

2021-2022 SEASON

NOOK VOLLEYBALL ACADEMY

PROGRAM GUIDE



Who We Are and What We Do:

The Spooky Nook Volleyball Academy is designed for all volleyball athletes to enhance their performance and skills, compete at all levels, showcase their abilities to college coaches, and train all year round to achieve volleyball excellence. We offer National, Regional and Local programs from 11U to 18U. Each team will field an average of 10 athletes and players are selected through the tryout process in October and November.

Our program was created to provide a high-level opportunity for volleyball athletes to grow within the sport. We have three main goals for this program. First, we want to provide a high-quality volleyball environment and instruction for every athlete. This will be accomplished through camps, clinics, lessons, leagues, and our development programs. Second, we want to grow the athlete as a person. This will be accomplished through our Player Development Program, which includes Mental Training, Physical Training and Player Mentoring- from coach to player, and older players to younger players. Finally, we will develop a path forward for those looking to take their volleyball career to the next level. This will be accomplished through our recruiting program and dedicated recruiting advisor.

Our goal is to offer the best environment for every athlete, regardless of skill or ability.

2021-2022 USAV Age Definition Chart (This has been changed, double check your age group!)

For use during the 2021-2022 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	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Aug	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Sept	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Oct	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Nov	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Dec	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Jan	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Feb	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Mar	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Apr	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
May	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
June	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014

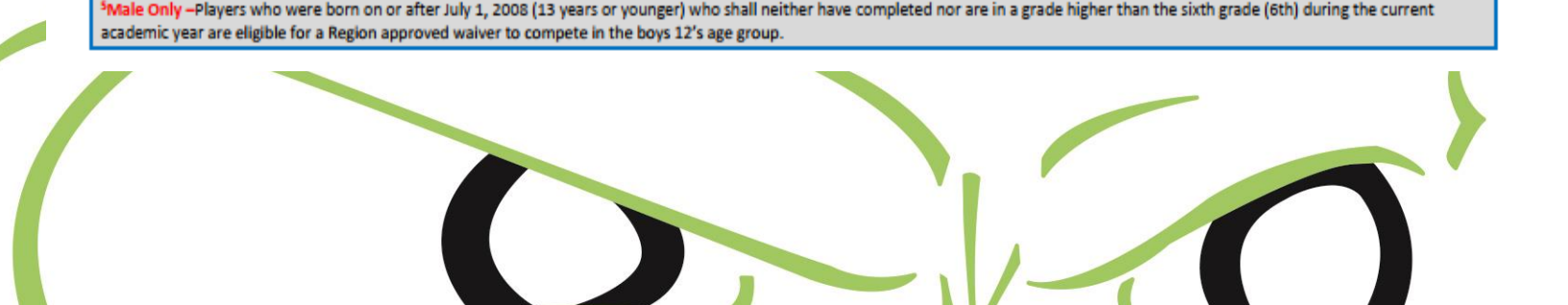
¹ Players who were born on or after July 1, 2003 OR players who were born on or after July 1, 2002 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

² **Female Only** - Players who were born on or after July 1, 2003, (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, 2007 OR players who were born on or after July 1, 2006 (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, 2007 (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, 2008 (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.



