

# 2009 - 2010

# Hoosierland

VOLLEYBALL



Hoosierland Volleyball Club  
PO Box 8111  
Bloomington, IN. 47407  
[www.hoosierlandvbc.com](http://www.hoosierlandvbc.com)  
812-322-3543

## **INTRODUCTION:**

Welcome to another exciting year for Hoosierland Volleyball Club. Hoosierland is committed to providing the best volleyball training in Southern Indiana. Hoosierland is currently coming off its most successful season in history by sending four teams to the Junior Olympics. Hoosierland is also introducing a new developmental program for ages 9-14. Entering our 7<sup>th</sup> year, we have currently sent over 20 players to continue their dreams of playing collegiate volleyball. It is our commitment to you, to give your daughters the same opportunity to achieve those dreams.

## **MISSION STATEMENT:**

Hoosierland Volleyball Club is a Junior Olympic Volleyball program located in Bloomington, Indiana. We are a non-profit youth sports organization committed to providing quality physical and personal development through practice and competition at the local, regional and national levels. We are committed to making our program available to all with our scholarship program.

The club was founded to provide an intense learning environment for Southern Indiana's Volleyball players. The program focuses on the development of the athlete as a player from individuals who are just starting out in the sport to the higher level players preparing for a collegiate career.

In our commitment to developing the athlete, Hoosierland Volleyball Club will only field as many teams for which we have quality coaches. We believe it is more important to provide quality training for our athletes than quantity.

The coaches and staff of Hoosierland Volleyball Club are dedicated to providing a fun yet intense environment for young women in which they will develop the skills they need to become better athletes and people.

# ***HOOSIERLAND TRYOUTS!***

## **17s & 18s**

***Monday, November 9th***

***6:00pm - 8:30pm – Univ. Gym (IU)***

***Tuesday, November 10th***

***6:00pm - 8:30pm - Univ. Gym (IU)***

## **14s, 15s, & 16s (and under)**

***Sunday, November 15th***

***Registration 6:00 pm***

***6:00pm - 8:30pm – Univ. Gym (IU)***

***Monday, November 16th***

***6:00pm - 8:30pm - Univ. Gym (IU)***

***Tuesday, November 17<sup>th</sup>***

***6:00pm – 8:30pm – Univ. Gym (IU)***

***You must have the following completed in order to tryout:***

- 1. USAV Membership Form- online registration ONLY***
- 2. USAV Medical Release Form- printed from USAV***
- 3. Guidelines for Success***
- 4. Drug and Alcohol Policy***
- 5. \$60.00 Tryout Fee (non-refundable)***

### **Explanation of Tryout Fees**

There is a required fee of \$60.00 for tryouts. If the player accepts a position with a Hoosierland team, a uniform fee of \$285.00 is due and payable on or before the Meet & Greet/Parent meeting scheduled in November. Players will not be able to participate until the uniform fee has been paid. Uniform fees will not be billed.

# **HOOSIERLAND JUNIORS**

## **Evaluations**

**Date:** Sunday, November 15, 2009

**Time:** 1:00 PM Parent Meeting and registrations

**Time:** 2:00 PM - 4:00 PM Evaluations

**Date:** Sunday, November 22, 2009

**Time:** 2:00-4:00 PM Evaluations

## **Information**

January through May

Cost: \$450 per player

- includes uniform
- 2 practices/week
- 1 tournament/month

## **USA VOLLEYBALL JUNIOR OLYMPIC AGE DEFINITION**

### **For use during the 2009-2010 Season**

Once a player participates in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to play in any regional or national JOVC qualifying and championship events.

**18 and Under Division:** Players who were born on or after September 1, 1991 or Players who were born on or after September 1, 1990 and a high school student in the twelfth (12th) grade or below during some part of the current academic year

**17 and Under Division:** Players who were born on or after September 1, 1992

**16 and Under Division:** Players who were born on or after September 1, 1993

**15 and Under Division:** Players who were born on or after September 1, 1994

**14 and Under Division:** Players who were born on or after September 1, 1995

**13 and Under Division:** Players who were born on or after September 1, 1996

**12 and Under Division:** Players who were born on or after September 1, 1997

## **DIG TEAM**

The DIG (Develop, Inspire, Grow) Administrative and Leadership Team has been formed in order to assist in the decision making process and innovative direction of Hoosierland Volleyball Club. The following are those people who comprise the DIG Team at Hoosierland. The DIG Team is committed to discussing all matters before coming to a decision and has a collective goal to move Hoosierland Volleyball Club in a positive direction in the volleyball community.

