

A Little About Capital Volleyball Academy...

Capital Volleyball Academy is entering its second season of competition in 2008-2009. Capital quickly established itself as one of the top jr. volleyball clubs in the Badger Region & the Midwest. Capital Volleyball offers a commitment to the highest level of training at an affordable cost for all levels of play. The coaching staff of Capital has an abundance of experience & knowledge that can help your daughter or son get the most out of their jr. volleyball experience.

Capital's club director is Dave Bayer. Dave played Division I college volleyball at Ball State University and has over 16 years of experience in Jr. club volleyball with some of the Midwest's top programs like Munciana, Milwaukee Sting and Sports Performance. Dave has coached over 100 athletes that have gone on to play DI volleyball over the years. Dave's teams have won 8 national qualifiers, have always qualified for the USA Jr. Championships, twice finished 3rd at the USA Jr. Championships, and have taken home four AAU Championship medals.

Cathy Noth is on the Capital staff as mentor & setters coach. Cathy is a former All-American at the Univ. of Nebraska who also played on the USA National team as an alternate for the 1988 Seoul Olympics. She was also an asst. coach at the Univ. of Nebraska from 1988-1998 where she coached over 20 NCAA All-Americans and helped lead the Huskers to their first NCAA national championship in 1995. Cathy's experience and coaching style is an asset for Capital players and coaches to learn from.

The University of Wisconsin Coaches Pete Waite, Brian Heffernan & Colleen Bayer will also be backing the Capital staff this year. All three coaches will assist Dave in the technical development of skills used in the clubs training. The Badger staff will also help educate and mentor the other Capital coaches on staff as they grow as a coach within Capital's coaching education system. Capital Volleyball Academy and the Wisconsin Badger program have built a strong relationship that has led to the growth and improvement of volleyball in Madison and the surrounding areas.

Why Capital Volleyball Academy?

There are five key factors to a successful junior club volleyball organization. Those factors are the quality of coaching, the level of tournament competition, the quality of training facility utilized, the club's infrastructure and the customer service the club provides back to its families. Capital has a simple strategy each season that states, "Each year Capital will provide more value to its parents & players than the year before." Driven by those key factors, Capital continues to strive to improve on the junior club experience we offer for the 2008-2009 season. Last season proved to be a VERY successful campaign for Capital Volleyball Academy in its inaugural season. With what our staff learned in our first year and the great feedback we received from the parent surveys, we have gained knowledge of what makes a great club experience for our parents and players.

Capital is built upon the foundation of providing highest level of training in the Madison area to its volleyball players. Capital's staff has taken the time to understand the many levels of goals that each player and parent has for the sport of volleyball; this has enabled Capital Volleyball Academy to start the road towards the top junior volleyball club in the state of Wisconsin. Many may attempt to copy our infrastructure, our recruiting program, our training systems and our tournament selections, but only CAPITAL VOLLEYBALL ACADEMY has the experience, the knowledge and the passion to make it work for Madison!

The Capital Volleyball Program:

TRAINING SYSTEM

Capital will train its athletes under a "master coach" system of training. This is a proven system that Dave has been fortunate enough to learn from some of the best coaches in the country. Dave brought this system to the Madison area three seasons ago. This system provides a consistent progression of teaching the skills of volleyball within each age division. This will create a more competitive practice environment and promote the development of individual skill. For example, an athlete on a 15-3 team will receive the same technical training as an athlete on the 15-1 team. As the "master coach", Dave Bayer will be responsible for developing all the practice plans for each age division. Under Dave, there will be one "lead coach" at each age division to assist Dave with the development of that group.

PROGRAM DEFINITIONS

Capital Volleyball Academy offers three levels of quality volleyball experience to help support the needs of all levels of skill in junior volleyball. All three programs offer the same technical skill training for each team and athletes "ARE" allowed to play high school sports. Our **ELITE** program is for the junior athlete who has the goal to earn a scholarship to play volleyball at the collegiate level while competing against the top level of competition in their age group across the country. The **JR. NATIONAL** program is for the junior athlete that may be looking to play in college, but also is looking to improve their skills for the school season. Our **SELECT** program is for the junior athlete that is looking to improve their volleyball skills for the school season in a shorter season.

PRACTICE TIMES:

Capital will utilize each day of the week (except Thursdays) for practice varied by age groups. There is an optional position training practice on Monday evenings for the players. In an effort to work with the drive times and homework issues of our players, all practices will be done by 9:00pm. Also, during the girls high school basketball season, we will accommodate those athletes by attempting to use Saturday practice days instead of Tuesday night practices. Weight training, video study and position training will all be a part of the practice environment for Capital teams.

