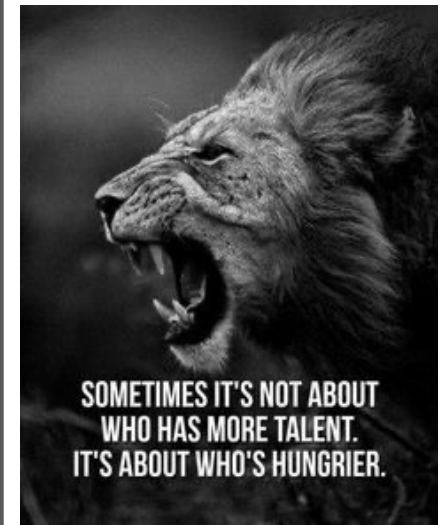
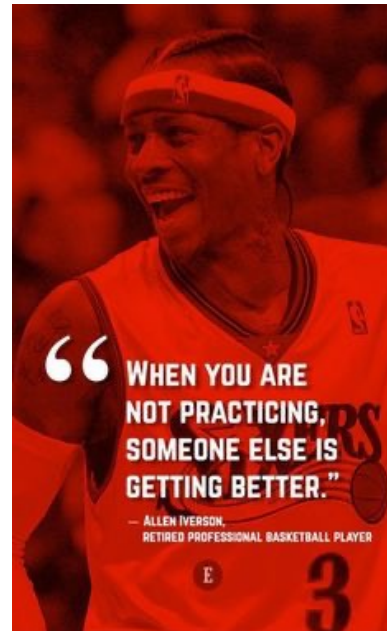
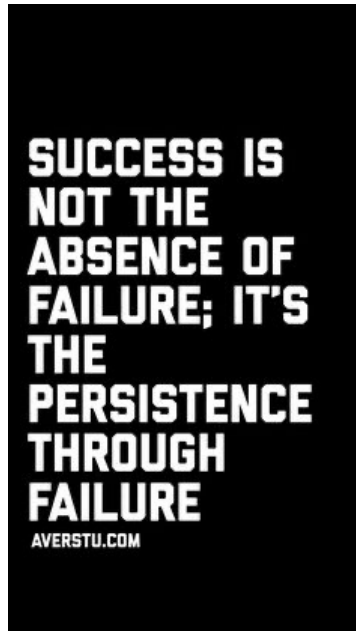
2023-2024 Season

- 10-14u Sat. Nov. 4
- 15-16u Sat. Nov. 18

# Contact Info & Social Media

- Chris Stanfield – Owner/Director
  - Email: [chris@avalancheathletics.com](mailto:chris@avalancheathletics.com)
- Amanda Brown – Club Director
  - Email: [amanda@avalancheathletics.com](mailto:amanda@avalancheathletics.com)
- Andrew Manual – Coach and League Support
  - Email: [andrew@avalancheathletics.com](mailto:andrew@avalancheathletics.com)
- Erin Terjesen – Communications
  - Email: [erin@avalancheathletics.com](mailto:erin@avalancheathletics.com)
- Instagram
  - @avalancheathletics
- Facebook
  - Avalanche Athletics





Thank you for choosing Avalanche Athletics!