



VAA VOLLEYBALL  
FALL TRAVELING



2025  
PARENT

MEETING




# WELCOME TO VAA/AVJO!

-Patrick Sewell  
Club Director


14-15 and 12-Gold Head Coach

- Club Director since 2023
- 28 Years Playing Experience
- 14 years (21+ seasons) Coaching experience at Club, MS and HS levels
- 2022 NCR 14U Coach of the Year





**BECCA MCVEY**  
14-GOLD



**PATRICK MCVEY**  
14-BLACK




**KYLE HARA**  
14-WHITE



**JASE GRAVES**  
14-WHITE



# MEET OUR 2025 COACHING STAFF



**PAT SEWELL**  
14-1s  
12-GOLD



**KELSEY JANEZICH**  
12 - Black



**AMANDA SLAIKEU**  
HS-1



**MIKE BROSAM**  
HS-2

# MEET OUR **NEXT COACH?**



**YOUR VB TEAMMATE?**



**YOUR FAMILY/FRIEND?**



**YOU?**

**WE ARE ALWAYS **HIRING COACHES!****

# #EAGLESTHATFLY

## NO MATTER HOW HIGH

### VAA COMMUNITY & LITTLE SPIKERS

- Learn to play volleyball
- Introductory skills
- Having fun

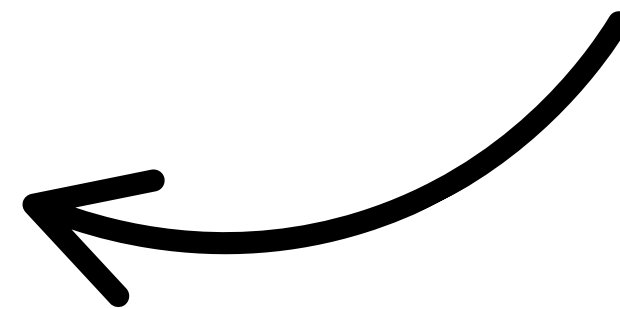


### VAA FALL TRAVELING

- Club-like experience
- Shorter season
- Concurrent with middle school
- NEW IN 2025: Teams for girls 9<sup>th</sup> grade and older who are not playing in HS



*You Are Here!*



*But what's next?*

# ROAD MAP TO THE FUTURE

## THE NEXT STEP: APPLE VALLEY JO (CLUB) VOLLEYBALL

- Advanced skill/position training
- Higher level of competition
- Greater expectation of attendance and effort
- Affordable option compared to most other VB clubs in the metro

## LAST YEAR - AVJO BY THE NUMBERS:

- Teams formed: 14\*
- Players rostered: 136\*
- Championships: 2
- Medals won: 16

\* - AVJO club record





An emphasis on refining fundamental skills, time for returning players to gel and **increased participation in the district's juniors program** has helped **boost Apple Valley's performance** in a stacked South Suburban Conference, (Coach Specktor) said.

*Star Tribune, Nov. 5, 2024*

# THE ULTIMATE GOAL: HIGH SCHOOL AND BEYOND

Our primary mission is to help players make their high school goals a reality.

- **80% of our 14-year old players made their freshman HS teams (or higher)**
- **AVHS 2025 rosters\***
  - **Varsity = 7 of 9 AVJO**
  - **JV = All 10 AVJO**
  - **9A/9B = All 18 AVJO**  
(Players from 14-1s, 14-2s and 14-3s)
- **Eagan, Eastview, Burnsville, Lakeville North/South, Farmington, Rosemount, Prior Lake, Visitation, UCA, Holy Angels, DeLaSalle**



*Made 2024  
State Tournament!*

Paul Allen - Allen Photo Works

\* - includes current or former players



# CALLING ALL THE BOYS

## 2025 - BOYS CLUB VOLLEYBALL INAUGURAL SEASON

### THE DETAILS

- 14U & 16U Teams
- September - December
- Advanced coaching
- Local Events (Apple Valley, Burnsville, Osseo)
- 1 - 2 Practices per week
- 2 jerseys provided
- Cost: \$450

### TRYOUTS

- SEPTEMBER 8<sup>TH</sup> AT VALLEY MIDDLE

*See Coach Kyle for more info*

# MISSION STATEMENT



## POSITIVE ATMOSPHERE

We expect our players to be focused, supportive, coachable, and driven. We strive to create as much of a “drama-free” atmosphere as possible, and all players and coaches to be respectful of teammates, staff, opponents, referees and tournament staff.