Other Capital Program Highlights:

TRAVEL POLICY

Families will be able to make their own travel arrangements to tournaments for the season. This will allow families to use their own resources to find the lowest possible hotel costs, airfares, car rentals, etc... Teams **MUST** stay at the same hotel for tournaments. Capital will work with the team parent group to find a common hotel or two for the club to stay for travel events. Capital will only set up travel for the coaches. Teams will still be required to pay for their coaches travel costs; (hotel, per diem, gas, parking, salary & airfare if needed).

FUNDRAISING

The Team Parent Group will provide opportunities for fundraising which can help cut the cost of club during the season. Due to last year's successful event, Capital will be hosting a club-wide golf outing in May for the teams attending May and June travel tournaments. Capital will also be hosting our first annual club wide bowling event to help offset club dues and travel costs during the season.

CAPITAL COACHING COMMITTEE

The Capital Coaching Committee is a group of Capital head coaches that has been put in place to help advise the club director in the decisions that are pertinent to the success and future of the club. As the club grows and moves in the future, this group's vision will ensure that our future is still grounded by the foundation that the Capital Volleyball Academy was built upon. The members of this committee have over 80 years of club volleyball experience for Capital to rely on. The coaching committee is made up of David Bayer, Franco Marcos, Kim Monsen, Meg Peterman, Steve Bleier, Mark Rushton and Angie Sanger.

CAPITAL TEAM PARENT GROUP

The Team Parent group has been created to help give the parents of Capital more of a voice in the club volleyball experience. Each team in Capital will have one parent who will take on the responsibilities of the "Team Parent." Each age division will then select one team parent from their age division to represent the parents on the Team Parent Group. The group will sit in on annual club meetings with the Capital Coaches Committee and the Club Director. The team parent group is a resource for the parents to help improve the communication between club and families.

COACHES CLINIC PROGRAM

An essential part of our success is the training of quality coaches. Capital expects its coaches to be teachers of the game and maintain strong discipline in the practice and match environment...always in a positive manner. As our coaches grow in their education of the game, we also want to share that education with the middle and high school coaches in the Madison area.

This year Capital will be running the "Coach's Clinic Program" where Capital will be inviting the school coaches of our players into our practices. Here, the school coaches can learn new techniques, observe new drills and witness their players' development in our program. It is similar to a free coaches clinic held many times over the course of the club season, in order to work around your school coach's schedule. We feel that the opportunity for your daughter's school coach to learn from our coaching staff is a tremendous benefit. Capital feels that as club volleyball gets stronger in the Madison area, the "Coach's Clinic Program" program will also help our middle and high school programs in the area improve.

COLLEGE RECRUITING PROGRAM

Capital Volleyball Academy is committed to helping athletes find the right college to play volleyball at, if that is their goal. The athlete, parents, coaches and the recruiting coordinator will be able to work on this process together. A recruiting manual will be handed out to each Capital athlete in the program at the beginning of the season. We will also have pages on our site dedicated to player profiles, unsigned seniors, and commitments in order to assist colleges in accessing information about Capital players. Capital will also shoot skills videos for the all potential recruits in the program where the athletes can then send them out to the college program of their choice. Group and individual information meetings will also be made available by Kim Monsen during numerous times of the season.

The most important characteristic of a recruiting coordinator is their determination for the players and families of the club. Kim Monsen is the perfect person for this position. Kim is dedicated to going to extra mile to helping all of our athletes make the jump to the college level.

ELITE PROGRAM

- * For the junior athlete who has the goal to earn a scholarship to play volleyball at the collegiate level while competing against the top level of competition in their age group across the country.
- * Athletes are asked to commit to a 7 month club season (December - June).
- * Practice 3 times per week, avg. 24 hours of practice per month
- * Position skill training, Weight training (10-12 sessions per month) with Plyo/Speed/Patch training
- * High level national and regional tournaments with the highest college program exposure.
- * Play in 2-3 tournaments per month (Play in 2-3 JVDA Zonal or National Qualifier Events).
- * Capital Recruiting Program with FULL TIME Recruiting Coordinator with skills video posted online.
- * Will play in the Badger Region Championships and JVDA Championships or USA Jr. Championships.
- * ALL athletes are allowed to play high school sports.