### **Eugene Kim - HVC Club Director**

Eugene is the Director and Co-Founder of Hoosierland Volleyball Club and Hoosierland Juniors. He is entering his sixth season at Hoosierland Volleyball Club in various roles and will begin his second term as the Director of HVC. In his time at Hoosierland, he has taken the 18's team to five straight National Appearances, the most in Southern Indiana history, while finishing in the Top 15 at Nationals in 2006 and 2007. During the 2008 and 2009 seasons, Kim's teams won the Hoosier Regional Championship. During the 2005 season, Kim was named the Volunteer Assistant Coach at Indiana University.

Kim was also the Head Coach for Bloomington North High School for two years in 2003 and 2004 leading his team to a record of 55-11. Kim's team finished the 2004 season with both a Conference Championship and Sectional Championship while gaining National Recognition by being voted as a Top 100 team in the country. During the 2004 season, Kim was named the Conference Indiana Volleyball Coach of the Year. Previous to his stint as Head Coach, Kim served under Tom Beerman at Bloomington North High School for four years as an assistant coach helping lead the Cougars to the Final Four twice and winning four Conference Championships.

Prior to HVC, Kim coached the 13-2's and 17-2's teams for Circle City Volleyball Club. In 2003, Kim's 17-2 team finished 2nd, 4th, and 5th in National Qualifiers while making a National Appearance at the Junior Olympic Championships.

Kim is currently serving as the Athletic Director and Head Varsity Volleyball Coach at Lighthouse Christian Academy. In his first year as Head Coach, he led his team to a 20-5 record while making their first Final Four appearance in school history.

During his free time, Kim travels around the world helping train leaders in various organizations and has co-authored two books that have been published globally. Kim has a passion for coaching and enjoys helping players develop their potential for the game of volleyball while teaching essential life skills. He has run camps and coaching clinics for many local schools in Indiana and has worked numerous college camps. He is also very active with Fellowship of Christian Athletes and Athletes in Action.

### **Briana Schunzel (Adamovsky) - Co-Director of Hoosierland Juniors**

Bri is the Director of Hoosierland Juniors Volleyball Program Schunzel was a four year starting setter at Ohio University from 2001 to 2004. During her career, she garnered Honorable Mention All-American, National Setter of the Year and Mid-American Conference Player of the Year honors. Schunzel also led the Ohio Bobcats to two consecutive Mid-American Conference Championships and NCAA appearances. She currently ranks in various records at Ohio University and leads in career assists and assists per set.

Following her collegiate career, Schunzel played a year of professional volleyball in Paris, France from 2005-06 and led her team to a French National title. While overseas, she also coached a regional women's team.

Schunzel leads setter training for Hoosierland Volleyball Club and has experience coaching middle school and high school camps in Cleveland (where she grew up), Indiana University and Ohio University. She also provides private setting instruction. She resides in Bloomington with her husband, Assistant IU Women's Volleyball Coach Keith Schunzel.

### **Terry Sweasy – Regional Referee Chair USA Volleyball**

Terry Sweasy enters his fifth year as a coach for Hoosierland Volleyball Club where he took the 12's and 13's teams to the Junior Olympics in back to back years. Terry is also a National Official for USA Volleyball and has been the Referee Chair for the Hoosier Region Volleyball Association since 2000. Sweasy also sits on the executive board for the Hoosier Region.

Sweasy began his volleyball career by playing on a USA Men's Club Team from 1984 – 1994. He started coaching High School volleyball in 1995 and was appointed the Head Coach at Columbus North High School from 2001 – 2004. Sweasy is currently at Columbus East High School where he is currently the Varsity Assistant Coach since 2006.

