

CAROLINA ADVANTAGE VOLLEYBALL

16 TEAL

VISION

A volleyball club nationally heralded for developing its players into the best people and athletes they can be.

MISSION

Producing technically and tactically skilled volleyball players that grow and learn to compete at their highest level.



Director of Training & Head Coach
Jonathan Paulk

Assistant Coach
Shayln Bell



Floating Coach
Laura Guzman

TRAINING.

You get **MORE**. To be the best, you need to do more than your competitors. That's what we intend to do.

Mon/Wed **TEAM TRAINING** 2 hrs
+ Sun **competition training** 2 hrs
+ Biweekly **TPT** 1.25 - 1.5 hrs

TPT.

Technical Position Training or TPT is our position training and includes demos, statistical breakdown, video breakdown, and **VOLUME REPS**. We include stats, film, attacking charts, and other teaching tools from our club teams, college teams, US National Teams, and other high level sources. We push technique, situational awareness, motor patterns, and pattern recognition that will benefit our players in competition.

TRAIN TOUGH.

This is CAV's **mindset training program**

Our Train Tough groups meet twice a month as foundational sessions where our athletes start to develop their mental toughness through the introduction of tools and techniques such as:

Centering Breaths

React & Regain

One More Rep

Daily Check-In

Reset Cue

Reframing

GOFF PERFORMANCE WORKOUTS.

CAV is partnering with Daniel Goff, a certified strength coach, to provide discounted access to his performance center in Raleigh. This separate opt-in mirrors a collegiate training regiment, it's **SPORT-SPECIFIC** with a focus on **injury prevention** through learning proper movement mechanics. Introducing weightlifting provides increased muscle mass, which leads to more **explosive power**.

DUES & COST.

\$6,800

Our goals when producing a schedule are to balance **high-quality competition** while seeking **BALANCE** in the amount we travel, the expense of the destinations we select, & avoiding stay-to-play events where possible.

We aim to provide families more control of their dollar by allowing you to travel how you please, use credit card points, travel miles, stay more comfortably at Air BnBs, etc.

Dues **INCLUDE** gym rental, coach salaries, equipment, tournament entry fees, and administrative costs.

Dues **do not include** uniform, USAV/AAU memberships, and travel/lodging.

*\$2,000 nonrefundable commitment deposit will be due upon team acceptance, and the balance due in 25% increments on Nov 1, Dec 1, Jan 1, & Feb 1.

**We start training Nov 9.

PEOPLE.

By profession, by personality, and by passion - **WE ARE ALL VOLLEYBALL PEOPLE**. As NCAA coaches and Advantage club directors, JP & Emma are on the court 24/7. Working with college-aged athletes as well as developing junior players gives them a unique perspective that allows them to merge **INTENSITY** & a drive for excellence with **COMPASSIONATE COACHING** that puts the girls first.

RECRUITING.

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- **HUDDL** - The cutting edge of volleyball **film technology**. With Hudl acquiring Balltime, we get the best of both technologies, its **ARTIFICIAL INTELLIGENCE** returns breakdowns in an hour, removes dead space, tracks ball trajectories, speed, and more. No limits of matches broken down daily or recruiting clips available. Hudl's fast turnaround allows same day adjustments and additional feedback.
- **SportsRecruits** - compiling Balltime highlights | adding accolades | coach contact database & communication tools

RECRUITING LAB.

A **study hall** model workshop held every Sunday that adds the necessary accountability to keep the recruiting roller-coaster process on the tracks. The girls have the opportunity to stay 30-min after their Sunday training to receive:

- Recruiting education from 2 collegiate head coaches
- Provide built-in check-ins on their process
- Build in time for them to make highlights
- Conduct mock phone calls as preparation
- Ask general or specific questions pertaining to the process

TOURNAMENT SCHEDULE

REINDEER RUMBLE	DEC 12 - 13	GLEN ALLEN, VA
CITY OF OAKS	JAN 16 - 18	RALEIGH, NC
ADVANTAGE DAY	FEB 7	@ NETSPORTS
CHARLOTTE AAU	FEB 13 - 14	ROCK HILL, SC
MAPL-RALEIGH WK 1	MAR 6 - 7	RALEIGH, NC
SUNSHINE N.Q.	MAR 19 - 21	ORLANDO, FL
BIG SOUTH N.Q.	MAR 26 - 28	ATLANTA, GA
NORTHEAST N.Q. WK 4	APR 23 - 25	PHILADELPHIA, PA
COASTAL CLASSIC	JUNE 5 - 6	MYRTLE BEACH, SC
AAU NATIONALS	JUNE TBD	ORLANDO, FL

*MAPL-Raleigh is not a guaranteed entry and we will seek to replace if not accepted

**Please note that Advantage reserves the right to make adjustments as necessary

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16 WHITE



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Jonathan Paulk

Head Coach
Kamille Patrick



Assistant Coach
Kate Flynn

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DUES & COST.

\$6,700

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COASTAL CLASSIC	JUNE 5 - 6	MYRTLE BEACH, SC
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16 BLACK



Director of Training
Jonathan Paulk

Head Coach
Kristen Overby



Assistant Coach
Layla Farmer

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DUES & COST.

