

Informational Meeting

C₄ Explosive Volleyball

Meet the Directors

Christie McElhaney

- Bradley High School Head Coach 21 years
- Ocoee Heat Director 8 years
- C4 Director 6 years
- 14-1 Head Coach 2018
- Played Volleyball @ Lee University

Trish Flowers

- Cleveland High Head Coach 15 years
- Cleveland Middle Assistant 7 years
- Ocoee Heat Director 4 years
- C4 Director 6 years
- 13 Navy Head Coach 2018
- 15 Silver National Head Coach 2018
- Played Basketball @ Lee University

C4 South Directors

- Gena Welsh
 - April Schneller
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- C4 South directors will be work be working with us this season specifically in the area of tournaments and communication.

Our Mission

To grow volleyball in our area by creating opportunities for training and competition along side competent coaches at affordable costs.

Club Season Details

- October- Tryouts / HS State Championships
- November- Team Meeting / 1st Payment / Equipment Orders / Rest / Ref & Score Clinic? / Thanksgiving Break / College Season Ends
- December- 4 practices / Ref & Score Clinic? / Christmas Break
- January- 8 practices / 1 tourney possibly last weekend of month / 2nd payment
- February- 8 practices / 2 tourneys / 3rd payment
- March- 8 practices / 2-3 tourneys / 4th payment
- April- 8 practices / 2-3 tourneys
- May & June- National teams only / 8 practices / 2 tourneys & Nationals

Coaching Assignments

- 11's: Aubrey Raegan & Hannah Longley
- 12's: Wes Inman & Kenli Young
- 13's: Trish Flowers & Amy McGowan
- 14's: Christie McElhaney & Kayla Rymer
- 15's: Paul Brock & Sam Almazan
- 14, 15, or 16 Softball: TBD (Caitlyn Cagle & Aaron Cagle?)

- 16's: Kellie Bracken & Hannah Kozar
- 17's: Brian Wood & Bristol Snider
- 18's: TBD

Unassigned Coaches:

Caitlyn Cagle & Aaron Cagle
Sarah Stutheit & Barry Stutheit
Bri Gwathney & Eryn Walker
Jessi Towe & Megan Malone

Coaching Assignment Restrictions & Non-Negotiables

- Middle School and High School coaches cannot coach their own players per TSSAA rules.
- We will NOT create a team that we do not have enough players to create.
- We will NOT create a team that we do not have coaches to coach.

Club Fees

- 10% discount for paying in full
- 5% discount for paying in two installments (Nov & Jan)
- Sibling discount: \$75 each player
- Cannot double dip on discounts
- 4 payment installments if not paying in full (Nov, Jan, Feb, March)
- \$100 Grants Available through SRVA (look under "forms")
- Fundraiser Opportunities are up to each team

Club Fees

- 11's: \$600 (\$549 if paid in full; \$285 X 2 if paid in two installments)
- 12's: \$800 (\$720 if paid in full; \$380 X 2 if paid in two installments)
- 13's: \$1000 (\$900 if paid in full; \$475 X 2 if paid in two installments)
- 14's: \$1000 (\$900 if pd in full; \$475 X 2 if paid in two installments)
- 15-1: \$1200 (\$1080 if paid in full; \$570 if paid in two installments)
- 16-1: \$1200 (\$1080 if paid in full; \$570 if paid in two installments)
- 17-1: \$1400 (\$1260 if paid in full; \$665 if paid in two installments)
- 18-1: \$1400 (\$1260 if paid in full; \$665 if paid in two installments)
- SPRING SPORTS/SOFTBALL TEAM: 40% less than whatever age group it ends up following under (4 tourneys only)
- NATIONAL TEAMS: Add \$630.00 to fee (\$600 if paid in full OR \$315 at the beginning of May and June; 8 extra practices, 2 extra tourneys, national tournament fee, shirt, coach expenses)