### **Michelle Miller – NSCA/ACSM certified Exercise Specialist**

Michelle Miller is a full-time faculty member in the Department of Kinesiology in the School of HPER at Indiana University where she teaches students to be qualified, experienced and certified fitness professionals who want to use movement to improve people's lives. When she isn't in the classroom, you will find her in a gym working as a clinical exercise specialist with individuals across broad spectrums who want to improve their quality of life thru being physically active. Being an athlete herself from a very young age, Miller takes her academic expertise to the volleyball court physically preparing athletes to perform the sport of volleyball.

Other experiences in volleyball for Miller included playing in the first ever Indiana State Volleyball Championship. Her final match her high school career was played against, against a team that at that time (and no time after it) allowed boys to play on the girls' team. Although it was one of the most devastating losses in her sport life, it also provided an important life lesson.

Michelle then moved on to a higher level playing collegiate volleyball at Ball State University. After leaving Ball State with a teaching degree, she taught and coached at the middle and high school level for 11 years before returning to higher education, another degree and her current faculty position with Indiana University. In 2007 and 2008, she was a volunteer coach for the middle school teams at St Charles Catholic School in Bloomington where they were an undefeated team for two straight years.

Miller, whose 15'1's team earned a bid to play in the national tournament during the 2008-09 season enters her third year with the Hoosierland Volleyball Club.

### **Melissa Starry – HVC Club Administrator**

One of the founding families of Hoosierland Volleyball Club, Melissa has been around since 2003. As a parent she has enjoys watching Hoosierland Volleyball bring out the best in young women. For the past 4 years she has worked as the Club Administrator.

Melissa played volleyball at the University of California Santa Cruz from 1979 to 1982 when she moved to Bloomington and has remained, playing in her younger days both with IU's club team and several rec-teams. Married to Joe (the man behind the HVC website), with two daughters, Erin, Hoosierland Alum, who is currently a Junior playing at Southern Wesleyan University in South Carolina and Alex, Junior at Bloomington High School North, who dabbles in volleyball, but prefers swimming.



## **2009-2010 PRACTICE SCHEDULE**

Until teams are fully established, all participants should anticipate practice twice a week. Once teams are established, a practice schedule will be formed to best accommodate all athletes on that team. Hoosierland Juniors will practice 2x/week and Hoosierland Volleyball Club will practice 3x/week on no tournament weeks and 2x/week on tournament weeks.

## **Explanation of Tryout Fees**

There is a required fee of \$ 60.00 for tryouts. If the player accepts a position with a Hoosierland team, a uniform fee of \$285.00 is due and payable on or before the Meet & Greet/Parent meeting scheduled in November. Players will not be able to participate until the uniform fee has been paid. Uniform fees will not be billed.

## **Explanation of Expenses**

Every month a club fee is assessed. That amount covers only the facilities and coaching costs. This year we have opted for players to stay with their families when traveling and not book "team rooms" We will make every effort to get that information to you in a timely manner. Billings will include "fair share" for hotel expenses and per diem for coaches. This year no air travel should be required based on the schedule.

Billing statements will be mailed monthly, with a self addressed envelop to the Club Post Office Box. Please pay all monthly statements via US Mail, or personally deliver to the Club Administrator, **NEVER GIVE COACHES MONTHLY CHECKS.**

Upon acceptance of a position with Hoosierland Volleyball, a financial agreement is required. Before your player can begin practice this agreement must be returned to the Club Administrator.

