

OUR PURPOSE



Our philosophy is to improve players physically and mentally while encouraging a team attitude through the sport of volleyball.

TEAM STRUCTURE

Each team consists of 8 to 10 athletes and at least two qualified coaches. It's important that our coaches teach and believe in our philosophy for a consistent approach to the game from year to year. If we feel it is in the best interest of both the player and the team, we will ask a player to "play up" in an older age group.



STRENGTH TRAINING

We recommend involvement in the Xplosive Edge program for the complete development and care of our players. This is a "Division I-quality" strength program for anyone that wants their child to develop safely, under the direction of expert strength coaches. See the Xplosive Edge link on our web site for more information.

TRAVEL

Travel events are planned based on each team's interest. We want to offer the opportunity for our athletes to be exposed to top competition. We encourage those teams to enter National Qualifier Tournaments as a preferred venue and a great experience. These tournaments are budgeted separately from the regular season dues. We recommend a minimum of 8 players to commit for these events to be scheduled.



Tryout Times

Parents AND players need to be present 30 minutes before scheduled tryout time for registration and information.

Tuesday, November 1, 2005 (14u & 13u)

*College of Saint Mary-Lied Center
72nd & Mercy Road*

14 & Under: 6:00pm – 9:00pm
(Players born on or after September 1, 1991)

13 & Under: 6:00pm – 9:00pm
(Players born on or after September 1, 1992)

Wednesday, November 2, 2005 (12u only)

*College of Saint Mary-Lied Center
72nd & Mercy Road*

12 & Under: 6:00pm – 8:00pm
(Players born on or after September 1, 1993)

Saturday, November 19, 2005 (15u, 16u, 17u, and 18u)

Location To Be Announced

18 & Under: 8:00am – 10:00am
(Players born on or after Sept 1, 1987)

17 & Under: 8:00am - 10:00am
(Players born on or after September 1, 1988)

16 & Under: 10:30am – 12:30pm
(Players born on or after September 1, 1989)

15 & Under: 10:30am – 12:30pm
(Players born on or after September 1, 1990)

PRACTICES

We plan 24+, 2-hour practices for each team during the season. We also hold special training sessions for those athletes who want to expand their individual skills. Players are expected to work hard to get the most out of each practice.

TRYOUTS

Players will be evaluated on skill level, attitude and effort. Basic skills include: passing, setting, hitting, blocking, digging, serving and communication.

Teams are formed based on player evaluation, player position, and team chemistry. Teamwork is highly encouraged and used as a rating element. Understanding these events can be very stressful on young athletes, we strive to make this time positive and fun for all participants. Coaches will evaluate each player and select final team rosters.

A tryout fee of \$10 will be required for each participant.

SEASON SUMMARY

In 2005, Premier grew 25 percent. We consisted of 143 players, 16 teams and 37 coaches. Thanks to College of Saint Mary, we were able to provide at least two practices per week for each of our teams with 3 special sessions all under ONE roof. Last year Premier had 11 Gold Tournament Championships, 13 Gold Tournament Runner-Ups and 15 Gold Tournament Third Place Finishes. Once again, Premier Volleyball participated in many events, including the POWER Tournaments, Colorado Crossroads National Qualifier, Northern Lights National Qualifier, Great Plains Region BID Championships, the Junior National Invitational Tournament in Louisville, KY and the Junior Olympic Nationals in Salt Lake City, UT.

For more information, visit our web site!

www.premiervolleyball.org

VOLLEYBALL PREMIER

PREMIER VOLLEYBALL

1209 N 161st Circle Omaha, NE 68118-2440



Experience Club Volleyball at its **BEST**



Working with surrounding area schools, colleges and coaches, **Premier Volleyball** organizes and manages teams for all USA volleyball age groups (10 through 18).

The goals of the club are to introduce the fundamentals of volleyball to the younger age groups, improve the techniques of the middle age groups and to develop the physical and mental strengths of all groups through the sport of volleyball.

Premier Volleyball endeavors to produce competitive teams in all age groups while maintaining **FUN** and skill improvement as priorities. Current strategies are stressed, even with the younger teams, to provide a consistent base for continuing development within the club volleyball environment.

We encourage support from parents at practice sessions, clinics, and competitions. We feel it is important for everyone involved in our club to understand all parts of the game so they portray our club philosophies along with their children.

We dedicate practice time to the development of all athletes. Specialized skill sessions are incorporated with drills designated to improve individual and team oriented skills. All practices are supervised.

★ **Play Under the STAR!** ★