



Carolina Spike Force Club Volleyball Interest Meeting 2022-2023 Season



CAROLINA SPIKE FORCE



2021-2022 season



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ABOUT US



OUR CLUB MISSION STATEMENT

Our mission is to teach life lessons through the sport of volleyball by providing high level training in a positive environment that fosters our core values.



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CLUB MISSION - CSF

C: Commitment - the state or quality of being dedicated to a cause or activity

CSF team members commit to give their best effort, put the good of the team first and maintain a positive attitude at all times. Coaches commit to being prepared and positive and to inspire and encourage our athletes and teams to become the best they can be. Together, we commit to work toward a common goal and to define success as giving our very best effort to help our team, rather than focusing solely on our win-loss record.

S: Sportsmanship - fair play, respect for opponents, and polite behavior by someone who is competing in a sport or other competition

CSF team members and coaches are expected to show sportsmanship at all times. We cannot always control whether we win or lose, but we can always control how we behave. The way we treat referees, the other team, our teammates and ourselves is a true reflection of our character. Together we will conduct ourselves with the highest level of sportsmanship and integrity and remember that we are representing ourselves, our team and our club at all times.

F: Fortitude - courage in pain or adversity

CSF team members are expected to show fortitude when things are difficult or do not go their way. Coaches will help players and teams face challenges and overcome obstacles. Together we will learn from our mistakes and develop toughness in the face of adversity



DARCI MOZGAI



Darci was a beloved coach at the YMCA who believed that all girls should be able to experience club volleyball. Her dream was to see that our Y was able to create a club volleyball program. Unfortunately she passed away from cancer. She left money from her Estate so that we could start our program. Spike Force was the name of Darci's rec team and 21 was her number when she played in college. Her legacy comes alive every time a CSF player enters the court!



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CSF – WHO PULLS IT ALL TOGETHER

CATHY SESCOURKA - Spears YMCA Sports Director
Main Contact for CSF - Does not travel to tournaments

CLUB BOARD: Events Committee, Marketing Committee, Sponsorship Committee, Coaches Committee, also plans and directs club activities

COACHES: Head Coaches, Assistant Coaches, Master Coaches: Andy Leung & Lauren Watson and Strength & Conditioning Coach

VOLUNTEERS: Team Parents, Hotel Coordinators, Signing Night & Wrap Up Party volunteers



COVID & 2022-2023 Season

CSF will abide by all YMCA Youth Programs and USAV Covid Protocols and the NC Executive Orders. We encourage you to review the full information at the Spears YMCA website and also the USAV website for their Return to Play Guidelines.

At this time players and coaches will not be required to wear masks

Updates or changes to protocols, if any, will be relayed when available.

Tournaments: Please be aware there is the potential for changes in the tournaments we plan to attend. Also, it is possible there will be mask requirements and spectator restrictions at the tournaments.



2022-2023 Season

Tryouts: July (15s-18s) & September 23-25 (12s-14s)

Commitment Dates: August 5 (15s – 18s) & September 9/27 (12s-14s)

Practice: start Early November

Signing Night Party, Outdoor Team Build Activity & Service Projects:
November

Mandatory Referee Certification: December

Scrimmage Sunday: December

Tournaments: start early January



CSF Tryouts



Age Group Cut Off

- 12U: Born on or after July 1, 2010
- 13U: Born on or after July 1, 2009
- 14U: Born on or after July 1, 2008
- 15U: Born on or after July 1, 2007
- 16U: Born on or after July 1, 2006
- 17U: Born on or after July 1, 2005
- 18U: Born on or after July 1, 2004



TRYOUTS will be held at the SPEARS YMCA

- 12's: Saturday 9/24 2:30-4:00, Sunday 9/25 3:00-4:30
- 13's: Friday 9/23 6:00-7:30, Saturday 9/24 4:30-6:00
- 14's: Friday 9/23 7:30-9:00, Saturday 9/24 6:30-8:00

**Registration should be completed the
Wednesday prior to tryouts.**

**Players are encouraged to be at both
sessions, however it is not required.**



The registration form and \$35 tryout fee must be paid filled out and paid online at www.spearsymca.org – please call the YMCA if you need assistance.