## Estimated Payment Schedule +++++

	<b>14's</b>	<b>16's</b>	<b>18's</b>
<b><u>December</u></b>			
USAV Fees	\$ 50.00	\$50.00	\$50.00
AAU Team Registration Fee	\$ 35.00	\$35.00	\$35.00
Club Fees	\$185.00	\$185.00	\$185.00
Tournament Fees	\$150.00	\$175.00	\$175.00
	<hr/> \$420.00	<hr/> \$445.00	<hr/> \$445.00
<b><u>January</u></b>			
Club Fees	\$185.00	\$185.00	\$185.00
Tournament Fees	\$100.00	\$100.00	\$125.00
	<hr/> \$ 285.00	<hr/> \$285.00	<hr/> \$310.00
<b><u>February</u></b>			
Club Fees	\$185.00	\$185.00	\$185.00
Fairshare – January Travel			\$ 50.00 (estimated)
Tournament Fees	\$ 70.00	\$ 75.00	\$ 75.00
	<hr/> \$255.00	<hr/> \$260.00	<hr/> \$310.00
<b><u>March</u></b>			
Club Fees	\$185.00	\$185.00	\$185.00
Fairshare – Feb Travel	\$100.00 (estimated)	\$ 75.00 (estimated)	\$100.00 (estimated)
	<hr/> \$285.00	<hr/> \$260.00	<hr/> \$285.00
<b><u>April</u></b>			
Club Fees	\$185.00	\$185.00	\$185.00
Fairshare – March Travel	\$100.00 (estimated)	\$ 75.00 (estimated)	
	<hr/> \$285.00	<hr/> \$260.00	<hr/> \$185.00
<b><u>May</u></b>			
Club Fees	\$185.00	\$185.00	\$185.00
Projected Nationals Fee	\$200.00	\$200.00	\$200.00
	<hr/> \$385.00	<hr/> \$385.00	<hr/> \$385.00
<b>Total Estimated with AAU Nationals</b>	<b>\$1,915.00</b>	<b>\$1,895.00</b>	<b>\$1,920.00</b>

Player/Parent Travel Expenses not included and may vary

The Estimated Total for Fees **DOES NOT INCLUDE** Tryout fee of \$60.00 or uniform fee of \$285.00.

# **PLAYER GUIDELINES FOR SUCCESS 2009 – 2010**

***THE STUDENT ATHLETE IS THE MOST IMPORTANT  
PART OF OUR ATHLETIC PROGRAM.***

***TO ENSURE THIS, THE FOLLOWING GUIDELINES WILL BE IN EFFECT:***

- 1 All student-athletes must be students first and an athlete second. Budget your time accordingly and allow sufficient time for proper study, game preparations and other activities. Participation in sports is never an excuse to do poorly in school.**
- 2 All student-athletes are a representation of Hoosierland Volleyball Club and will conduct themselves in a mature and responsible manner on and off the court.**
- 3 Take care of your body through rest, hydration and a well-balanced diet. Allow 7 – 9 hours of sleep each night. Exhaustion and sleep deprivation negatively affect athletic performance. To further enhance your physical condition drink plenty of water throughout each day. Avoid soda and caffeinated beverages as much as possible. Give your body fuel by eating three well balanced meals a day starting with breakfast. You cannot reach your full potential if you aren't properly fueling your body.**
- 4 Honest and consistent communication between player and coach is essential throughout the entire season. This includes: illness or sports related injury, running late to practice and missing practice. Student-athletes who are injured are still expected to attend practice to observe, learn, and support the team. The player (not parent) **MUST** notify the coach via cell phone as soon as possible if the player is running late to practice. Players need to notify a coach in advance when missing practice for injuries, illnesses, doctor's appointments, school sanctioned events etc. Consequences for not communicating the above are under the coach's discretion. Each coach will be provided with guidelines for team policy and procedures.**
- 5 Student-athletes that play high school sports are eligible to play in HVC. The student-athlete must communicate this to the head coach immediately after being placed on a team. Coordination of practices and competitions must be discussed with the head coach prior to the beginning of HVC practices.**
- 6 Student-athletes are required to have the following equipment at every practice: Volleyball, practice t-shirt, shorts, water bottle, socks, athletic shoes and knee pads. Each student-athlete needs to be ready and on the court before the scheduled practice time.**
- 7 HVC encourages the student-athlete to attempt to resolve any conflicts with team members or coaches with direct communication. Negative talk of players, parents and/or coaches is not acceptable. We are a**

**team and will act as one at all times! Parents are asked to abstain from discussing playing time and other concerns with the coach or club director before, during or after competitions or while still at the competition site. The club director and/or coach are happy to schedule meeting times with parents as needed.**

- 8 Playing time is not guaranteed and is up to the discretion of the coach.**
- 9 Any usage of tobacco, alcohol, drugs or related involvement by student-athletes is prohibited. This behavior will result in automatic dismissal from HVC and USAV will be contacted.**
- 10 Student-athletes are expected to adhere to the expectations of their coach in addition to the Guidelines for Success.**

***HVC focuses on the development of the student-athlete as a player and a person. All student-athletes will learn about the game of volleyball, as well as the education and commitment required to reach and maintain a high level of success. If you see value in what HVC is attempting to provide you, positive results will come. Accept this challenge, come and join the coaches and club staff as we set out to make each team's goal a reality!***



## GUIDELINES FOR SUCCESS WAIVER 2009-2010

I, \_\_\_\_\_, have thoroughly read all the Guidelines for Success 2008-2009 and am willing to abide by the guidelines as written.

