

2016 Montana Outlaws EXTREME U16

Coach Dallas Shawback Club Director Lara Russell

www.montanaoutlawsvbc.webstarts.com



What

A 2016 highly competitive U16 club volleyball team that will compete in the USAV Evergreen region. This team requires significant travel throughout Montana, Idaho, and Washington, and players are expected to be committed to attend practices and tournaments. This team is for players who want to compete at a high level; some have college aspirations and others just love the sport and the hard work of getting better. This team will frequently have the opportunity to practice jointly with the U18 team, who will be competing for a bid to the USAV Girls Junior National Championships. Estimated cost for the U16 program is \$650 without travel.

Objectives

- Teach advanced volleyball skills, tactics, systems, and teamwork
- Compete in the USAV Evergreen Regional, and place in the top 20% of all region teams
- Players to have 30-50% more volleyball touches through practice and games, than they would on a typical AAU team.
- Enjoy the opportunity to play volleyball in new places, with other players who share the same passion for the game!

When

Twice weekly practices would start January 3rd and go through the end of April. See the possible tournament schedule below (schedule IS subject to change). Practices are typically on Sunday evenings, plus one evening during the school week.

How is USAV Different than AAU?

We will be competing in USA Volleyball (USAV) sanctioned competitions, in addition to some AAU tournaments.

- A significant number of tournaments are held in the Spokane/Coeur d'Alene/Moscow region
- Weekly rankings determine seeding
- Players are not eligible to be added to the roster until they have completed a mandatory rules training.
- Intense ref/score expectations of all players

Uniforms & Warmups

New uniforms are on the way, and players will receive a Mizuno full-zip warm-up embroidered with logo, name, and number.

Multiple Sports

It IS possible to play on this team the same time as a school sanctioned sport. However, it is challenging and NOT for everyone. If you are considering this team in addition to a high school sport, it is our recommendation that you speak to your high school coach and *get their permission* BEFORE tryouts. Note that most tournaments are Sundays, but there are two Saturdays planned in April/May. Please check your school sports schedule and be aware of any conflicts at tryouts, so we can plan accordingly. Feel free to talk with Dallas or Lara if you have questions about flexibility and feasibility of this team.

Tryout Information on Back

Tentative Schedule

Mandatory Rules Meeting	Kalispell	December 6	11-3
Cat Classic	Spokane, WA	January 24	
Kimmel Classic	Coeur d'Alene, ID	February 7	
Stars & Spikes	Riverside, WA	February 28	
Apex	Spokane, WA	March 6	
Zootown (AAU)	Missoula, MT	March 20	
MVA USAV	Missoula, MT	April 3 (Spring Break!)	
Regionals	Spokane, WA	April 16-17	
Big Sky Volleyfest	Billings, MT	Apr 30- May 1	



Tryouts

Team selection will be through a multiple tryout process. Tryouts are open to all players who were born ON or AFTER September 1, 1999.

FIRST TRYOUT: Sunday November 15, 2015 4:00-6:00 pm West Valley School

SECOND TRYOUT:* Monday November 16, 2015 7:00-9:00 pm TBA

**Players will be notified at the end of the first tryout if they are invited to attend the second tryout.*

Players should arrive at least 20 minutes early to complete registration. Please see the Paperwork section below for what to bring with you!

Any player offered a position on the team will have until November 18th at 9:00 pm to accept the position and sign the commit letter. If a player has not accepted an offer by the commit date, that position can then be offered to another player.

What to Bring to the FIRST Tryout

In order to participate in tryouts, you MUST bring the following items with you on Sunday. All forms will be available on our website at www.montanaoutlawsvbc.webstarts.com.

- **USAV Membership Application**
- **Medical Release Form** signed by parent and athlete
- **Concussion Form** signed by parent and athlete
- **\$5 check** payable to MOVBC for ERVA required insurance coverage

What to Bring if Invited to the SECOND Tryout

If you are invited to attend the second tryout, you will need to bring the following:

- **Montana Outlaws Registration Form**
- **Player Expectations Form** signed by parent and athlete
- **\$150 Deposit Check** payable to MOVBC*

*Deposit check will be returned to any player not selected for the U16 team. For those selected, the deposit will go 100% to cover that player's club fees.

Fees

Fees for the U16 USAV team are \$650 per player (total amount includes \$74 in registration fees that are paid directly to USAV and AAU). Fees can be paid all at once or on a monthly basis. The first payment is due at the second tryout, and is a deposit of \$150.

Nov 16	\$150	(plus \$74 registration fees)
Dec 15	\$150	
Jan 15	\$150	
Feb 15	\$126	

Please direct questions to Club Director Lara Russell at l Russell727@gmail.com.