## SKILL BUILDING

We strive to teach our players the skills they need to play volleyball for as long as they want in life. Whether that’s high school, college, adult clubs... the sky is the limit.

## PERSONAL CONFIDENCE AND RESPONSIBILITY

A person can go as far as their will and their confidence will take them. Our goal is to foster an atmosphere where players can build the personal confidence and accountability that will help them reach goals both on and off the court.

# GET READY TO TAKE FLIGHT



## What we provide for Fall Traveling:

- Jersey

## What you'll need:

- Black bottoms
  - New for 2023, can be spandex shorts, loose shorts, leggings - as long as they are black and have no/minimal logos or writing
- Knee pads (white or black)
- Shoes (any brand or color)
- Arm sleeves (optional)
- Water bottle



# PLAYER EXPECTATIONS



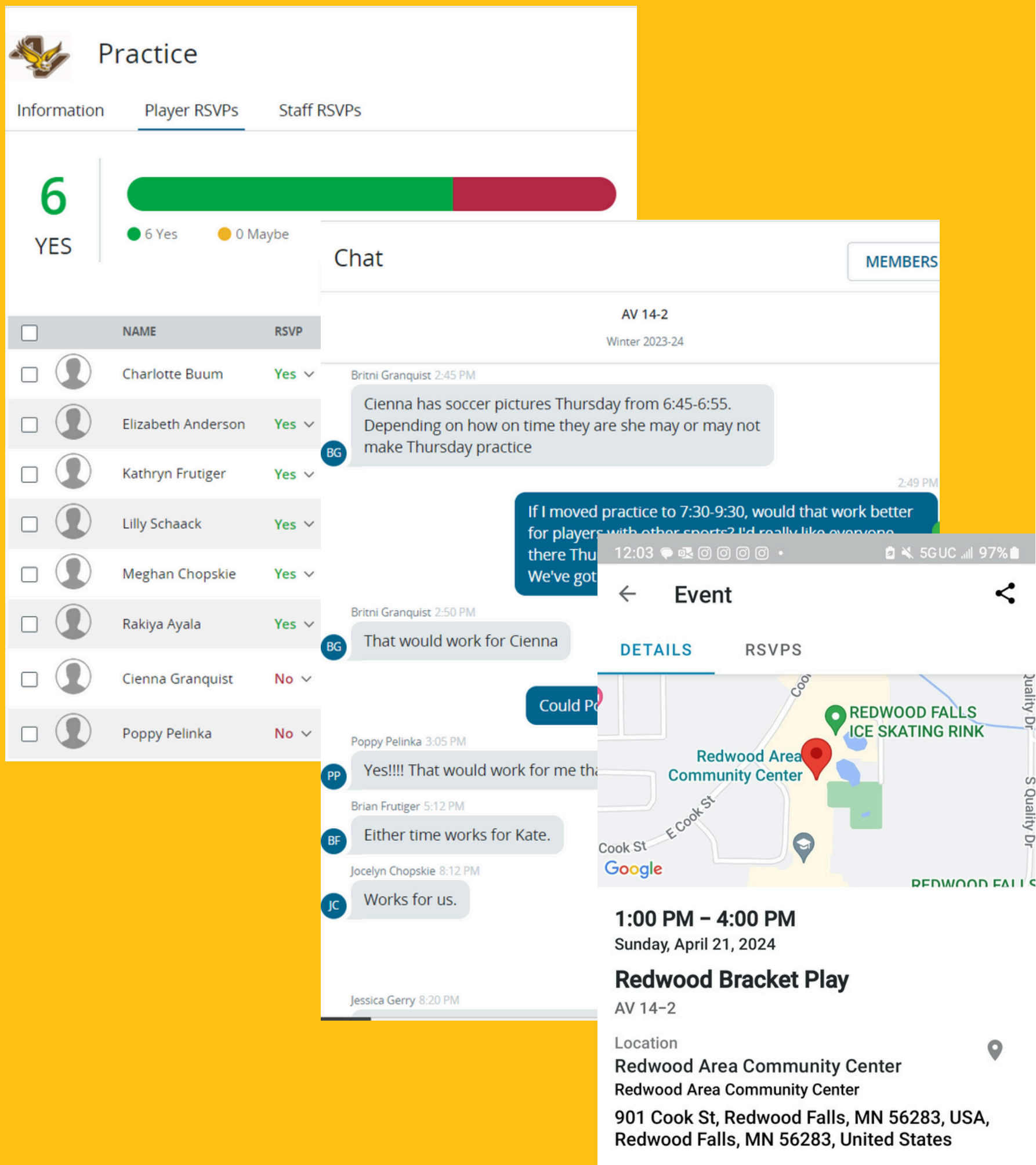
<b>Attendance</b>	<b>Practice participation is vital to improvement</b>
<b>Attitude</b>	<b>A positive attitude during good times and tough times</b>
<b>Respect</b>	<b>Show kindness to teammates, coaches, opponents, referees, tournament staff, parents, and yourself</b>
<b>Coachability</b>	<b>Listen to coaches' instructions and be willing to try new things, even if it makes things harder temporarily.</b>
<b>Growth Mindset</b>	<b>Push yourself to improve. Work hard. Trust the process.</b>
<b>Focused</b>	<b>Listen to instructions NO PHONE RULE IN PRACTICE AND AT MATCHES!</b>
<b>Effort</b>	<b>Do your best in practice and matches. Demonstrate the effort level you want to see from your teammates. Show, don't tell.</b>
<b>Have Fun!</b>	<b>Volleyball is fun! Enjoy it!</b>

