

2021 Season Plan



CAO 29 Oct 2020

Sharks History

- Founded in 2013 with one 13u team
 - NVC then Niceville Waves and now Niceville Sharks
 - Longest running club in Niceville area- same club, same leadership, different names through the years until we settled on Sharks
- Expanded each year adding age groups
- Many older players have been Sharks since Grassroots/12u
- 2019 18u team included 8 college signings (most to date)
- 2020 was our most successful season yet even with C-19. We finished the season on grass courts and all 4 teams finished Top 10 at Nationals in their age group/division, including 5th place for 13u/15u and 3rd for 16u.

Tryouts

- 11u*/12u/13u- Sunday, Nov 1st, 4:30-6:30 @ Rocky Bayou
- 14u/15u- Sunday, Nov 1st, 6:30-8:30 @ Rocky Bayou
- 16u/17u/18u- Sunday, Nov 8th, 5:30-8:30 @ Rocky Bayou
- \$20 tryout fee. Bring check made to Niceville Volleyball Club
- Bring all required forms and tryout information sheet downloadable on website
- Notary will be available on site for medical releases
- Uniform samples will be available to try on for sizing
- * First season of 11u. For 4th/5th graders looking for more advanced play and more tournaments than grassroots provides
- No tryouts for grassroots. Just email us at nicevillevolleyballclub@hotmail.com with your intent to participate

Tryout Results

- Will be sent to parent emails provided on tryout form (write legibly)
- To accept spot- reply to email with commitment, pay non-refundable deposit (paypal), accept Sportengine invitation to Sharks
- May combine age groups if needed to form a team (11u/12u, 12u/13u, etc)
- Have the coaches/gym space for a 2nd team if needed in a large age group.

USAV Age definitions

USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2020-2021 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Aug	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Sept	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Oct	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Nov	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Dec	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Jan	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Feb	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Mar	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Apr	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
May	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
June	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013

¹ Players who were born on or after July 1, 2002 OR players who were born on or after July 1, 2001 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

² **Female Only** - Players who were born on or after July 1, 2002, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are waived to compete in 17 & under. (This age waiver is based on recruiting concerns for 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

³ **Male Only** - Players who were born on or after July 1, 2006 OR players who were born on or after July 1, 2005 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year **are eligible to play in the 14 & Under division**. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

⁴ **Male Only** - Players who were born on or after July 1, 2006 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

⁵ **Male Only** - Players who were born on or after July 1, 2007 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

Practices

- Begin Sunday Nov 29th
- All teams will practice a minimum of 2x per week. The goal is 3x per week for 12u-18u on non-tournament weeks (2 weekdays plus Sunday afternoon/evening)
- 14u-18u Practices will be primarily at the Sharks Facility on 28 Palms Blvd in Destin (behind Target). Weight training will be incorporated before or after each practice.
- Grassroots-12u will be primarily at Rocky Bayou Christian School on Sunday/Wednesdays but may practice in Destin when necessary. Other teams may also practice at RBCS when necessary or to help with travel depending on team makeup.
- 12u and/or 13u may practice in Destin one weekday/week when able to get a 3rd practice.
- Final practice plan will depend on the final number of teams

The Shark Tank

- Single court (sport court) w/ restroom
- 4 weight racks with full complement of weight training & plyo equipment specific to female athletes
- Trophy displays, banners for college commitments to show our history
- Camp/lesson/open gym options
- Note: Okaloosa public school system will not allow outside groups to use facilities this year. There is a slight cost increase from past years necessary due to gym lease/rentals
- 2 season lease then will assess options



Primary Coaches

- 18U- Jason Legg
- 17U- Brooke Blair
- 16U- Andy Faulkner
- 15U- Ray Lovelace
- 14U- Courtney Faulkner
- 13U- Challis Cappel
- 12U- Alan Yen
- 11U- Jessika Jackson
- Grassroots- Zarah Fogler & Layne Stine
- Grassroots/On call- Kersten Bowman
- Coach bios are on the website
- Coach plan may change based on final number of teams

Jason Legg - 18u

Education:

Master of Architecture, University of Texas

Bachelor of Science, University of Florida

Playing Experience:

High School Men's Team

Played club with OVA

Played numerous adult indoor team

Coaching Experience:

2020, Asst Coach, Choctaw High School

2011-2018, Head Coach, Meigs MS (2015 County Champs)

2019-2020, Head Coach, Sharks 18U

2018-2019, Asst Coach, Niceville Sharks 12U & 16U

2017, Asst Coach, Niceville Waves 12U & 16U

2016, Asst Coach, Fuel 16U & 18U

2015, Asst Coach, Fuel 14U & 17U

Sharks Recruiting Specialist

Brooke Blaire - 17u

Education:

Bachelor of Arts in Psychology and Youth Ministry, King University (2014)

Playing Experience:

Outside Hitter, Grace Baptist Academy in Chattanooga, TN, 2008-2011

Defensive Specialist, Chattanooga Choo Choo VBC, 2008-2011

Defensive Specialist, Tusculum College in Greenville, TN, 2011

Defensive Specialist, King University in Bristol, TN, 2012-2014

- 2-time Academic All-Conference

Coaching Experience:

Kingsport Volleyball 12U, Kingsport, TN, 2012-14

Northeast TN Volleyball Club 15U, Bristol TN, 2015-2016

Kitsap Volleyball Club 15U, Bremerton, WA, 2017

Andy Faulkner - 16u

Education:

Master of Aeronautical Science, Embry Riddle Aeronautical University

Bachelor of Science in Civil Engineering, Auburn University

Playing Experience:

Outside Hitter/Right Side, Auburn University Club Team 1993-1998

- 2018 Southeast Region Champs

Outside Hitter, Maxwell AFB USAV Team, 1999

Outside Hitter, Luke AFB USAV Team, 2000

Beach Volleyball Player, 1991-Present

Coaching Experience:

2020-Present, Head Coach, Choctaw High School

2015-2019, Head Coach, Ruckel Middle School

- 2016, 2017, 2018, 2019- Four straight undefeated County Championships

2013-Present, NVC/Sharks Director

2019-2020, Head Coach, Sharks 16-1 (Gulf Coast Region Champs, 3rd at AAU Nationals)

2018-2019, Head Coach, Niceville Sharks 18-1 (5th @ AAU Nationals) & 15-1

2017-2018, Head Coach, Niceville Waves 17-1 (Nationals Bid), Grassroots Head Coach

2016-2017, Head Coach, Niceville Waves 16-1 (Nationals Bid), Asst Coach 12-1

2015-2016, Head Coach, NVC 16U and Grassroots Program

2015, Asst Coach, Gulf Coast Region High Performance Team

2014-2015, Head Coach, NVC 16U

2014-2015, Asst Coach, NVC 14U (Gulf Coast Regional Champions, Nationals Bid)

2014-2016, Head Coach, NHS Beach Club Team (Three-time District Champions)

2013-2014, Asst Coach, NVC 13U

Ray Lovelace - 15u

Education:

Master of Business Administration, Bristol University

Bachelor of Science, Distribution and Marketing, Texas A&M University

Playing Experience:

Played both college and Air Force intramurals

Hurlburt Field Base Championship Team - 2009

Coaching Experience:

2019-2020, Head Coach, Sharks 15U (5th AAU Nationals)

2018-2019 Club Challengers 14U, Head Coach (2nd Gulf Coast Region)

2017-2018 ECVC 17U, Head Coach (3rd Gulf Coast Regional Championship)

2016-2017 ECVC 15U, Head Coach (2nd Gulf Coast Regional Championship)

2015-2016 ECVC 14U, Head Coach (1st Gulf Coast Regional Championship, National Bid, 1st AAU Super Regional)

2014-2015 Club Challengers 13U, Head Coach (2nd Gulf Coast Regional Championship)

2013-2014 Club Challengers 12U, Head Coach (1st Gulf Coast Regional Championship, National Bid)

2011-2014, Calvary Christian Academy Head Coach

2014 – Conference Final 4

2013 – Conference Champions, NACA Nationals Division III Runner-Up

2012 – Conference Final 4

2011 – Conference Champions

*Daughter played 4 years scholarship at University of Mobile

Courtney Faulkner - 14u

Education:

Scholarship D-2 multi-sport athlete working towards BA in Management/Marketing with a minor in Psychology

ACE certification

Playing Experience:

Setter/Right Side, 4-year Varsity starter, Niceville High School

- First-team All-Area 2018
- Subway All-Star Selection 2018
- 3 time AAA award, 3-time Indoor and Beach District Champion
- Niceville HS Hall of Fame

3-time state medalist in track (shot-put) and weightlifting

Niceville Sharks, 2014-2019, Setter/Right Side, Team Captain

- 5th place 18U AAU Nationals finish

Gulf Coast Region High-Performance Team, 2015-2017

Setter, Spring Hill College, 2019-Present

- SIAC Champion, 2019
- Played in 32 matches as a freshman totaling 251 assists
- SIAC Freshman of the week

2-sport NCAA D-2 athlete competing in Shot-put and Javelin for Spring Hill College

Coaching Experience:

2020- Head Coach, Lower Alabama Volleyball Club, Fall League 11U and 12U

2020- Head Coach (AAU season), Niceville Sharks 14U (9th @ AAU Nationals)

2019- Asst Coach, Niceville Sharks 14U

Challiss Cappel - 13u & Head Trainer

Education:

Bachelors of Science in Economics, University of Oregon, 2009-2011

Masters of Arts in Special Education, Mississippi State University, 2015-2016

-Worked in the athletics recruiting and operations office running recruiting for Oregon football team and game-day operations

-Executive Assistant to head football coach/assistant director of football operations.

Playing Experience:

2 year High School Varsity

-Team Captain Senior year

2006 European Championship Team

Coaching Experience:

Head Coach, Pryor Middle School, 2016-2018

Asst Coach, Choctawhatchee High School, 2020-Present

L1 Crossfit Coach Crossfit Epically Awesome 2018-Present

Strength and conditioning certification

Nutritional coach certification

Alan Yen - 12u

Education:

Master of Military Art, Command & General Staff College, Ft Leavenworth, KS

Bachelor of Art in Communication, Long Beach State University, CA

Playing Experience:

Setter/Defensive Specialist, Long Beach State University 1987-1988

- 1991, 2018, 2019 NCAA Division I Men's Volleyball Champions

Setter/Outside Hitter, Damien High School Varsity, Hawaii 1982-1984

Setter/Outside Hitter, Kaneohe VC Hawaii, 1983-1985

Setter/Outside Hitter, Kamali'i VC Hawaii, 1985-86

Setter/Outside Hitter, Hurlburt Field / Eglin AFB USAV Teams 1993-1999 / 2010-2012

Setter/Outside Hitter Kadena AB, Japan USAV Team 1999-2002

Setter/Outside Hitter Kirtland AFB USAV Team 2004-2005

- First Team All-American, 2004 AFMC Championship

Coaching Experience:

2019-Present, Asst Coach, Ruckel Middle School Junior Varsity / Varsity

2019-2020, Head Coach, Sharks 12U

2018-2019, Asst Coach, 850 Elite VBA 12U USVA and AAU Championship

2016-2018, Asst Coach, 850 Elite VBA Grassroots / Skills Clinics

2009-2012, Asst Coach, Niceville HS Freshman/JV/Varsity

- Class 5-A District / Regional Champions, FL State HS Final Four

2011-2012, Head Coach, ProStyle VBC 12U

2011, Head Coach, Niceville HS Freshman

2009-2010, Asst Coach, Piliialoha VBC 15U

- Gulf Coast Regional Champions

2004, Player/Coach Kirtland AFB Base Championship Team

2002, Player/Coach Kadena AB Base Championship Team

1988-1990, Asst Coach, California Juniors VBC 16U

1984-1987, Asst Coach, Castle High School Men's/Women's VB, Hawaii

1984, Asst Coach, Kamehameha VBC, 16U-18U

Jessika Jackson - 11u

Education:

Emerald Coast Technical College, Practical Nursing, 2008

Playing Experience:

Freeport High School 2001-2004

- 4 state playoff appearances

- Signed with Pensacola Junior College

Coaching Experience:

2007-09, Head Coach 15u Blazers

2015-16, Assistant Coach 14u Walton Knights

2017-18, Head Coach, 15u challengers

2018-2019, Head Coach, Walton Academy 14u

2019-2020, Niceville Sharks Grassroots Coach

2020-Present, Freeport High School Assistant Coach

Zarah Fogler - Grassroots

Education:

Bachelor of Science in Health Communications, East Carolina University (2015)

Playing Experience:

Setter/Opposite Hitter, Crown Point High School, Indiana 2006-2010

- Single-season, career assist, sets played and total block records, Crown Point High School, Indiana 2010

- Duneland Athletic Conference MVP, 2009 & 2010

- First Crown Point Athlete selected to play in Indiana North-South All-Star Game, 2010

- First Crown Point Athlete to earn 12 Varsity Letters (Three Sport Athlete), 2006-2010

Setter/Opposite Hitter, Dunes Volleyball Club 2004-2008

Setter/Opposite Hitter, Elite Volleyball Club 2008-2010

Setter, starting setter at East Carolina University, 2011-2014

- East Carolina University single-game assist record, 2014

- East Carolina University single-season assist record, 2014

Setter/Hitter, Seymour Johnson AFB Club Team, 2015-2017

Setter/Hitter, USAFE RAF Lakenheath Volleyball Team, UK, 2017-2020

UK Beach Tour Doubles, 2017-2018

Mizuno Beach Volleyball Marathon, Bibione, Italy, 2018

Coaching Experience:

2017-2020, Head Coach, USAFE RAF Lakenheath Volleyball Team

2017-2019, Head Coach, Liberty Intermediate School Club 11U

2018, Assistant Coach, RAF Lakenheath High School

2016, Junior Varsity Coach, Goldsboro High School

2014-2017, Assistant Coach, Eastern Elite Volleyball Club 14U&16U

2012-2013, Head Coach, East Carolina Junior Volleyball Club 12U

Layne Stine - Grassroots

- Current Rocky Bayou Head Coach
- Will update the rest soon on website

Kersten Bowman - TBD/GR

Education:

Master of Sport Science in Sports Studies, The US Sports Academy

Bachelor of Science in Business Administration, College of Charleston

Playing Experience:

Setter for two seasons on athletic scholarship at Lynn University, DII

Four time state champion setter, Bayside Academy, Daphne, AL

Coaching Experience:

2018-2019, Head Coach, Niceville Sharks Grassroots

2017-2018, Head Coach, Niceville Waves 13-1

2016-2017, Head Coach, Niceville Waves 13-1/15-1

2015-2016, Head Coach, Destin Middle School (2016 County Runner-Up)

2015-2016, NVC Head Coach 12U and 14U (12U Region Champs/Nationals Bid)

2014-2015, NVC Head Coach 13U

2014-2015, NVC Head Beach Coach 12U/13U

2014-2015, NVC setter and defensive trainer, 12U-16U

2013-2014, Assistant Head Coach, Saint Paul's Episcopal High School (2 state championships)

2013-2014 Gulf Coast Region USA Volleyball, Manager and Volleyball Clinician

2011-2013, Head Coach 15U, Eastern Shore Volleyball Club

Tournament Schedule

Date	Event/Location	11u	12u	13u	14u	15u	16u	17u	18u
Jan 9th	Hall of Fame, Foley	X	X	X	X				
Jan 10th	Hall of Fame, Foley					X	X	X	
Jan 16th-17th	NOLA Blastoff, New Orleans			X	X	X	X	X	
Jan 23rd-25th	Florida 18U Qualifier, Orlando								X
Feb 13th-14th	Gulf Coast Classic, Foley	X	X	X	X	X			
Feb 19th-21st	Beast of Southeast & 18U Qualifier, Atlanta						X	X	X
Mar 6th-8th	Sunshine Qualifier, Orlando		X	X	X	X			
Mar 12th-14th	Sunshine Qualifier, Orlando						X	X	X
Mar 20th	March Madness, Foley	X	X	X	X				
Mar 21st	March Madness, Foley					X	X	X	
Apr 2nd-4th	Big South Qualifier, Atlanta			X	X	X	X	X	X
Apr 10th	Battle by the Bay, Foley	X	X	X	X				
Apr 11th	Battle by the Bay, Foley					X	X	X	
Apr 24th-25th	Gulf Coast Regionals, Mobile	X	X	X	X	X	X	X	
May 15th-16th	AL Grand Prix, Foley			X	X	X	X	X	
Mid-June	AAU National Championships, Orlando			X	X	X	X	X	