SPOOKY NOOK VOLLEYBALL
ACADEMY
OPEN GYMS



14U AND
BELOW



10/10, 10/17 10/31,
11AM-1PM

15U AND
ABOVE



10/10, 10/17 10/31,
2PM-4PM
11/7: 6-8PM

Questions? Contact Libby Woffindin
717-618-8577 or Libbyw@nooksports.com

NOOK VOLLEYBALL ANNOUNCES

2021-2022 Academy Tryouts

**REGISTRATION IS NOW LIVE ON OUR WEBSITE
SCAN THE QR CODES BELOW FOR INFORMATION!**

11U

**FRIDAY 10/22: 5:00PM-6:30PM
SATURDAY 10/23: 8:30AM-10AM
TUESDAY 10/26: 6:00PM-8:00PM**



12U

**FRIDAY 10/22: 5:00PM-6:30PM
SATURDAY 10/23: 8:30AM-10AM
TUESDAY 10/26: 6:00PM-8:00PM**



13U

**FRIDAY 10/22: 6:30PM-8:30PM
SATURDAY 10/23: 10:00AM-12:00PM
TUESDAY 10/26: 6:00PM-8:00PM**



14U

**FRIDAY 10/22: 6:30PM-8:30PM
SATURDAY 10/23: 10:00AM-12:00PM
TUESDAY 10/26: 6:00PM-8:00PM**



**QUESTIONS? CONTACT LIBBY WOFFINDIN
717-618-8577 OR LIBBYW@NOOKSPORTS.COM**

NOOK VOLLEYBALL ANNOUNCES

2021-2022 Academy Tryouts

REGISTRATION IS NOW LIVE ON OUR WEBSITE
SCAN THE QR CODES BELOW FOR INFORMATION!

15U

FRIDAY 11/12: 5:30PM-7:30PM
SUNDAY 11/14: 2PM-4PM
TUESDAY 11/16: 6PM-8PM



16U

FRIDAY 11/12: 5:30PM-7:30PM
SUNDAY 11/14: 9AM-11AM
TUESDAY 11/16: 6PM-8PM



17U

FRIDAY 11/12: 7:30PM-9:30PM
SUNDAY 11/14: 4:30PM-6:30PM
TUESDAY 11/16: 6PM-8PM



18U

FRIDAY 11/12: 7:30PM-9:30PM
SUNDAY 11/14: 11:30AM-1:30PM
TUESDAY 11/16: 6PM-8PM



To tryout at NVA you need to:

- Register for tryouts!
 - Register online at www.spookynooksports.com
 - Select the correct age group
 - Fill out an updated online waiver
 - USAV Tryout membership
 - Go to www.krva.org
 - Login or create an account
 - Purchase a \$15.00 tryout membership
 - Complete a USAV Medical form found in the forms and documents tab

2021-2022 Team Offers:

-14U and below offers can be sent beginning on Wednesday, October 27th at 7PM

- 15U and Above offers can be sent beginning on Wednesday, November 17th at 7PM

*** NOT ALL OFFERS WILL BE SENT ON THE FIRST NIGHT. Offers will be sent the next few days after the offer date. We will communicate with all of you- you will either receive an offer or a letter explaining you did not make a team.**



Program Features

Coaching

With great training comes great success! We see coaching as a privilege, and we are focused on making each athlete better than when she entered. We have coaching experience levels ranging from middle school coaching to collegiate coaching. A great aspect of our program is we have former Nook players continue to help grow and contribute to our program's success by returning as coaches. With this background and experience, we facilitate great practices that are conducive to creating excellence within all players. We commit ourselves to making every academy athlete better, as well as constantly improving ourselves into even better coaches.

Player Development

Young athletes tend to be focused solely on wins and losses. Nook Volleyball Academy is **not** outcome driven. Coaches will teach correct technique and develop great skill. When we do this, the wins will come. We believe that practice time means more than tournament time; and your daughter will receive the maximum amount of touches and repetitions in practice. Nook athletes will also receive great mental coaching, to develop a higher level of understanding of themselves, teammates, coaches, and the game. We emphasize hard work, effort, and attitude club wide, and these traits will be encouraged and modeled at every practice. We expect the best from every athlete in those three categories. Every athlete that enters our academy should be prepared for the commitment required to reach their potential; every athlete in the program **MUST** be coachable. It will not always be easy, but with the right mindset and attitude, it will absolutely be rewarding for all involved.