ELITE PRACTICE TIMES

- * Sunday evenings, Wednesday evenings, Saturday mornings. Athletic trainer available at practices.
- * Weight training on Sundays and Wednesdays. 14 Elite will weight train on Sundays and Tuesdays.
- * 14 Elite team will practice Sunday and Tuesday evenings along with some Friday evenings or Saturday mornings to help avoid church confirmation conflicts on Wednesday nights.
- * 13 Elite will practice on Tuesday and Friday evenings. 12s will practice on Mondays and Friday, season ends in March.

ELITE TOURNAMENT SCHEDULE

<i>ELITE PROGRAM TOURNAMENTS</i>	C.E.L.	18 Nike	17 Nike	16 Nike	15 Nike	14 Nike	13 Nike	12 Nike
**Badger Region Championships - Milwaukee WI	C-	2	2	2	2	2	2	2
**Badger Region Events - Wisconsin	In-State	1	1	1	2	3	4	5
**Central Zone Events - Crystal Lake, IL	B				2	2		
**Great Lakes 18U Power League - Aurora, IL	A+	8	8	8				
**January Thaw - Minneapolis, MN	A+				3	3	3	
**Molten Girls Festival - Waukesha, WI	C				2	2		
**OWLS Team Building - Lake Geneva, WI	NA	2	2	2	2			
**Asics Presidents Day Event - Omaha, NE	A+	3	3	3	3			
**Sting Elite Series - Big Bend, WI	NA	2	2	2	2	2		
**Sting Presidents Day Event - Wisc Dells, WI	B					3	3	
JVDA Championships - Louisville, KY	A+	4	4	4	4	4	4	
JVDA Showcase - Wisc Dells	A	3	3	3				
JVDA Youth Championships - Wisc Dells, WI	NA							3
JVDA Youth Showcase - Aurora, IL	B+				3	3		
Mizuno National Junior Classic - Aurora, IL	A+	3	3	3	3			
Northern Lights Qualifier - Minneapolis, MN	A+	3	3	3	3	3	3	
Prep Volleyball.com Classic - Wisc Dells, WI	A	3	3	3	3	3	3	
TOTAL 2009 PLAY DATES		34	34	34	34	30	22	10

* Tournament schedule is subject to change based on acceptance into tournament.

C.E.L. = College Exposure Level based on Capital staff experience.

** Tournaments highlighted are included in 2009 dues. Other tournaments are extra travel costs.

ELITE PROGRAM DUES

Age Group	Total 08-09 Dues	Due at Parent Night	Due by 1/07/09	Due by 2/4/09	Est. Travel Cost	Nike Apparel Package
18 Nike, 17 Nike, 16 Nike, 15 Nike	\$1,200.00	\$500.00	\$400.00	\$300.00	\$500.00	\$250.00
14 Nike	\$1,000.00	\$400.00	\$400.00	\$200.00	\$400.00	\$250.00
13 Nike	\$800.00	\$300.00	\$300.00	\$200.00	\$300.00	\$225.00
12/11 Nike	\$500.00	\$250.00	\$250.00	\$0.00	\$0.00	\$150.00

* Nike apparel package consists of 3 jerseys, 1 warm-up, 2 shorts, 1 warm-up shirt, 2 practice T's, 1 duffel bag, 1 pr of shoes

* One jersey will be recycled each year / Warm-ups and team bags will be re-cycled every two years.

* 13s only get two jerseys / 12s get specialized adjusted apparel package.

JUNIOR NATIONAL PROGRAM

- * For the junior athlete that may be looking to play in college, but also is looking to improve their skills for the school season.
- * Athletes are asked to commit to a 6 1/2 month club season (December – mid June)
- * Practice 2 times per week, avg. 20 hours of practice per month.
- * Position skill training, Weight training (6-8 sessions per month) with Plyo/Speed/Patch training.
- * High level regional and national tournaments with college coach exposure.
- * Play 2 tournaments per month and one tournament in June (Play 2 JVDA Zonal Events or National Qualifier events).
- * Capital Recruiting Program with FULL TIME Recruiting Coordinator with skills video posted online.
- * Will in the Badger Region Championships.
- * Can choose to play in Badger Region Qualifier to attempt to qualify for USA Jr. Championships.
- * ALL athletes allowed to play high school sports.