# PARENT EXPECTATIONS



We need you!

Attendance	Be on time for drop off and pick up
Attitude	Support your player
Respect	<p>Be respectful of players, parents, coaches, and tournament staff</p> <p><b>NO ARGUING WITH OFFICIAL</b> (High school students in fall)</p>
Communication	<p>RSVP for scheduling conflicts (Sports Engine)</p> <p>“24 hour rule” for concerns regarding non-emergency issues</p> <p>Communicate issues to your coach, Club Director (Patrick) or AVJO Commissioner (Nicole)</p>
Be Involved!	<p><b>Scoreboard - you will be assigned</b></p> <p>Attend League Matches Support your player!</p>



# SPORTSENGINE

## YOUR ALL-IN-ONE INFO HUB

**SportsEngine features to know and use:**

- **Schedule and RSVP**
- **Team Chat**
- **Event details (locations, times)**
- **Team Roster**
- **Coach direct message function**

**PLEASE keep your coach up to date on your player's status!**

**SportsEngine works best on the phone app, but you can also access it via PC. Players can also have their own access - reach out to your coach to have them set it up!**

# WHAT TIME IS IT? **GAME TIME!**

## **YOUTH AND MIDDLE SCHOOL LEAGUE**

**Northern Lights Power League (Burnsville)**

**Match dates: Sept. 6, 14, 21, 28, Oct. 5, 12**

## **HIGH SCHOOL LEAGUE**

**LOVB Fall League (Various sites)**

**Match dates: Sept. 13, 20, 27, Oct. 4, 11**

- **ALL Match times releases Wednesday prior**
  - **Could vary from 7:30 AM to 7:30 PM**
- **Facility/Event Rules**
  - **Admission fees (payment type varies)**
  - **Outside food / Concessions**
  - **Live Streaming (No personal live streaming at NL)**



# WANT A SAY IN AVJO? JOIN THE BOARD!

The best way to have a say in the operations of AVJO is to have a spot on our Board of Directors

- Meet once a month via MS Teams
- Help decide on issues like tournaments, apparel, and other decisions that shape how we run our organization
- Join as a regular member, or fill one of our open positions
  - Membership Coordinator
  - Tournament Director
  - Volunteer Coordinator

**WE NEED YOUR HELP!!**

Your face here!