Coaching Development

Nook coaches are required to attend monthly coaches' meetings and clinics where they will undergo trainings, seminars, and learn new skills so we can better serve our athletes. We have set a high standard for Nook coaches, and they are responsible for delivering this excellence to all athletes in our program. Our practice style is a true academy, where Nook athletes will have access to all coaches within the program to serve as resources. This will create well rounded players and will teach them to always remain open and coachable. Nook Volleyball Academy in turn will ensure that our coaches will also be coachable, and open to learning new techniques, drills, and match management skills to maximize our athlete's experience.

Mental Training

Volleyball is an extremely mental game. In order to find success, you need to have a strong mind. It is also the ultimate team sport. Nook's mental toughness training will not only make our athletes stronger as individuals, but we will also stress the importance of **TEAM**; working together as one to achieve a goal. Every Nook team will work to develop unity, as that is a key component of success. Nook stresses **WE** before **ME**, so our athletes must commit to each other. In doing this, they will develop lifelong bonds with their teammates, and understand that in order to achieve success in volleyball and in life you need to work together.



Sports Performance Training *“If it doesn’t challenge you, it won’t change you.”*

In-season sports performance training is an included benefit of being a part of a Spooky Nook Sports academy team. Nook Volleyball Academy National and Regional programs will receive 1-2 sports performance training sessions per week. The focus of these sessions are speed, agility, quickness, footwork, strength, and injury prevention. Training is done by Spooky Nook’s certified performance trainers.

Recruiting

We are pleased to offer Nook academy athletes a recruiting advisor, Randall Kreider (see Page 5 for bio) for the 2020-2021 season. This advisor will be responsible for assisting our players and parents through the recruiting process with seminars and one on-one meetings. Our recruiting advisor is accessible via email to all our academy athletes.

HUDL

We are excited to offer our National and Regional athletes the video platform Hudl again this season! Hudl is a video recording service that allows us to film all matches and practices; the hudl service will breakdown game footage and provide helpful data to the staff as well as players. Every National player aged 14-18 will have a hudl login and be able to access their team’s footage for a full year. We are also going to offer this service to our older Regional teams this season too! Hudl also has a highlight reel feature that players can and should create skills videos! Watching film is such a great resource to young players, and we are happy to offer this to our athletes.

Fundraising

Spooky Nook Sports is proud to offer year-round fundraising opportunities for all academy players. There is a new fundraiser every month. All the money that you fundraise will be credited directly to your account throughout the year. If you fundraise the entire amount, then the leftover fundraising amount can be used for another Nook program, activity, or lesson. You can also keep it on your account for the following season! Ask our staff to learn more!

Our Facility

Spooky Nook is the largest and most innovative indoor sports complex in the country. We are home to 600,000 square feet of hardwood volleyball courts, sport courts, a fitness center, and an additional sports performance area. Simply put, the facility is an ideal setting for all things volleyball.

Orthopedic Associates of Lancaster, Ltd

Orthopedic Associates of Lancaster offers on-site physical therapy offices and sports injury urgent care for participants at The Nook or for anyone looking to use their facilities. They provide all academy athletes with athletic training services during practices and any home tournaments. They are the first responders for any academy athlete that has an injury sustained at practice or home tournament.



Club Administration

Libby Woffindin- Club Director: Libby Woffindin is back and couldn't be more thrilled to begin the 2021-2022 academy season! This is her 7th season with the Nook and her 6th season serving as Club Director. Libby came to Central PA to serve as the Millersville University Women's Assistant Volleyball Coach and did so from 2015-2018. She then began coaching for the Nook, and worked her way from coach to Technical Director, then Club Director. She has over 15 years of playing experience, and 13 years of coaching experience at all levels of play. She graduated from Shippensburg University in 2012, majoring in elementary education with a minor in coaching. During her 4-year career at Ship, she totaled up 971 kills, and a school record in block assists. She was also nationally ranked in block assists her junior season. She will be coaching both our 12 Black team and 16 National team again for the 2021-2022 Season.

