



2024 Club Season

Miami Valley Phoenix Volleyball

www.miamivalleyphoenix.com

About MVP

The club is the brainchild of a group of like-minded veteran coaches from the Miami Valley area wishing to serve and train the Miami Valley junior volleyball community.

Our defining concept is that the volleyball training component is tightly coupled to a strength and conditioning component. MVP training involves a competitive culture, family atmosphere for the players, families, and coaches, a hard charging work ethic, and a commitment to bring out the best of our athletes.

Volleyball coaches will be working hand in hand with the strength and conditioning coaches to create the unique atmosphere which leverages both training components to best serve the development of our athletes.

MVP Organization

Club Director: Lori Smith

- LSMITHMVP@GMAIL.COM
- 937-541-8740

Director of Volleyball Operations: Ernie Gilbert

- ERNIEGLBRT828@GMAIL.COM
- 734-250-0923

Miami Valley Phoenix:

Our Mission is to provide lifelong lessons in teamwork, sportsmanship, integrity, grit, resilience, and personal health through volleyball and physical training to the volleyball athletes of the Miami Valley.

MVP Club Strengths:

- Extremely qualified & experienced coaching staff
- Coaching Director, Ernie Gilbert will oversee all training sessions.
- Teams within each age group train together, taking advantage of the expertise of all coaches within that age group.
- Two training sessions per week. Three training sessions for our number one teams.
- Excellent training facility.
- Open tryouts over two to three sessions.
- Quality uniforms, equipment, and training aids.
- Strength Training & Conditioning offered the entire season.

MVP TEAM STRUCTURE:

- Head Coach and an Assistant Coach for all teams.
- 10 players per team
- Ernie Gilbert will be overseeing all training.

Inferno Teams (13-18's)

- Training Sessions:
 1. Three weekday evening practices per week.
- Tournaments:
 1. Larger 2-day events with higher level competition.
 2. Travel will be to places like Louisville, Indianapolis, St. Louis

Blaze & Flames Teams (12-17's)

- Training Sessions:
 1. Two weekday evening practices per week.
- Tournaments:
 1. Majority of tournaments are in Ohio with an intermediate level of competition

TRYOUTS:

What age should I play:

- 18's: Born on or after July 1, 2005 (or 12th grade for grade specific team)
- 17's: Born on or after July 1, 2006 (or 11th grade for grade specific team)
- 16's: Born on or after July 1, 2007 (or 10th grade for grade specific team)
- 15's: Born on or after July 1, 2008 (or 9th grade for grade specific team)
- 14's: Born on or after July 1, 2009 (or 8th grade for grade specific team)
- 13's: Born on or after July 1, 2010 (or 7th grade for grade specific team)
- 12's: Born on or after July 1, 2011 (or 6th grade for grade specific team)
- 11's: Born on or after July 1, 2012 (or 5th grade for grade specific team)
- 10's: Born on or after July 1, 2013 (or 4th grade for grade specific team)

How to register for tryouts:

- Register with the OVR for a tryout membership (www.ovr.org)
- Register with USAV for insurance coverage
- Print your membership card
- Fill out the medical waiver
- Register with MVP (www.miamivalleyphoenix.com) through sports engine
- Check in at desk on day of tryouts.
- Get a numbered tryout T-shirt

How the decisions are made

- Each player is rated on their skills by at least five coaches, including the coaches coaching that age: serving, passing, setting, hitting, blocking and floor defense.
- Numbers are tabulated and the results are given back to the coaches,
- Players are ranked by numerical ranking BY POSITION.
- Coaches debate the full list. Intangibles are considered: leadership, team play, enthusiasm, physical ability, years of playing experience and coachability.
- Application of OHSAA rules. Cannot have more than three players from the same school on the floor at the same time.
- Coaches will fill their teams by position. Taking a couple of players for each of the positions.
- Coaches will start calling those on their list.