## 2025 AVJO Board of Directors

**President/Commissioner:** Nicole Lyons

**Secretary:** OPEN

**Treasurer:** Brandon Johnson

**Comms/Parent Liaison:** OPEN

**Fundraising:** Andrea Griga

**Gyms:** Tina Handberg

**Uniforms:** Fateem Sutton

**Scheduling:** Jess Grund

**Social Media/Marketing:** Kyle Hara

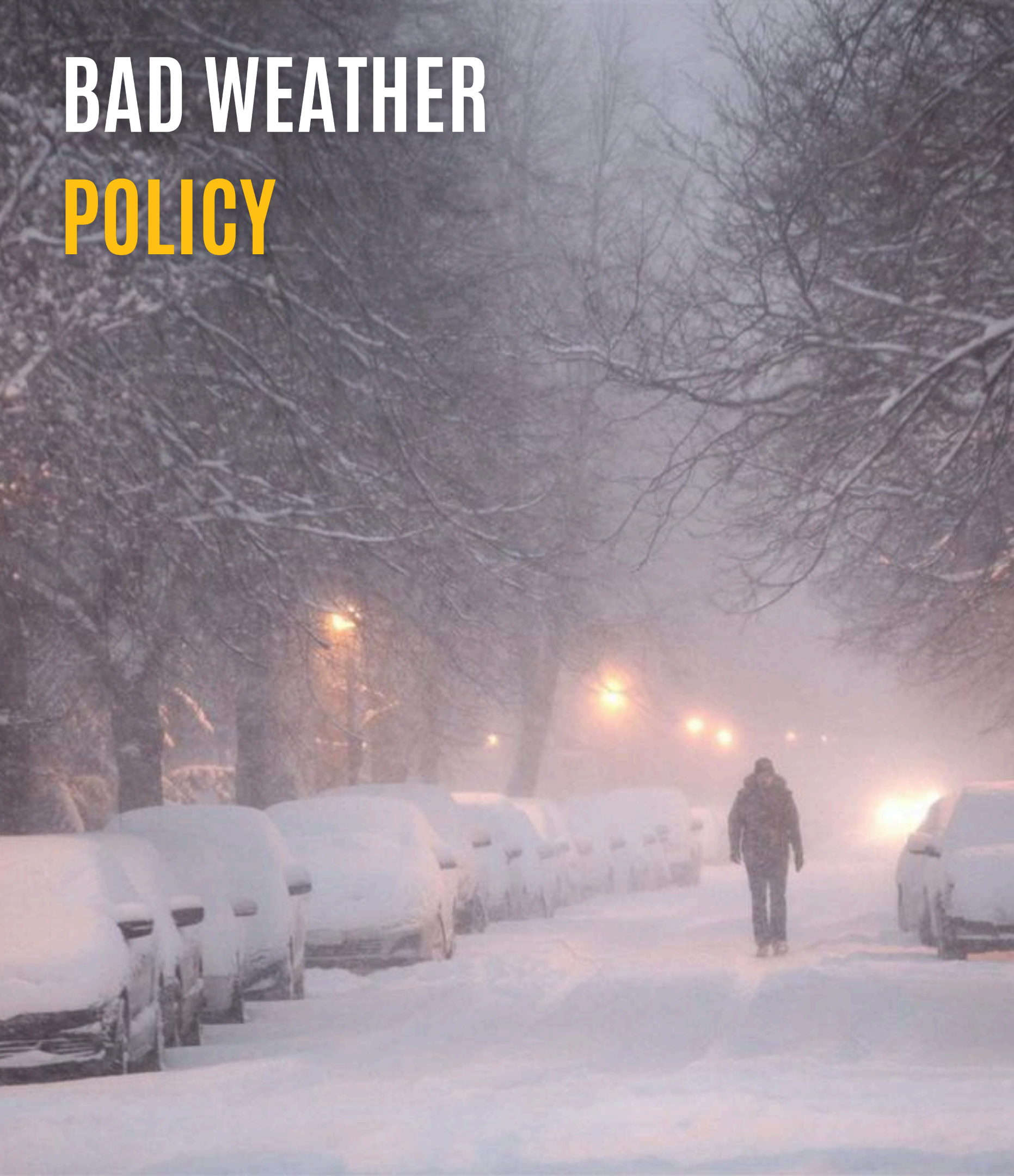
Others: Kristen Hebert

**MATCH POINT**

**WE'RE ALMOST DONE....**



# BAD WEATHER POLICY



## PRACTICES

**SCHOOL CLOSINGS  $\neq$  NO PRACTICE**

Practices will be held unless...

- The facility or VAA make the call to close
- The coach cannot physically get to practice due to the conditions

Parents can make the call that is right for their player, their family, or their comfort level with winter driving.

**CONTACT YOUR COACH ASAP!!**

## MATCHES

Competitions are **RARELY** canceled, especially those in the Metro area.

**Clubs/Facilities** rely on these events for their fundraising.

We will update SportsEngine as soon as we know if a tournament is canceled.

# CONCUSSION/INJURY POLICY



HEADS UP!



## CONCUSSIONS

1. Never hit the ball straight down.
2. Always keep your eyes towards the playing area.
  - Notify your coach immediately
  - Coaches are trained, but can't feel what your player does
  - Coaches will err on the side of caution
  - Doctor's note required to return to play

## OTHER INJURIES

- Contact your coach immediately
- Doctor's note to return to play

# EAGLES ON TWO...

## ONE! TWO! EAGLES!!!

