
MAC VOLLEYBALL

2024-25 Club Season Meet & Greet



SCAN HERE
FOR SEASON
INFO PACKET

A large group of young women, likely members of a volleyball club, are posing for a group photo in a gymnasium. They are arranged in many rows, with some sitting on the floor and others standing. Many are wearing red shirts, some with "MAC" or "VOLLEYBALL" printed on them. They are all smiling and some are making hand gestures. In the background, there are volleyball nets and gymnasium equipment. Two large posters are visible on the wall behind them: one of a volleyball and another of a woman in a red jersey.

We are more than a volleyball club.

- Tight-knit family community
- Classes & Clinics
- Exceptional facilities
- Access to unique training & wellness resources
- Off-season training
- Coaches that train the *whole athlete*



MAC
VOLLEYBALL

Whole Athlete Model

- Mental toughness
- Skill development
- Proper nutrition
- Strength & endurance
- Academic success
- Self advocacy
- Unconditional teamwork
- Self awareness
- Goal setting
- Volunteer work
- Effective communication
- Problem solving



2024-25 Coaching Staff



Taylor Canoso,
VB Manager/Head Coach



Dani Kellis
VB Interim Manager/Head Coach

Quin Kloppenburg – 12U Head Coach
Amy Harrison – 12U Head Coach
Brittney Berquist – 12U Head Coach
Laura Cartwright – 12U Asst Coach
Cassidy Galyon – 12U Asst Coach
Maya Moreno – 12U Asst Coach
Geriane Mangune – 14U Head Coach
Alyssa Aubrey – 14U Head Coach
Audrey Histed – 14U Head Coach
Brittany Janssens – 14U Asst Coach
Dominique Doherty – 14U Asst Coach
Emilina Merafuentes – 14U Asst Coach
Dani Kellis – 16U Head Coach
Cory Shackelford – 16U Head Coach
Ashley Allred – 16U Head Coach
Molly Brennan – 16U Asst Coach
Gee Gee Crichton – 16U Asst Coach
Kristen Bowen – 18U Head Coach
Bella Perkins – 18U Head Coach

2023-24 Recap

- 10 teams
- 115 athletes
- 7 Traveling Teams
- Two MAC-hosted Tournaments
- National qualifying tournaments in Utah & Sacramento
- Regional Friendship Champions
- Power league Champions
- 9 out of 10 teams qualified for the Regional Championship Tournament



2024-25 **MAC**  **VOLLEYBALL**

TEAM TRYOUTS

12-14U Tryouts: Sunday, November 10th

TRAVELING Teams (Elite & Premier): 10am – 2pm

NON-TRAVELING Teams (Select): 3:30-7pm

15-18U Tryouts: Sunday, November 17th

ALL Teams: 10am – 3:30pm (20-30 minute break)

Tryout & Team Placement Timeline:

Sunday – Tryouts

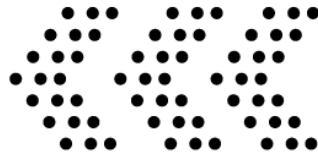
Monday EOD – Families will be notified via email of team placement (make sure we have your email at tryouts!)

Tuesday @ 3pm – Deadline for families to accept team placement (sign team contract)

2024-25 **MAC**  **VOLLEYBALL**

What do I need for tryouts?

TEAM TRYOUTS



1. Know your age division



2. Register for tryouts



3. Obtain CEVA 24-25 Junior Membership
(tryout or full memberships)



4. CEVA Concussion Form



5. CEVA Medical Release Form



All resources available on the website:
www.themac.com/volleyball



CEVA/USAV Junior Memberships



2024-2025 CEVA/USAV JUNIOR INDOOR MEMBERSHIP OPTIONS

Credit card processing fees apply to all membership purchases. Additional fees may be charged by clubs for tryouts, practices, events, or other dues. Please contact clubs for specifics.

ALL MEMBERSHIP FEES ARE NON-REFUNDABLE

CEVA Girls' Team Tryout Membership – Sept-Dec (All Ages) – \$15.00 Available 9/3/2024

This membership allows only for participation in region-sanctioned club volleyball tryouts and is upgradeable to a girl's full membership. It does not allow for participation in other region sanctioned events (practices, competitions, camps, clinics, etc.) or in USAV bid tournaments or USAV junior nationals.

CEVA Boys' Team Tryout Membership – Sept-Dec (All Ages) – \$15.00 Available 9/3/2024

This membership allows only for participation in region-sanctioned club volleyball tryouts **for a boys' team** and is upgradeable to a boy's full membership. It does not allow for participation in other region sanctioned events (practices, competitions, camps, clinics, etc.) or in USAV bid tournaments or USAV junior nationals.

**** CEVA Junior 17 & Under Player – \$65.00**

Available 9/3/2024

Allows for participation as a junior player in all USAV/CEVA sanctioned events.

