

Tsunami 15-1

Tryout Information

U15 Main Tryout

- Date – Sunday, Nov. 13th
- Location – Glover Middle School
- Registration Starts – 4:30 pm
- Tryout Time – 5:30-7:30 pm
- Cost - \$15 or \$10 if pre-registered

U15 Makeup Tryout

- Date – Friday, Nov. 18th
- Location – Glover Middle School
- Registration Starts – 7:00 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	\$1560.00
10	\$1425.00
11	\$1320.00

Contact Us

Web - <http://tsunamiteam.squarespace.com/>
or www.spokaneskyvbc.com

Mark Springer – Club Director

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

Mark Springer – Tsunami Head Coach

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

MARK SPRINGER – 15-1 HEAD COACH

Mark has coached for Spokane Sky for the last eight years and he is entering his 14th year of coaching volleyball. Mark has coached at almost every age level from 4th grade through high school varsity. Mark has also been involved the last eight years in promoting juniors outdoor doubles in Spokane.

LARISSA WELCH – 15-1 ASSISTANT COACH

Larissa has coached here in the Spokane area for 12 years. She comes with over 16 years of coaching experience. Additionally, she serves the region as the YJOV Director. Larissa has experienced success at the highest levels taking teams to the JO's and many other high level competitions. This is her second year at Sky and she looks forward to bringing the best out in the girls she coaches.

MARK'S COACHING PHILOSOPHY

My role as a coach is to provide an atmosphere where a player can learn to be aggressive, to be competitive, to be comfortable with risk and the possibility of failure. This upcoming season we seek to train those qualities both individually and as a team.

I have built my reputation as a technical coach and I have a number of ambitious technical goals for this team but my primary focus will on developing the mental "muscle" of my players. I want players who are competitive, players whose best comes out under pressure and who can be good leaders and team members in crisis. This profile doesn't really describe any player but represents an ideal that we can train to. I believe that these qualities are not something that a person is always born with, but skills and attitudes that can be learned, can be fostered, and encouraged. My goal is to combine strong technical coaching with development and training of mental toughness.

WHERE AND WHEN WE PRACTICE...

We offer 4 practices over 2 days, totaling over 6 hours. Each week we have 2 team practices, one-hour setter specialty practice, and a one-hour position practice. The position practice will rotate each week between libero, outside hitter, and middle blocker. Our practice schedule is Monday at the Girl Scouts gym from 6-9 pm with specialty practice running from 6-7 pm and team practice running from 7-9 pm. Our second practice is on Thursday from 6-9 pm at Shaw Middle School with the specialty practice running from 6-7 pm and the team practice going from 7-9 pm.

While we do have a lot of practice opportunities, we do work with players who are multi-sport athletes. We bring flexibility to the table but expect our players to bring a strong commitment to their team.





Tsunami 15-1



"Excellence is accomplished through deliberate actions, ordinary in themselves, performed consistently and carefully, made into habits, compounded together, added up over time." ~ Anonymous

TOURNAMENTS

We are looking at a tournament schedule that will provide us a high level of competition along with opportunities for exposure for those players looking to play beyond high school. Look for us at:

- Seattle President's Day Tournament in Seattle
- Pacific Northwest Qualifier
- Emerald City Classic

We plan to fill our schedule with a few U18 tournaments. We welcome the opportunity to play post season and hope to win a bid at Regionals to represent our region at JOs in late June.

The level of play and opportunities for exposure with our schedule should encourage talented players to play at age group and we hope to field a very competitive team in these large multi-day tournaments.

"The difference between one person and another, between the weak and the powerful, the great and the insignificant, is energy – invisible determination... This quality will do anything that has to be done in the world, and no talents, no circumstances, no opportunities will make you a great person without it" ~ Thomas Buxton

THE COSTS OF CLUB...

While we believe that we provide one of the best values for a quality club experience in the Spokane area, we understand that the costs of club are significant and are often a big part of the decision making that occurs in selecting a team. Spokane Sky does provide need-based scholarships and there are opportunities for fundraising with the tournaments that we sponsor.

WHY SHOULD I TRY OUT FOR THIS TEAM?

My strength as a coach is that I look beyond the season that I have with my players to look at what needs to be developed for them to reach their potential in the next year or two. Because of this long-term point of view my players and teams have consistently pushed the envelope in terms of technical development.

Specialty practices are critical to our success. How many coaches put in the time to train people in their positions in small groups? During any given season my setters have 40-50 hours of setter practice outside of their team practices. Outside hitters and middle blockers have their own practices too. Position practices are something that you don't need to pay extra for within the club or with private technical coaches.

Players who attend Rogers High School may not tryout for this team because of WIAA restrictions for high school coaches.

WHAT ABOUT RECRUITING?

We can't make you grow taller but there is a lot that we can do and will do in an effort to open doors for you as you look to play past high school.

- Our tournament schedule has four major tournaments in the regular season that are multi-day and allow for many opportunities to be seen. Post-season offers some other options as well.
- We have homework and worksheets that we assign out to players where they focus on researching academic programs, researching volleyball programs, developing recruiting materials and contacting schools.
- We will work with you in assembling recruiting tape for sending to schools that can't see you play in person.
- We will push you and support you in contacting school programs and coaches in an effort to market yourself. Being a college volleyball player is a job and to find that "job" you need to be proactive and we plan to help you with the process.

ASK THE QUESTION...

We tried to anticipate most questions but we probably didn't anticipate all of yours. Please send me an email or give me a call and I can provide more detailed information on any facet of the club or my program for the 16s. I can be reached at 509-879-0919 or at tsunamivball@gmail.com and I look forward to hearing from you.

