



MENTALITY

DEVELOPMENT

EXPOSURE

Objective:

Create a training hub to develop the greater area of Metro-Nashville volleyball with elite technical training while opening up more competition and scholarship opportunities for the inner-city demographic.

Benefits:

Increase the skill level of Davidson Co. and have a hand in helping the minority community by changing lives in these currently underserved communities.

Teamwork:

- ★ Coach Chris Raiford: Program & Performance Director
- ★ Coach Fallan Lloyd: Site Director
- ★ Coach Shauntez Ivory: Director of Operations

Player Fees & Sponsorship Program: Community Engagement

No matter your financial status we want you to train! For those in need of financial assistance Corporations, Friends & Families can sponsor your training program fees.

PROGRAM PACKAGES: JAN 6 - APR 26

☒ BEST TECHNICAL TRAINING IN NASHVILLE

☒ MOST AFFORDABLE PROGRAM IN NASHVILLE

TRAINING TEAM 30 max	COMPETITION TEAM 15 max per team
<ul style="list-style-type: none"><input checked="" type="checkbox"/> \$750 /training team season<input checked="" type="checkbox"/> Saturdays & Mondays<input checked="" type="checkbox"/> Ages 13-17<input checked="" type="checkbox"/> Training Gear Optional<input checked="" type="checkbox"/> Performance Training<input checked="" type="checkbox"/> Competition Opportunities	<ul style="list-style-type: none"><input checked="" type="checkbox"/> \$1500 /club season<input checked="" type="checkbox"/> Saturdays, Sundays & Mondays<input checked="" type="checkbox"/> Competition Schedule<input checked="" type="checkbox"/> Ages 13-17<input checked="" type="checkbox"/> Performance Training<input checked="" type="checkbox"/> Training gear included in Deposit

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PROGRAM BREAKDOWN

From coaching in Metro we have witnessed the talent pool and the goal of this satellite is to develop first then being able to feed more athletes into the top Club teams. For now developmental/training teams= training focused & inhouse local tourneys or scrimmages.

TEAM COMMITMENT NIGHT

- **MONDAY JANUARY 6TH 7P CST ON 30 MINUTE ZOOM CALL**
 - *Team Commitment Informational*
 - *Parent Meeting*

ENRICHMENT OPPORTUNITIES

- Mindfulness & Mindset training
- Beyond the Ball (SEL Skills, Career Readiness & Exposure)
- Speed & Agility
- Jump Training
- Training Exposure @Top Clubs

CULTURE CONCEPTS: Sports are more fun at its elite level.

- Tempos:
 - Logic (practice) Animal (game speed)
- Olympic Reps = quality and technical
- Everyone talks
- Respect is minimum.
- Keep effort at max.
- Excellence beyond the ball.
- Recrutable Behavior

DEVELOPMENT CONCEPTS

Keep athletes fast and mindful of mind and body

- **Base Technical Skills:** Covers the “how-to” of the sport. Pass Set Hit
- **Specific Skill:** (offense and/or defense can be specified)
Libero/Setters Hitters: MH/OH/RS
- **Pass and Serve:** Serve receive, serve placement and Jump Serves are stressed most.
- **Mindfulness & Recovery Training** (10min-15min session before or after main session)
Athlete mentality training through connecting mind and body.
- **Court Sense Training:** The main focus is learning ball placement, game tempos w/
scenarios and how to read the ball.