Schedule Philosophy

- Sharks fees includes AAU National Championships and summer season training for all teams 13U and up. Compare with other clubs...
- 2 region tournaments are required to qualify for regionals. We prefer the 1-day region tournaments since it's the same number of matches as the 2-day events without having to spend \$ on hotels
- 11u and 12u is focused on region events but 12u will also go to the Sunshine Qualifier in Orlando to get the big tournament exposure at least once
- 18u is focused on Qualifiers/Recruiting. This team is focused on training for those girls planning to continue playing in college and recruiting for those uncommitted seniors. We don't attend smaller/regional tournaments since they don't help with recruiting and we want to allow seniors more free time for senior activities
- 13u-17u have the same schedules except only 16u-18u will attend Beast of Southeast. 13u-15u will attend a region tournament in its place since their focus is still more on development than recruiting. Beast is a major recruiting event for the 16u-18u divisions.

Grassroots

- Program designed to teach basic volleyball skills and provide a very basic level of competition in 4 x 4 hour “play days”
- 2 x 1.5 hr practices a week from 30 Nov-Apr 23 (19 weeks/ 30+ practices)
- 4 local “play days” including Friday Apr 23rd Grassroots Championships at Regionals in Mobile
- Sharks typically hosts one play day
- Grassroots play day dates are usually set by the region in Dec/Jan. T-shirt style jersey included

Cost

- **18U- \$1700**
- **17U/16U- \$2250***
- **15U/14U/13U- \$2200***
- **12U- \$1400**
- **11U- \$1100**
- **Grassroots- \$400**
- ***13u-17u fees include May/June practices, warm-up tourney & AAU Nationals**
- Includes all training (includes weight training for 14U-18U and potentially some 13U), coach pay, coach hotels, gym/facility rental, tournament entry fees. Fees are based on a 10 player team and are payable monthly via Paypal/Credit Card.
- Does not include parent/player hotels or uniforms. Uniforms can be used from previous seasons for returning players
- For new players, the entire uniform package is approximately \$250. Includes Spandex (2), Jerseys (2), warm-up top, warm-up shorts, backpack
- 11u/12u/18u split into 4 payments, 13u-17u split into 5 payments, GR split into 2 payments

Hotels

- Club offers single point of contact to book block hotel reservations for:
 - New Orleans Blastoff (50 rooms @ Hilton Riverside already reserved)
 - Florida 18U Qualifier
 - Beast of the Southeast
 - Sunshine Volleyball Classic
 - Big South
 - Gulf Coast Regionals
 - AAU
- Club willing to book block for 2-day Foley tournaments if enough interest
- Benefits
 - Maximize after-play socialization / team & parent bonding
 - Less burden on coaching staff
 - Less burden on parents

Hotels

- Process for booking:
 1. Tell Brian you want a room in the block (opt-in to all at tryouts or after hotel information provided on Slack)
 2. Pay Brian the booking fee if applicable (\$3.95 for Blastoff, \$4.95 for Sunshine)
 3. Change credit card upon hotel check-in
- Alternative: will provide housing link if prefer to book on your own
- Stay-to-Play tournaments have minimum number of rooms we must book to remain registered
 - Military and local family exemptions available for Sunshine only
 - Please notify Brian if you have accommodations outside Sharks block

Hotels

- Most tournaments require booking immediately after tryouts
 - Big tournaments book fast
 - Club will balance distance from tournament vs cost
- Request prompt response to hotel notifications due to deadlines
- Detailed hotel information and opt in/out sheet provided at tryouts

POC: Brian Barker

gtjacketfan@msn.com

703-628-7931

Camps/Lessons

- Summer camps/open gyms will be planned at the Shark Tank
- Lessons will be available this year at the Shark Tank during non-team practice times

Questions

- Zoom call ends at 7:40 pm.....
- Email specific questions to nicevillevolleyballclub@hotmail.com