After Tryout Day 2

- If you get a call. You can do any one of three things.
 - Say yes and be excited.
 - Say no and move on.
 - Say nothing and wait. You will have until the deadline noted below. The offer is withdrawn at 9PM of that day. Please be aware that by waiting you are holding up the process for other players that are on the list. Please be kind and decide as early as you are able.
 - If you are waiting, you can always call the coach for him/her to answer any questions that may have come up since the time of the offer.
- If you have not heard, please check the MVP website. The tryout list will be posted. What the posted list mean.
 - Those who are on the team list are people who have been offered and have accepted.
 - Those who are on the wait list are either those who have been offered but have not accepted, or those who have not been offered but are still under consideration.

AGE	Tryout #1	Tryout #2	Tryout #3	Deadline
12's	Saturday 10/28 9:00-11:00 AM	Monday 10/30 6:00-7:30 PM		11/1
13's	Saturday 10/28 9:00-11:00 AM	Monday 10/31 6:00-7:30 PM		11/8
14's	Saturday 10/28 11:30-1:30 AM	Monday 10/31 7:30-9:00 PM		11/8
15's	Sunday 11/12 4:00-6:30 PM	Monday 11/13 5:30-7:00 PM		11/22
16's	Sunday 11/12 8:00-10:30 AM	Tuesday 11/13 5:30-7:00 PM		11/22
17's	Sunday 11/12 12:00-2:30 PM	Monday 11/13 7:00-8:30 PM		11/22
18's	Sunday 11/12 12:00-2:30 PM	Monday 11/13 7:00-8:30 PM		11/22

MVP December Training Sessions

- December training sessions from Monday Dec 4 – Thursday Dec 14.
- Sessions are non-mandatory, but attendance is highly recommended
- All age groups will participate in one hour of strength & conditioning followed by one hour of volleyball skill training led by Ernie Gilbert.
- Holiday break December 15 - January 7. Training will resume January 8, 2024.

age	Monday	Tuesday	Wednesday	Thursday
12's	5:30-7:30		5:30-7:30	
13's	5:30-7:30		5:30-7:30	
14's	7:30-9:30		7:30-9:30	
15's		7:30-9:30		7:30-9:30
16's		5:30-7:30		5:30-7:30
17's	7:30-9:30		7:30-9:30	
18's	5:30-7:30			5:30-7:30

MVP Training Schedule

- ***Inferno teams will practice 3 days a week***
- Blaze & Flames teams will practice 2 days during the week.
- First 30 minutes of practice will be strength and conditioning, followed by 1 1/2 hours of volleyball skills training.

Age	Monday	Tuesday	Wednesday	Thursday		
12's	5:30-7:30		5:30-7:30			
13's	5:30-7:30		5:30-7:30			
14's	7:30-9:30		7:30-9:30			
15's		7:30-9:30		7:30-9:30		
16's		5:30-7:30		5:30-7:30		
17's	7:30-9:30		7:30-9:30			
18's	5:30-7:30			5:30-7:30		

****ALL DATES/TIMES ARE SUBJECT TO CHANGE****

Level	Cost per player	1st payment due 8/1/2023	Remaining Payment will be deducted monthly
12 Inferno	\$1375.00	\$500.00	\$220.00 approx.
13-17 Blaze/Flames	\$1375.00	\$500.00	\$220.00 approx.

- Cost includes 2 practice t-shirts, 2 jersey's & a warmup
- Strength and Conditioning sessions are included.
- Minimal travel
- 6 – 1 - day tournaments + regionals
- Overnight stays and travel costs are NOT included.
- Coaches travel reimbursements are NOT included.
- A bag will be required but is not included in the cost.

Level	Cost per player	1st payment due 8/1/2023	Remaining monthly payments will be deducted
13-18 Inferno	\$1875.00	\$500.00	\$345.00 approx.

- Cost includes 3 practice t-shirts, 2 jersey's & a warmup
- Strength and Conditioning sessions are included.
- Overnight travel will be required.
- e.g.: Central Zones, Battle of Ohio, Nap Town, Bluegrass, Terry Miller AC + 3 one day
- Overnight stays and travel costs are NOT included.
- Coaches travel reimbursements are NOT included.
- A bag will be required but is not included in the cost.