WEEK-AT-A-GLANCE

SATURDAYS TECHNICAL TRAINING + PLAY	SUNDAYS TEAM PRACTICE + WEIGHT TRAINING	MONDAYS POSITIONALS + PERFORMANCE TRAINING
7:30 CHECK-IN 8A-12P @MLK MAGNET 613 17th Ave N, Nashville, TN WHO: ALL ATHLETES PARENTS WELCOMED TO WATCH THEY PLAY @ 11A	2:30 CHECK-IN 3P-6P @VERTICAL GYM 2328 Jackson Downs Blvd, Nashville, TN 37214 WHO: COMPETITION TEAM	4:30P CHECK-IN 5P-8P @VERTICAL GYM 2328 Jackson Downs Blvd, Nashville, TN 37214 WHO: COMPETITION TEAM + TRAINING TEAM IF INTERESTED

2024-2025 TRAINING SCHEDULE

PRE-SEASON SATURDAYS	FULL SEASON TRAINING
<input type="checkbox"/> NOVEMBER 2 & 9 <input type="checkbox"/> DEC. 7 & 14	<input type="checkbox"/> JANUARY 6 - FEBRUARY 1 <input type="checkbox"/> FEBRUARY 3 - MARCH 1 <input type="checkbox"/> MARCH 3- MARCH 29 <input type="checkbox"/> APRIL 5- APRIL 26



FEE BREAKDOWN

ALL FEES DUE 1ST SATURDAYS	COST	FREQUENCY	DETAILS	Due Dates
COMPETITION TEAM PASS 15 MAX ROSTER	\$1500	TRAIN 3X PER WEEK + COMPETITION + PERFORMANCE TRAINING MONDAYS	COMMITTED TO TRAIN ALL 4 MONTHS & PERFORMANCE TRAINING GEAR INCLUDED	DEPOSIT= \$500 Jan 11= \$250 Feb 8= \$250 Mar 8= \$250 Apr 5=\$250
TRAINING PLAY PASS 15 MAX POSTER	\$750	SATURDAYS + COMPETITION + PERFORMANCE TRAINING MONDAYS	COMMITTED TO TRAIN ALL 4 MONTHS + GEAR OPTIONAL \$125	Jan 11= \$250 Feb 8= FREE Mar 8= \$250 Apr. \$250
TRAIN PASS BRING A FRIEND SPLIT THE COST	\$250	4 SATURDAYS ONLY	4 SESSIONS ONLY FOR CLUB PLAYERS & NON-COMMITTED	DUE YOUR FIRST SATURDAY

FINANCIAL ASSISTANCE FOR COMPETITION TEAM

MARKETING MATERIAL WILL BE PROVIDED TO HELP ATHLETES FUNDRAISE

OPTIONS	YOU PAY	YOU RAISE	DETAILS
PARTIAL PAYMENT	\$750	\$750	THIS IS A PAYMENT PLAN OPTION TO PAY \$750 THEN GO FUNDRAISE FOR THE REST WITH PROVIDED MATERIAL.
FULL SPONSORSHIP	X	\$1,500	WITH PROVIDED MATERIAL YOU WILL BE ALLOWED TO GO ASK COMPANIES & PEOPLE YOU KNOW FOR SPONSORSHIP & DONATIONS
REFERRAL	HALF	FRIEND PAYS	BRING A FRIEND & SPLIT THE COST!
FUNDRAISE OPTIONS OPPORTUNITIES TO GO TOWARDS YOUR TRAINING FEES JUST ASK US	HELPS PAY YOUR REMAINING BALANCE	AS OFTEN AS YOU SIGN-UP	OPPORTUNITIES: <input type="checkbox"/> BRIDGESTONE CONCERT STAFF <input type="checkbox"/> MUTOMBO COFFEE SALES <input type="checkbox"/> RECYCLE VOLUNTEER <input type="checkbox"/> TEXT/EMAIL MARKETING



SEASON-AT-A-GLANCE



TECHNICALLY
● VOLLEYBALL ●

**TRAINING
TEAM 2025**

GET TRAVEL BALL READY !!



2024-2025 SEASON INCLUDES:

- ✓ **TRAINING + SCRIMMAGES WEEKENDS @TOP CLUBS**
- ✓ **ENRICHMENT: MINDFULNESS + COLLEGE READINESS**
- ✓ **LOCAL TOURNAMENTS**
- ✓ **TECHNICAL TRAINING**
- ✓ **SPORTS PERFORMANCE**



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