JUNIOR NATIONAL PRACTICE TIMES

- * Sunday evenings and Wednesday evenings with weight training. Athletic trainer available at practices.
- * 14 Jr. National team will practice Sunday and Tuesday evenings to help avoid church confirmation conflicts on Wednesday nights.
- * 13s will practice on Tuesday and Friday evenings. 12s will practice on Mondays and Friday.
- * 13s team season will end in April.
- * 12s team season will end after Badger Region Championships (March)

JUNIOR NATIONAL TOURNAMENT SCHEDULE

<i>ELITE PROGRAM TOURNAMENTS</i>	C.E.L.	17 AIR	16 AIR	15 AIR	14 AIR	13 AIR	12 AIR	
**Badger Region Championships - Milwaukee WI	C-	2	2	2	2	2	2	
**Badger Region Events - Wisconsin	In-State	3	3	3	4	4	4	
**Central Zone Event - Crystal Lake, IL	B	2	2	2	2			
**January Thaw - Minneapolis, MN	A+	3	3	3	3			
**Sting Presidents Day Event - Wisc Dells, WI	B	3	3	3	3	3		
Central Zone Finale - Crystal Lake, IL	B	2	2	2				
JVDA Championships - Louisville, KY	A+	optional	optional	optional				
JVDA Showcase - Wisc Dells	A	3	3					
JVDA Youth Showcase - Aurora, IL	B+			3	3			
Northern Lights Qualifier - Minneapolis, MN	A+	3	3	3	3	3		
OWLS Team Building - Lake Geneva, WI	NA	optional	optional	optional				
Prep Volleyball.com Classic - Wisc Dells, WI	A	3	3	3				
TOTAL 2009 PLAY DATES		24	24	24	20	12	6	

* Tournament schedule is subject to change based on acceptance into tournament.

C.E.L. = College Exposure Level based on Capital staff experience.

** Tournaments highlighted are included in 2009 dues. Other tournaments are extra travel costs.

JUNIOR NATIONAL PROGRAM DUES

Age Group	Total 08-09 Dues	Due at Parent Night	Due by 1/07/09	Due by 2/4/09	Est. Travel Cost	Nike Apparel Package
17 Air	\$950.00	\$400.00	\$350.00	\$200.00	\$350.00	\$250.00
16 Air	\$950.00	\$400.00	\$350.00	\$200.00	\$350.00	\$250.00
15 Air	\$950.00	\$400.00	\$350.00	\$200.00	\$350.00	\$250.00
14 Air	\$800.00	\$300.00	\$300.00	\$200.00	\$200.00	\$250.00
13 Air	\$800.00	\$300.00	\$300.00	\$200.00	\$200.00	\$225.00
12/11U Air	\$500.00	\$250.00	\$225.00	\$0.00	\$0.00	\$150.00

SELECT PROGRAM

- * For the junior athlete that is looking to improve their volleyball skills for the school season in a shorter four month setting. PERFECT for players who are also serious about spring softball, track and soccer.
- * Athletes are asked to commit to a 4 month club season (Dec - March).
- * Provides intense & competitive practice environment.
- * Provides the highest quality coaching staff in the Badger Region.
- * Welcomes the multi-sport athlete and allows school sports.

SELECT PRACTICE TIMES

- * Sunday evenings and Monday or Tuesday evenings. Athletic trainer available at practices.
- * 13 Jr. Select and 12 Select teams will practice on Tuesday and Friday evenings

SELECT TOURNAMENT SCHEDULE

<i>SELECT PROGRAM TOURNAMENTS</i>	17 Force	16 Force	15 Force	14 Force	13 Force	12/11 Force	Lil' Nikes 10U
Badger Region Events / Play Dates	6	6	6	6	6	6	X

* Tournament schedule is subject to change based on acceptance into tournament.

*Lil' Nikes will not travel to tournaments.

*Lil' Nikes and 12/11U programs are CO-ED for girls and boys.

SELECT PROGRAM DUES

Age Group	Total 08-09 Dues	Due at Parent Night	Due by 1/07/09	Due by 2/4/09	Est. Travel Cost	Nike Apparel Package
17 Force	\$575.00	\$300.00	\$275.00	\$0.00	\$0.00	\$150.00
16 Force	\$575.00	\$300.00	\$275.00	\$0.00	\$0.00	\$150.00
15 Force	\$575.00	\$300.00	\$275.00	\$0.00	\$0.00	\$150.00
14 Force	\$575.00	\$300.00	\$275.00	\$0.00	\$0.00	\$150.00
13 Force	\$475.00	\$250.00	\$225.00	\$0.00	\$0.00	\$150.00
12/11 Force	\$475.00	\$250.00	\$225.00	\$0.00	\$0.00	\$150.00
Lil' Nikes 10U	\$175.00	\$175.00	\$0.00	\$0.00	\$0.00	\$0.00