Club Fee Due Dates

- November
- January
- February
- March

*We start registering for tourneys in October

What the Club Fee Includes

- Player SRVA Membership Fees
- Player uniform top (must buy your own bottoms)
- Coach stipend and fees
- 6-8 Tournament fees
- Gym rental fees
- Team Equipment: volleyballs, cart, and ball bag
- Website Management

Tryout Information

- TRYOUT FEE: \$30 early/digital; \$35 walk-up tryout fee (does not go towards club fee)
- SIGNED digital SRVA Medical Release (cannot be filled out by hand)
- UPDATED SRVA Membership
- C4 Player/Parent Info Sheet (turn in today)
- 10-14 tryouts are open for parents to watch
- 15-18 tryouts are closed after the first 30 min
- Top two players in each position will make the first team (setters, passers, left, middle, and rightside hitters); dependent upon makeup of team (may only need 1 rightsize hitter if team is running a 5-1)
- The "fine line" between first team and second team decisions

C₄ EXP VBC Tryout Dates, Times, Locations

- **Sunday, October 21:** 11's, 12's, and 13's @ Cleveland High School 7:00-9:00
Registration begins @ 6:00 in the Raider Arena
- **Monday, October 22:** 13 & 14's @ Bradley Central High School 7:00-9:00
Registration begins @ 6:30 in the Jim Smiddie Arena Lobby
- **Tuesday, October 23:** 14's only @ Bradley Central High School 7:00-9:00
Registration begins @ 6:30 in the Jim Smiddie Arena Lobby
- **Sunday, October 28:** 17's & 18's @ Cleveland High School 7:00-9:00 Registration
begins @ 6:00 in the Raider Arena
- **Monday, October 29:** 15's @ Bradley Central High School 7:00-9:00 Registration
begins @ 6:30 in the Jim Smiddie Arena Lobby
- **Tuesday, October 30:** 16's @ Bradley Central High School 7:00-9:00
Registration begins @ 6:30 in the Jim Smiddie Arena Lobby

If you make a team

- Respect for other clubs and their tryouts
- Commitment Deadline
- You will receive a text and/or phone call from the head coach
- Trickle Down (second team players could get moved up)

If you do not make a team

- An email will be sent out from the directors
- We will recommend / reach out to other clubs on your behalf OR give you the info you need to reach out to other clubs

Practice, Playing Time, Conflict Resolution

- No more than 10 players per team
- Practices will be two hours, twice a week (there will be exceptions)
- Every player has an opportunity to earn playing time in practice
- Every player will play in tournaments, but equal playing time is NOT guaranteed
- 24 Hour Cool Down
- Chain of Command (Coach-Player, Coach-Director-Parent)
- Excused / Unexcused Practices (MS/HS sport comes first)
- Trust the Process

Saturday Only Tournaments

- C4 will be hosting some Sat only tournaments with C4 South; we will have to work around basketball for facilities

Important Dates (Overnight Tournaments)

- K2 Tournaments (Elite, Wilderness/Power, Madness/Club)
- A5 Tournaments
- Peachtree
- Battleground in Chattanooga
- NASA in Huntsville, Alabama*
- 3 Day National Qualifiers (Beast of the Southeast in ATL; Big South at WCC in ATL; MEQ in Indianapolis)*
- Regionals at the WCC in ATL (SRVA has contract for next 3 years)

* Tournaments that have Stay And Play Policies

C₄ EXP VBC Communication

- Follow us on Twitter! @C₄volleyball
- Follow us on Instagram! @c₄volleyball
- Follow us on Facebook! (Trish Flowers, Christie McElhaney, Gena Welsh, April Schneller)
- Download the following free apps! Remind / GroupMe
- Join Remind: Text @c₄ex to 81010
- Join Group Me (individual coach will set this up)
- Stay tuned for Website updates (Chris Douglass)
- Email Christie: cscvball@hotmail.com
- Email Trish: pflowers@clevelandschools.org

Need Help With SRVA Paperwork?

- Feel free to use our computers so we can help you with SRVA (Southern Region Volleyball Association) paperwork.
- Go to www.srva.org

Any Questions?