**** CEVA Junior 18s Player – \$65.00**

Available 9/3/2024

Allows for participation in all junior USAV/CEVA sanctioned events for those who are 18 or older as of August 31, 2025. Participants must be Safesport trained prior to participation.

Tryout or Full memberships are OK for tryouts. If you have a tryout membership, it will expire and will need to be updated to "full" upon being placed on a team.



Athletes turning 18 before 8/31/25 should purchase the 18s player membership.



2024-25 **MAC**  **VOLLEYBALL**

TEAM TRYOUTS

Day of tryouts tips:

- **Arrive 30 minutes early**
- **Have CEVA # and completed paperwork**
- **Wear comfortable athletic clothing – spandex/shorts, court shoes, kneepads**
- **Bring water bottle, necessary medications**
- **NO crop tops, loose jewelry, or fake nails**
- **15-18U will have a 20 minute break (bring a snack)**
- **Tryouts will be held in the West Gym. Participants are required to attend the session to be considered for a team. Tryouts are closed to the public and only those trying out for a team will be permitted in the gym.**

TEAM TRYOUTS

How are athletes evaluated at tryouts?

- **All skills**
- **Gameplay**
- **Sportsmanship**
- **Work ethic**
- **Coachability**

Players trying out for 15-18U will be asked what position(s) they want to play and they will be evaluated specifically on those positions.

We will also consider whether the athlete is willing to travel or participates in other sports during the club season. These factors will affect which team the athlete is eligible for.

2024-25 **MAC**  **VOLLEYBALL**

TEAM TRYOUTS

More Tryout FAQs

- **Does everyone make a team?**
- **Can boys play?**
- **Can I play up an age division?**
- **Can I play down an age division?**
- **What do I do if I don't make a team?**
 - www.cevaregion.org/club-directory
 - www.cevaregion.org/csp

TEAM TRYOUTS

Can non-MAC members tryout for a team?

- Only considering Elite 15-18U Athletic Members for the 24-25 season
- Athletic Membership dues + sport team fees
- Year-round commitment (doesn't end with the season)
- Looking for multi-year committed athletes
- Ages out when the athlete turns 18
- More information on Athletic Membership available on our website:
 - www.themac.com/volleyball

TEAM TRYOUTS

What happens after tryouts?

- **Team Placement Notification**
(Families must respond by Tuesday @ 3pm after tryouts)
- **Mandatory Team Parent Meetings**
(Families cannot attend without signing contract)
 - **All 12-14U Teams**
Wednesday November 13th, 6-8pm
Ainsworth/Lownsdale Conference Room
 - **All 15-18U Teams**
Tuesday November 19th, 6-8pm
Ainsworth/Lownsdale Conference Room

12-14U First Practice: Tuesday November 19th

15-18U First Practice: Saturday, November 23rd

Optional team practices Sunday 11/24 and Tuesday 11/26

2024-25 Teams Explained

Elite (National/Advanced)

- **Most competitive**
- **Practice 3x per week**
- **Must be committed to practice/tournament schedule (volleyball takes precedence over other activities)**
- **Participates in CEVA Power Leagues, Bid Tourney, Regionals, friendship tourneys, and national qualifiers.**
- **Travels out of state.**
- **Involves higher team fees than Premier and Select teams.**
- **No expectation of equal playing time.**

2024-25 Teams Explained

Premier (Regional/Intermediate)

- Practice 2-3x per week.
- Asked to make volleyball first priority, but can accommodate athletes with other activities.
- Participates in CEVA Power Leagues, Regionals, and friendship tourneys.
- 1-3 day tournaments
- Players will have fair playing time, but it is not equal amongst players.

2024-25 Teams Explained

Select (Local/Developmental)

- Practice 1-2x per week
- Best for beginning players who are looking to develop their skills.
- Best for athletes with multiple activities in their schedule. Athletes are still expected to communicate their schedules with coaches and give them plenty of notice of schedule conflicts.
- Participates in CEVA Power Leagues and Regionals.
- One day tournaments only.
- Higher focus on equal/fair playing time to develop all players equally.

Tentative Practice Schedule

November & December:

Sundays & Tuesdays

SUNDAYS:

11/12U: 10:30-12:30pm

13/14U: 12:30-2:30pm

15/16U: 2:30-4:30pm

17/18U: 4:30-6:30pm

TUESDAYS:

11/12U: 4:45-6:45pm

13/14U: 6:15-8:15pm

15-18U: 7:15-9pm

Starting in January:

Sundays, Tuesdays, Thursdays

SUNDAYS:

11/12U: 10:30-12:30pm

13/14U: 12:30-2:30pm

15/16U: 2:30-4:30pm

17/18U: 4:30-6:30pm

TUESDAYS/THURSDAYS:

11/12U: 4:45-6:45pm

13/14U: 6:15-8:15pm

15-18U: 7:15-9pm

Team practices will be some combination of Sunday/Tuesday/Thursday (Thursday practices start in January).