BOYS PROGRAM

- For the MALE junior athlete that is looking to improve their volleyball skills for the school season in a shorter four month setting. PERFECT for players who are also serious about spring softball, track and soccer. This is a program that will teach male jr. athletes the correct skills of the game.
- * Athletes are asked to commit to a 4 month club season (Dec - March).
 - * Provides intense & competitive practice environment.
 - * Provides the highest quality coaching staff in the Badger Region.
 - * Welcomes the multi-sport athlete and allows school sports.

BOYS PRACTICE TIMES

- * Thursday evenings and Monday or Tuesday evenings.

BOYS TOURNAMENT SCHEDULE

<i>BOYS PROGRAM TOURNAMENTS</i>	15U BOYS	14/13U BOYS				
Badger Region Events	6-8	6-8				

* Tournament schedule is subject to change based on acceptance into tournament.

BOYS DUES

Age Group	Total 08-09 Dues	Due at Parent Night	Due by 1/07/09	Due by 2/4/09	Est. Travel Cost	Nike Apparel Package
All Boys Teams	\$575.00	\$300.00	\$275.00	\$0.00	\$0.00	\$150.00

Mini Volleyball PROGRAM (1st-4th Grade)

* Mini-Volleyball is an approach for initiating KIDS to the game of volleyball. The traditional game is adapted to the specific needs and abilities of the participants. These adaptations include varying the number of players, altering the court size, adjusting the height of the net, & using bigger and lighter balls. Different game formats such as 1 vs. 1, 2 vs. 2, 3 vs. 3 and 4 vs. 4 are used. Various rules are also adapted to encourage longer rallies and decrease the difficulty of skill execution. The objective of these adaptations is to encourage learning, promote success, and increase the enjoyment for the participants. When the game is properly adapted for the age & abilities of the participants, the experience is more successful, enjoyable, and played more often! This is a CO-ED program for girls and boys.

Mini Volleyball PRACTICE TIMES

* Monday and/or Friday evenings.



Mini Volleyball Tournament SCHEDULE

<i>Mini-Volleyball PROGRAM TOURNAMENTS</i>	1st Grade	2nd grade	3rd Grade	4th Grade
In-House Tournaments	X	X	X	X

Mini Volleyball DUES

Age Group	Total 08-09 Dues	Due at Parent Night	Due by 1/07/09	Due by 2/4/09
Mini-Volleyball	\$150.00	\$150.00	\$0.00	\$0.00

Nike Apparel Package Cost Breakdown

Elite & Jr. National Teams			Select, 12s & Boys Teams		
NIKE APPAREL	Retail Price	Capital Price	NIKE APPAREL	Retail Price	Capital Price
Match jersey	\$ 35.00	\$ 25.00	Match jersey	\$ 35.00	\$ 25.00
Match jersey	\$ 35.00	\$ 25.00	Match jersey	\$ 35.00	\$ 25.00
Match jersey	\$ 35.00	\$ 25.00		\$ -	\$ -
Game Short	\$ 30.00	\$ 20.00	Game Short	\$ 30.00	\$ 20.00
Game Short	\$ 30.00	\$ 20.00		\$ -	\$ -
Air Feather Shoe	\$ 80.00	\$ 55.00	Air Feather Shoe	\$ 80.00	\$ 55.00
Warm-Up Top & Bottom	\$ 120.00	\$ 60.00	Warm-Up Top	\$ 40.00	\$ 25.00
LS Poly Warm Up Shirt	\$ 25.00	\$ 15.00		\$ -	\$ -
Duffle Bag	\$ 35.00	\$ 25.00		\$ -	\$ -
Practice T-Shirt	\$ 7.00	\$ 2.50	Practice T-Shirt	\$ 7.00	\$ 2.50
Practice T-Shirt	\$ 7.00	\$ 2.50	Practice T-Shirt	\$ 7.00	\$ 2.50
	\$ 439.00	\$ 275.00		\$ 234.00	\$ 155.00
* discount per player from nike contract		\$ 25.00	* discount per player from nike contract		\$ 15.00
Nike Apparel Package PRICE =	\$ 250.00		Nike Apparel Package PRICE =	\$ 140.00	
	SAVE =	\$ 189.00		SAVE =	\$ 104.00