


# CLUB VOLLEYBALL

# 2026/27 PLAN

MINNESOTA RUSH

# RUSH WAY PHILOSOPHY

## RUSH WAY TO PLAY

### PURPOSE & PASSION

The Rush way to play is based upon fundamental skill, IQ, and effort. We play to learn, adapt, and get better. Rush athletes play with the freedom to choose their own style of play. Our coaches provide their knowledge and passion for the sport to help them make the best decisions on and off the court. Rush teams are flexible and understanding of varying circumstances. The Rush way to play represents both passion and purpose.

## THE RUSH PLAYER

### PLAYER'S SIDELINE BEHAVIOR

Players are encouraged to support their teammates and other Rush teams with respect and enthusiasm.

### PRACTICE & GAME ATTENDANCE

Practice and game attendance is optional for all levels of player within the Rush organization. Playing other sports and multiple sports at the same time is the choice of the family and zero repercussions will be administered by the coaching staff. Players who wish to become better and succeed within the game will attend all practices and games with the attitude of wanting to leave a better player.

### ACKNOWLEDGMENT

When a coach addresses a player during training or competition, it is important the player acknowledges. Communication is two-way.

# MN RUSH CLUB VOLLEYBALL

## CLUB TEAM GOALS

### GIRLS 18U – 16U TEAMS

THE GOAL OF THE MN RUSH VOLLEYBALL CLUB WITHIN THIS AGE GROUP IS TO DEVELOP THE ATHLETES IN PRACTICE AND PROVIDE COMPETITIVE TOURNAMENT EXPERIENCES. TEAMS ARE FORM BASED ON AGE AND SKILL LEVEL. 18U WILL FOCUS ON DEVELOPING THE ATHLETES IQ, OVERALL FUNDAMENTALS, MENTAL TOUGHNESS, AND PASSION FOR THE GAME.

### GIRLS 14U TEAM

THE GOAL OF THE MN RUSH VOLLEYBALL CLUB WITHIN THIS AGE GROUP IS TO DEVELOP THE ATHLETES IN PRACTICE AND PROVIDE FUN TOURNAMENT EXPERIENCES. 14U WILL FOCUS ON DEVELOPING FUNDAMENTAL SKILLS, KNOWLEDGE OF THE SPORT, AND PASSION TO PLAY WITH FUN AND ENGAGING PRACTICES AND TOURNAMENTS.

## HOW DOES THIS CLUB GOAL MATCH THE PLAYER-FIRST MENTALITY OF VOLLEYBALL DEVELOPMENT?

PLAYER DEVELOPMENT DEPENDS ON THE ENVIRONMENT YOU CREATE, NOT THE TEAMS YOU FORM. THIS TYPE OF GOAL HELPS THE CLUB CREATE THE TYPE OF ENVIRONMENT NEEDED FOR PLAYER DEVELOPMENT. THE GOAL ALLOWS FOR THE CLUB TO SET A LONG TERM GOAL FOR PLAYERS AND TEAMS, A LONG TERM GOAL THAT IS THE FOCUS OF EVERYTHING THAT PLAYER DOES FOR THE ENTIRE YEAR. THE PLAYER LEARNS HOW TO COMPETE AT THE HIGHEST LEVEL WHICH ALLOWS THE FREEDOM TO MOVE THE PLAYERS AROUND THE CLUB WITH THE SAME GOAL IN MIND. CREATING STRONG INDIVIDUAL PLAYERS WILL CREATE STRONGER TEAMS.

# MINNESOTA RUSH CLUB VOLLEYBALL

## DIRECTOR OF VOLLEYBALL




## AMY HOLLAND

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## WHO DO I ASK?

A QUICK GUIDE TO CONNECTING WITH THE RIGHT PERSON AT MN RUSH CLUB VOLLEYBALL.

MINNESOTA RUSH

### Coach

- Practice & training questions
- Playing time & position roles
- Team strategy & development
- Day-to-day team communication

### Director of Volleyball

- Program direction & team structure
- Coaching staff & team placement
- Tournaments & competition scheduling
- Overall athlete developmem & club standards

### Executive Director

- Club vision & long-term planning
- Partnerships & facility operations
- Major program initiatives
- Sponsorships & fundraising strategy

### Club Administrator

- Registration & program enrollment
- Payment plans & account questions
- Jerseys, gear, & club apparel
- General club information & logistics

### Athlete / Parent / Guardian

# MN RUSH CLUB VOLLEYBALL
## GIRLS TEAM PLAN
### 2026/27 SEASON

## TRAINING PLAN

**PRACTICES:** 2 per week
**DURATION:** 2 hours per practice

| | | |
|---|---|---|
| GIRLS 14U | **Mondays & Wednesdays**<br>4:30 – 6:30 PM | **FIRST PRACTICE:**<br>November 30th |
| GIRLS 16U | **Tuesdays & Thursdays**<br>4:30 – 6:30 PM | **FIRST PRACTICE:**<br>December 1st |
| GIRLS 18U | **Tuesdays & Thursdays**<br>4:30 – 6:30 PM | **FIRST PRACTICE:**<br>December 1st |

## COMPETITION PLAN

**SEASON:** November – March
**COMPETITION:** Weekend tournaments and scheduled competitive events

## TOURNAMENT PLAN

- All tournaments will take place on weekends throughout the season.
- Teams will attend at least 6 tournaments throughout the season, all located within the Twin Cities.

FINAL LEAGUE AND TOURNAMENT DECISIONS WILL BE MADE POST TRYOUTS.
PLANS COULD CHANGE BASED ON FINAL TEAM FORMATION
AND WHAT BEST FITS EACH TEAM'S UNIQUE DEVELOPMENTAL NEEDS.