Randall Kreider- Recruiting Advisor: Randall Kreider, former Head Coach of Volleyball at Elizabethtown College, is excited to return as our College Recruiting Advisor for another season. In coordination with our staff, Randall will serve as a facilitator and advisor for athletes interested in being recruited to play volleyball at the collegiate level. Randall will work with players and their parents to guide them through the recruiting progression. Randall has been in this role for four seasons now, and all our athletes that had expressed an interest in college are now doing just that. He is a great asset to our program, and everyone should utilize him.

Brett Hoffman- Player and Coach Development Specialist: NVA is so lucky and excited to have Coach Brett taking on some additional roles within the club this season. He will be working directly with all our coaching staff to make sure they are continuing to grow in their coaching career. He will also be working with all our athletes and creating curriculum for our coaches to pass down to make sure we are using the most up to date techniques in the game. Coach Hoffman has over 22 years of coaching experience! He has coached all age groups from middle school to high level club teams. This is Brett's 4th at the Nook. During his last three seasons as our 18U coach, Brett sent every athlete that wanted to continue their career to a collegiate program!

National Coaching Staff

Brett Hoffman- 18 National Head Coach: See Page 5 for Bio.

Bayleigh Hoffman- NVA is so excited to have Bayleigh Hoffman back as our 17 National Head Coach. Bayleigh graduated from Penn State University. She is also the Associate Head coach for the Women's volleyball team at Elizabethtown College. Bayleigh Played in 19 matches and 29 sets her senior season at Penn State. Previously, she played both indoor and beach volleyball at ULM. Bayleigh joined NVA the summer of 2019 getting our beach program up and running, and after three summers, we have had most of our beach academy qualify for East Coast Championships!

Libby Woffindin- 16 National Head Coach/ 12U Head Coach: See page 5 for Bio.

Sonia Musso- 15 National Head Coach: Sonia is back for another great season at NVA. She was a head coach to our 16 White team last year and saw so much improvement from her players. Sonia came back into the Lancaster area after completing her volleyball career and degree from Lafayette University. She was a four-year contributor and was named a captain her Junior season. Originally, Sonia is from Lancaster and had an amazing high school

career at Hempfield High School. She was a back-to-back state champion in 2012 and 2013, and runner up in 2014 and 2015. She is a great asset to our program!

Madison Luring- 14 National Head Coach: Maddee is a senior at Millersville University as a setter/DS and majoring in Elementary Education. She was named PSAC Scholar-Athlete in 2019. She has coached for our middle school program and NVA for the past 5 seasons. She served as our 14 National assistant coach and 15 National assistant coach the last few seasons. She is great at teaching the fundamentals to players in a fun and exciting way. Maddee originally started at the Nook as a player first and continues to stay in the family, now on the coaching side!

Kate Kasabo- 13 National Head Coach: Kate Kasabo is joining NVA this season but is no stranger to volleyball! She has previously coached at Ballyhoo Volleyball Club for several years. She and her family now live in Lancaster, and she is so excited to share her passion for the game with our young athletes. Prior to coaching Club, Kate was an assistant coach at Villanova University. She had a standout playing career at William and Mary College. Kate was a 4-year starter for the Tribe, where she finished her career with 902 kills, 681 digs, and 110 services aces. She is also the older sister of club Director Libby Woffindin, and former academy coach Gabe Woffindin.

David Lyon- 18 National Assistant Coach: David comes from a long line of coaches. David played for Cumberland Valley, and then on the Men's Club Team at Millersville University as a setter. He was also a member of the Men's Soccer Team at Millersville, earning All-Conference honors as a four-year starter. This is David's 6th season coaching with the Nook!

Kayla Lyon- 17 National Assistant Coach: Kayla played as a four-year starter for Elizabethtown College where she earned All-Conference, All-Region, and All-American honors. She has previous club coaching experience as well as two years collegiate coaching experience at her alma mater. Kayla also helps tremendously on the club administration side. Kayla is entering her 6th season with NVA.