\$6,250

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CHARLOTTE AAU	FEB 13-14	ROCK HILL, SC
SUNSHINE N.Q.	MAR 19-21	ORLANDO, FL
BIG SOUTH N.Q.	MAR 26-28	ATLANTA, GA
HUB CITY CLASSIC	APR 17-18	GREER, SC
COASTAL CLASSIC	JUNE 5-6	MYRTLE BEACH, SC
AAU NATIONALS	JUNE TBD	ORLANDO, FL

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16 GOLD



Director of Training
Emma Celentano

Head Coach
Caroline Bradford



Assistant Coach
Justus Alexander

TRAINING.

You get **MORE**.

Tues/Thur **TEAM TRAINING** 2 hrs

+ Sun **competition training** 2 hrs

+ **TPT** opt-in if extra training is desired

To be the best, you need to do more than your competitors.

That's what we intend to do.

THEORY.

We are - quite literally - **VOLLEYBALL NERDS**.

We coach volleyball full time. We're all in, and we've made it our business to constantly educate ourselves on the best ways to train your daughters & get the most out of every session.

Principles of motor learning, transfer, & skill retention might not sound exciting to you, but **this is what we geek out on.**

What does this mean for you?

Not only are you getting **more coached hours** in the gym, but you're also getting **BETTER COACHED HOURS** in the gym, with every minute spent maximizing skill growth.

PEOPLE.

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Our entire team of head coaches & assistants is equally devoted & motivated by the art & science of training.

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DUES & COST.

\$4,300

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****We start training Nov 10.**

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EAST COAST S.C.	JAN 30 - 31	ROCKY MOUNT, NC
ADVANTAGE DAY	FEB 7	@ NETSPORTS
LOCOMOTIVE CHAL.	MAR 13 - 14	ROCKY MOUNT, NC
GREENSBORO AAU	MAR 20 - 21	GREENSBORO, NC
BIG SOUTH NQ	MAR 26 - 28	ATLANTA, GA
HIGH TIDE INVITE.	APR 10 - 11	MYRTLE BEACH, SC

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CAROLINA ADVANTAGE VOLLEYBALL

16 SILVER

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Director of Training
Emma Celentano

Head Coach
Layla Wood



Assistant Coach
Kamaria Magee

TRAINING.

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Thur/Sun **TEAM TRAINING** 2 hrs

+ **TPT** opt-in if extra training is desired

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DUES & COST.

\$3,500

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****We start training Nov 12.**

TOURNAMENT SCHEDULE

BATTLE ON THE BOARDWALK	JAN 16 - 18	VIRGINIA BEACH, VA
EAST COAST S.C.	JAN 30 - 31	ROCKY MOUNT, NC
ADVANTAGE DAY	FEB 7	@ NETSPORTS
LOCOMOTIVE CHAL.	MAR 13 - 14	ROCKY MOUNT, NC
GREENSBORO AAU	MAR 20 - 21	GREENSBORO, NC
BIG SOUTH NQ	MAR 26 - 28	ATLANTA, GA
HIGH TIDE INVITE.	APR 10 - 11	MYRTLE BEACH, SC

*Please note that Advantage reserves the right to make adjustments as necessary

CAROLINA ADVANTAGE

VOLLEYBALL



*Please note this is subject to change

Please note that the **TEAL HEXAGONS** denote practices at Netsports while the **GRAY HEXAGONS** denote practices at Kestrel.

MONDAY

5-7pm

18 Teal
18 White
17 Teal
17 White
16 Teal
16 White
15 Teal

7-9pm

17 Black
16 Black
15 White
15 Black
14 Teal
14 White

TUESDAY

5-7pm

17 Gold
16 Gold
15 Gold
14 Black
14 Gold
13 Teal

TPT

Liberos: 7-8:30pm

7-9pm

13 White
12 Teal
12 White

WEDNESDAY

5-7pm

18 Teal
18 White
17 Teal
17 White
16 Teal
16 White
15 Teal

7-9pm

17 Black
16 Black
15 White
15 Black
14 Teal
14 White

THURSDAY

5-7pm

17 Gold
16 Gold
15 Gold

TPT

Setters: 6:30-8pm
Middles: 7:30-9pm

TPT

Pins: 5-6:30pm

7-9pm

16 Silver
15 Silver
14 Silver

Friday

5-7pm

14 Black
14 Gold
13 Teal
13 White
12 Teal
12 White

SUNDAY

1-3pm

18 Teal 17 Black
18 White 16 Black
17 Teal 15 Teal
17 White 15 White
16 Teal 15 Black
16 White 14 Teal

3-5pm

17 Gold 16 Silver
16 Gold 15 Silver
15 Gold 14 Silver
14 White*

5-7pm

Skills Clinics
&
Minis

Our **TECHNICAL POSITION TRAINING "TPT"** will be conducted for your team every other week. We'll have a **"CAROLINA"** week that will include **18 Teal, 18 White, 17 Teal, 17 White, 17 Black, 16 Teal, & 16 White** and then we'll have an **"ADVANTAGE"** week that will include **16 Black, 15 Teal, 15 White, 15 Black, Black, 14 Teal & 14 White**. So you will alternate from **4** to **3** training sessions depending on your team and the week. The program will include a curriculum that maximizes position specific reps and offers a different framework to your daughter's skill development that is unique from their team training sessions.



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