Elite = 3x per week, Premier = 2-3x per week, Select = 1-2x per week.

Tournament/Holiday Schedule

November

- **Practice & parent meetings**
- **Thanksgiving Break (Nov 25-29) - Optional practices**

December

- **15-18U teams participate in CEVA Kickoff tourney (1 day)**
- **12-14U teams participate in MAC scrimmage & ref clinic**
- **Winter break (December 23rd – Jan 3) - Optional practices**

January - May

- **Power Leagues, Friendship Tourneys, Qualifiers**
- **Most teams participate in 2-3 tournaments per month**
- **Spring Break (Mar 24 – Mar 28) - Optional practices**
- **All teams end at Regionals (Apr 26-27, May 3-4)**

Tournaments Explained

CEVA Power Leagues

- **1-2x per month**
- **All day (Sat or Sun)**
- **Regional ranking**
- **All teams participate in PL**
- **Ridgefield to Eugene**

CEVA Regionals

- **April 26-27 (12-14U)**
- **May 3-4 (15-18U)**
- **Marks end of the season**
- **PDX Expo/Olympus SC**

Friendship Tourneys

- **1-2x per month**
- **One-three days**
- **Primarily Premier & Elite teams**
- **Does not affect regional ranking**
- **Can be local or regional, depending on the team**

Qualifiers

- **Elite teams only**
- **National travel**

Team Fees

- **Billed over 5 monthly installments (Dec – Apr)**
- **80% of competitor**
- **Team fees help offset club costs, including:**
 - **Tournament entry fees**
 - **Coaches labor/travel**
 - **Equipment**
- **Team fees do NOT cover:**
 - **Airfare**
 - **Lodging**
 - **Transportation**
 - **Uniforms**
 - **CEVA Bid / GJNC tourneys**
 - **Overage from entry fees**

Overview of 2024-25 team fees

(This is not an exact list of which teams we will have. If we have other teams, we will update the list of team fees accordingly.)

12 Elite: \$2360 (\$472/month)

12 Premier: \$1800 (\$360/month)

12 Select: \$1093 (\$218/month)

13/14 Elite: \$2680 (\$536/month)

13/14 Premier: \$2360 (\$472/month)

13/14 Select: \$1900 (\$380/month)

15/16 Elite: \$3080 (\$616/month)

15/16 Premier: \$2760 (\$552/month)

17/18 Elite: \$3160 (\$632/month)

17/18 Premier: \$3160 (\$632/month)

Team Fees



Nike/Avoli Uniform Bundle:

- 2-3 jerseys
- 2 practice shirts
- Warm up pair (jacket/pant)
- Avoli Backpack
- Avoli Sleeves



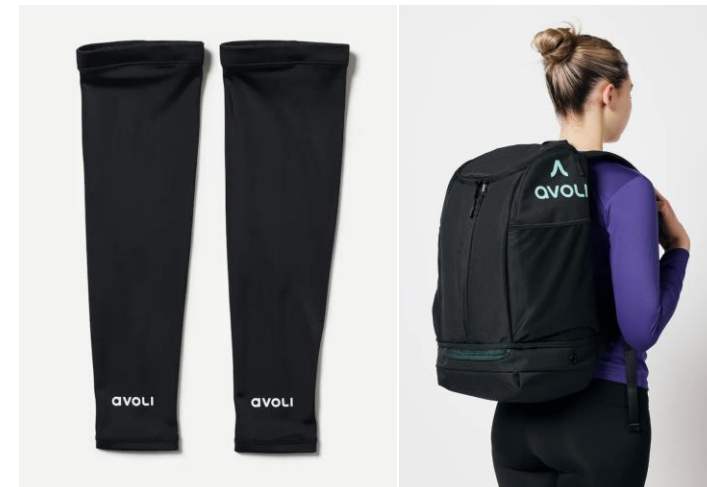
Approximately \$275-350

Jersey packages are billed directly to member account

Extra gear & apparel will be available for purchase in the online team store after tryouts and at the M'Porium.

All uniform orders will be direct to consumer (purchase online).

Shoes: Avoli will be offering special discounts on shoes for MAC players this season (optional).



Important Links & Contact Info

CEVA (www.cevaregion.org)

- **Purchase Membership**
- **Concussion/Medical Release Forms**
- **Age Definition Chart**
- **Power League Info**
- **Regionals info**
- **Parent guide to club volleyball**

MAC VOLLEYBALL LINKS:

www.themac.com/volleyball (external)

www.themac.com/group/pages/volleyball (internal)

Pre Tryout Clinics – October 9 and October 27

10am-12pm (12U), 12-2pm (13u+)



Taylor Canoso

Dani Kellis

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503-517-7566

Join our Mailing List!



MAC  ***VOLLEYBALL***