Lisa Huber- 16 National Assistant Coach: Lisa played at Juniata College, and is the current head coach at Middletown area high school. She also created the middle school program in her district. In 2019, Lisa lead the 14s to a KRVA USAV bid to Nationals! This will be her 6th season with the Nook.

Melissa Cardile - 15 National Assistant Coach: Coach Mel is back for another season with NVA and we couldn't be more excited. Mel came to us last season and coached our 16 Regional team. Since then, she has been helping with lots of private lessons, and is also coaching high school at Linden Hall. Mel was a great player in high school and has experience in both a defensive role and setting experience. She is a great asset to our national coaching staff!

Maddie Titus- 14 National Assistant Coach: Maddie Titus is a former setter who grew up playing club and high school volleyball in the Lehigh Valley. She competed at multiple national qualifier tournaments, club nationals, and USA Volleyball high performance camps. Maddie went on to play volleyball at Lafayette College where she studied chemical engineering. Maddie is back for her second season with NVA and has previously coached in our middle school program. we are happy to have her back with our National coaching staff!

Kristen Fickes-13 National Assistant Coach: Kristen is excited to be a part of our National coaching staff at NVA. She previously coached club at Ballyhoo volleyball club and has been involved with York Catholic High School. She and Kate have been a great coaching duo for several years, and we are so excited to see how they help our young players!



Tiann Rutt- National Floater Coach: Tiann has been serving as an assistant coach as well as a floater coach and has experience with all teams and levels. This will be her 8th season at the Nook, with her 2019 earning the KRVA USAV bid to Nationals! Tiann is also the head coach at Mount Calvary Christian School.

Brian Smith: Brian Smith is returning to the Nook for another season, though in a different role this season. He is the Head Coach at Millersville University where he enters his 12th season as the program's head coach in 2021 coming off an historical 2019 season. and has won more matches than any other coach in Millersville volleyball history. Since taking over the program in 2010, Smith has returned the Marauders to perennial postseason contenders and mentored numerous players to record-setting careers and awards. Brian will be a floater coach for us this season, helping where needed.

Regional and Local Coaching Staff:

Greg Cassell: Coach Cassel comes to the Nook this season and we could not be more excited! He previously was coaching at PREVAIL. Coach Cassel has been actively involved in volleyball for over 30 years and has an extensive network of acquaintances in the volleyball community. He began playing in middle school and was one of the Nation's top 50 recruits coming out of High School. As a four-year letter winner and team captain his senior year at George Mason University, he participated in the NCAA Division I EIVA conference earning all-conference and all-tournament team recognition. He also played USVBA Open level tournaments and was awarded All-American honors at Nationals. In addition to indoor volleyball, he has been successful playing open / professional outdoor doubles tournaments for decades winning many tournaments up and down the East Coast.

Taylor Gottshall: Taylor is a 4th year Nook coach, with lots of playing and coaching experience. She played competitive volleyball for 11 years, with an amazing collegiate career as a Division II powerhouse. As 4-year starter at Shippensburg University from 2012-2016, she was an All-Atlantic Region First Team, AVCA All-Atlantic Region Honorable Mention and All-PSAC Eastern Division First Team honoree. Taylor's coaching career began with Cathedral Middle School volleyball while in Allentown Central Catholic. She has coached our 13 National team for the past two seasons, as well as coached within our Nook Middle School Program. She will be coaching and helping build our youth programs too!

Nicole Geary: Nicole is a former Division II outside attacker. She currently still competes in adult tournaments and outdoor grass doubles. Nicole Played for Alderson- Broaddus University for a season prior to transferring to Millersville University and playing there for a season. She is entering her 9th season coaching club volleyball, and this will be her 6th season with the Nook.