CSF Teams



Team Levels

Legacy – 18, 17, 16, 15, 14, 13

Black – 18, 17, 16, 15, 14, 13

Teal – 14, 13, 12

White – 13, 12

Multiple teams at age/level may be offered depending on overall player interest



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	12 Teal & White \$800	13 Legacy \$1,400	13 Black \$1,050	13 Teal \$950
# Head Coaches	One	One	One	One
Practice per week	2	3	2	2
Regional Tournaments	yes - 4-5	yes - 2	yes - 3-4	yes - 4-5
East/West Regional	yes	yes	yes	yes
Travel Tournaments	no	6 Multi Day Events	2 Multi Day Events	1 Multi Day Event
	14 Legacy \$1,400	14 Black \$1,050	14 Teal \$950	
# Head Coaches	One	One	One	
Practice per week	3	2	2	
Regional Tournaments	yes - 2	yes - 3-4	yes - 4-5	
East/West Regional	yes	yes	yes	
Travel Tournaments	6 Multi Day Events	2 Multi Day Events	1 Multi Day Event	



Tournaments are subject to change based on event availability and team composition.

Additional Tournaments may be added with full team commitment, coach & board approval.

*** Multiple teams at age/levels may be offered depending on overall player interest.

Prices do not include the following which are required

- Uniform Packages - varies depending on level
- YMCA monthly membership - Teen \$25, Family \$73, or Youth \$15 (12 & under)
- Carolina Region/USA Volleyball Junior Membership \$52
- AAU memberships needed at Legacy level - \$16
- Travel Expenses for Players & Family for out of town tournaments - varies depending on tournament location



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Payment plan is available if you choose not to pay all at once.

- Initial deposit with bid acceptance, then additional payments available. Amount due will depend on team selection. Due dates and amount due will be sent with bid offer.
- Gear package payment due in early November
- YMCA Membership & USAV Membership starts in November.



CSF Training



- **Team Practice** – all teams will practice on Sunday afternoon/evenings and depending on team level will have one or two other practices a week on Monday thru Thursday evenings.
- **Master Coaching** - incorporated into one of the team practice
- **Strength & Conditioning** – will be same day as team practice, either prior to or after practice.



CSF Master Coaches Andy Leung & Lauren Watson



Master Coach Lauren Watson

Lauren grew up in Southwest Florida where she played both high school and club volleyball. Her high school team was the 2007 Florida Class 4-A state runner-ups her senior year, and she served as a team captain her senior year. She played club for Venetian Bay Volleyball Club as well as Sarasota Volleyball Academy. She competed in numerous national qualifiers all around the country. She was offered a scholarship and played all four years at Division 1 Campbell University as a libero. She was captain her junior and senior years, and was the Musco Spotlight Player of the month in 2011. She coached in summer individual and team camps at Campbell from 2009-2011. She also served as the Student Athletics Advisory Committee (SAAC) president for the 2011-2012 year. She graduated with a BS in Kinesiology in 2012. She worked for 4 years as a special education teacher assistant at Haynes-Inman Education Center, 3 years as an Exercise Physiologist at Elite Performance Chiropractic in Greensboro, NC, and currently is staying at home with the newest addition to the Watson family, Levi, who was born in May 2021. She coaches alongside her husband, Bo, who takes a special interest in the mental side of volleyball. She has played recreational sand and indoor volleyball since 2012, and looks forward to working with athletes and helping them grow into the best versions of themselves. This will be Lauren's fourth season with CSF.



Master Coach Andy Leung

This will be Andy's 3rd year coaching with Carolina Spike Force. Andy is a Greensboro native that went to Grimsley (Class of 1989) and then went to UNCG (1995) where he earned a Biology and Chemistry degree. After working as a chemist, he launched a career in real estate in 1998. Currently, Andy is the operating partner at Keller Williams Realty Greensboro where he also runs a sales team.

Andy started playing volleyball in 1990 and has been an avid player since. He was a setter for the top USAV men's volleyball team (this is when they still had adult leagues) in our region where they won several state championships. Andy made the All- Region Team every year he played. His coaching experience includes several years of coaching USAV Juniors at NC Power. Currently Andy is coaching both JV and Varsity at Grimsley High School. Andy's family includes wife, Kristy, daughter, Emma and son, Drew.



Questions?

Email questions to

info@CarolinaSpikeForce.org

<https://www.carolinaspikeforce.org>

<https://www.carolinaregionvb.org>



**Thank you
for your
interest in CSF**