



Tryout Information

U14 Main Tryout

- Date – Sunday, Nov. 13th
- Location – Glover Middle School
- Registration Starts – 1:30 pm
- Tryout Time – 2:30 pm
- Cost - \$15 or \$10 if pre-registered

U14 Makeup Tryout

- Date – Friday, Nov. 18th
- Location – Glover Middle School
- Registration Starts – 6:30 pm
- Tryout Time – 7:30-9:30 pm
- Cost – \$15 or \$10 if pre-registered

What to bring to tryouts?

- Water bottle
- USAV Tryout Form
- Spokane Sky Tryout Form
- Tryout fee

Team Fees

The team fee includes warm-ups but not player travel, or hotel costs. If the team does not utilize its full tournament budget, the families will be reimbursed at the end of the season. The fees listed below are approximate and may be adjusted later +/- \$50.00 in correction of gym, tournament, and uniform cost estimates.

<u>Number of players</u>	<u>Cost</u>
9	\$ 1135.00
10	\$ 1050.00
11	\$ 975.00

Contact Us

Website – www.spokaneskyvbc.com

Mark Springer – Club Director

- Cell 509-879-0919
- Email spokaneskyvbc@gmail.com

Amanda Cochran – 14-1 Head Coach

- Home 509-294-0500
- Email amandajcochran@yahoo.com

14-1 Black

AMANDA COCHRAN – 14-1 HEAD COACH

Amanda played two years at SFCC as a middle blocker, then 2 years at Cascade College in Portland where she earned honorable mention. During her time in Portland she coached club volleyball for a year for Excel with their U-14 team. She has coached for Club Impact for 1 year with their U-14 team and now is in her third year coaching for Gonzaga Prep High School, 2 years as a Freshman A coach and this year assisting Varsity. This is her second year coaching for Spokane Sky.

TONY COLLINS – 14-1 ASSISTANT COACH

Tony has coached 7th and 8th grade girls for the last 20 years at Horizon Middle School. He is completing his 1st year as the freshman coach at University High school. During his seasons he has had several teams voted for best sportsmanship from other coaches in the league. His teams have finished in the top of their league a majority of the time. He has been a Sky parent for the last 2 years and is looking forward to the 1st season as a club coach.

OUR COACHING PHILOSOPHY

Players at the U-14 level will be given a strong emphasis on fundamentals and ball control and a push towards a higher level of competition. Dedication, focus, and effort will be expected in every practice so that skills can improve throughout the season as well as performance in competition. Another main concept is teamwork; players must work together to excel in volleyball making success possible. Most importantly my goal is the girls have fun and enjoy the journey.

WHERE AND WHEN WE PRACTICE...

We practice twice a week with one practice at Bemiss Elementary School on Tuesdays from 7:00-9:00 pm and the other practice on Wednesdays from 7:30-9:30 pm at Garry Middle School. Practices start the first week of January and our season ends at Regionals at the end of April.

TOURNAMENTS & POST-SEASON PLAY

Look for us at the President's Day Tournament in Seattle as our primary travel tournament. We plan on participating in 8-9 tournaments in total. We plan on participating in Regionals and the PNQ as well.

WHY SHOULD I TRY OUT FOR THIS TEAM?

To improve your skills and understanding of the game for the next level for you as a player, with an emphasis on playing as a team. Teamwork!

Players who will attend Gonzaga Prep or University High School may not tryout for this team because of WIAA restrictions for high school coaches.