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Signature of Athlete

Date

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Signature of Parent/Guardian

Date



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## **2009-2010 DRUG AND ALCOHOL POLICY**

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**The use of drugs and/or alcohol is strictly forbidden at all times for members of Hoosierland Volleyball Club. Players found using either drugs or alcohol will be immediately dismissed from the club, parents notified, and documentation sent to the USAV. Players are also subject to any penalty handed down by the USAV.**

I, \_\_\_\_\_, have thoroughly read the HVC Drug and Alcohol Policy. I agree to abide by the policy and understand the consequences should I violate this agreement.

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**Signature of Athlete**

**Date**

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**Signature of Parent/Guardian**

**Date**

## **PARENT GUIDELINES FOR ATHLETIC CHILDREN**

1. Make sure your child knows that win or lose, scared or heroic, you love her, appreciate her efforts, and are not disappointed in her. This will allow her to do her best without a fear of failure. Be the person she can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, her competitive attitude, her sportsmanship, and her actual skill level.
3. Be helpful, but don't coach her. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach her to enjoy the thrill of competition, to be "out there trying," to be working to improve her skills and attitudes.
5. Try not to re-live your athletic life through your child in a way that creates pressure: you lost as well as won, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, and sensitive free spirit out there in that uniform who needs a lot of understanding, especially when her world turns bad. If she is comfortable with you – win or lose – she's on her way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, feelings will run from enchantment to disenchantment, etc. with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Get to know the coaches so that you know you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before over reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, but are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of discomfort.

## TENTATIVE TOURNAMENT SCHEDULE FOR TRAVEL SQUADS ONLY

18's

1/16 - 17/10	Mideast Power League	Indianapolis, IN
1/30 - 31/10	Mideast Power League	Louisville, KY
2/13 - 14/10	President's Day Tournament	Dayton, OH
2/27 - 28/10	Mideast Power League	Cincinnati, OH
3/20 - 21/10	Mideast Power League	Muncie, IN
3/27 - 28/10	Team Indiana Exposure	Indianapolis, IN
4/24 - 25/10	Premier Invite	Maumee, OH
5/8 - 9/10	Team Indiana Classic	Indianapolis, IN
5/29 - 31/10	National Junior Classic	Aurora, IL
6/5 - 6/10	Munciana Classic	Muncie, IN
6/16 - 23/10	AAU Nationals	Orlando, FL

16's

1/30 - 31/10	Mideast Power League	Muncie, IN
2/13 - 14/10	President's Day Tournament	Dayton, OH
2/27 - 28/10	Mideast Power League	Indianapolis, IN
3/20 - 21/10	Mideast Power League	Louisville, KY
3/27 - 28/10	Team Indiana Exposure	Indianapolis, IN
4/17 - 18/10	Indy Juniors Classic	Indianapolis, IN
4/24 - 25/10	Mideast Power League	Indianapolis, IN
5/8 - 9/10	Team Indiana Classic	Indianapolis, IN
5/29 - 31/10	National Junior Classic	Aurora, IL
6/5 - 6/10	Munciana Classic	Muncie, IN
6/16 - 23/10	AAU Nationals	Orlando, FL

14's

1/30 - 31/10	Mideast Power League	Indianapolis, IN
2/13 - 14/10	President's Day Tournament	Dayton, OH
2/27 - 28/10	Mideast Power League	Louisville, KY
3/20 - 21/10	Mideast Power League	Cincinnati, OH
4/17 - 18/10	Indy Juniors Classic	Muncie, IN
4/24 - 25/10	Mideast Power League	Muncie, IN
5/8 - 9/10	Team Indiana Classic	Indianapolis, IN
5/29 - 31/10	National Junior Classic	Aurora, IL
6/5 - 6/10	Munciana Classic	Muncie, IN
6/16 - 23/10	AAU Nationals	Orlando, FL

Each team will receive a more solid tournament schedule on the Parent, Meet and Greet Evening.