Megan Geary: Megan Geary just graduated from Millersville University with her BSN. Megan was the JV coach for Berks Catholic. She has also coached at Integrity Volleyball Club for the last few seasons, and we are excited to have her back coaching for us again this season!

Koleman Hoffman: Koleman is a great player and comes from a volleyball family. He spent his club years at Yorktowne as an outside hitter and had a great High School career at Dover. He is continuing his education and is currently helping with our Nook Middle School Program. Koleman is back for his second season as a head coach! Koleman has lots of knowledge to share and is eager to get started!

Jackie Pojar: Jackie is back for another season! She was a head coach for a 14 local and a 15 local team last season and did a great job! She is a Junior at Penn State Harrisburg, where she is also a manager for the volleyball team. She is originally from Wisconsin where she played club and coached a young club team too! She is great at developing young players.



Greta Meyer: Greta is back with NVA! Due to Covid-19, Greta had to take a year off of coaching. We are so excited that she can now get back into it! Greta worked with our regional teams before, and she will be head coaching in our regional program this season!

Abby Quesenberry: (Coach Q) got married and moved to Lancaster a year ago from Texas. She played 1 year of college volleyball at Cisco Junior College then transferred to Texas A&M and graduated in 2018. Abby taught math and coached volleyball, basketball, and track in Dallas for 2 years before moving to PA. This is my second year at Spooky Nook, and I am excited to have the opportunity to coach the sport I love!

Jennie Streich: Jennie returns to NVA for another great season! She was a 14 local coach last season with her husband, Greg. They both are coaching middle school for the Warwick program. Jennie is also a track and field coach with Warwick Middle School. They are very invested in their coaching development and are always looking for the best new way to improve players. They will both be working with our local program again this season.

Greg Streich: Greg returns to NVA for another great season. Greg helped his wife last season coach a 14 local team and is excited to continue doing so this season. He and Jennie are running the Warwick Middle School program and are really developing their young athletes in the district.

Kelsey Bookman: Kelsey is a Junior at Millersville University majoring in secondary education with a concentration in History. Kelsey was a Head Coach last season for our local program and has coached in our middle school program for the past three seasons. Kelsey also played for the academy her junior and senior season, so she knows the ins and outs of the program from both the playing and coaching side!

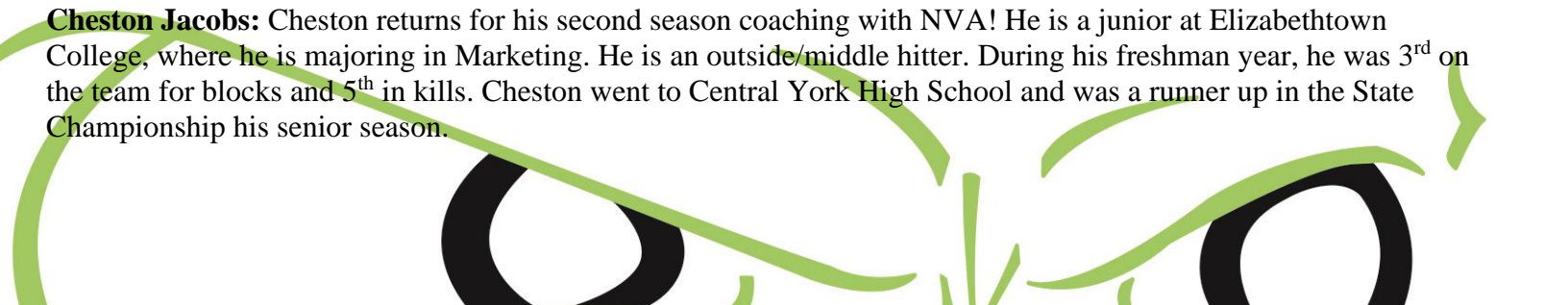
Aimee Snelbaker: Aimee has years of playing and coaching experience. She and her Husband met when they both joined the Penn Manor coaching staff years ago. She since has been playing recreationally, and now is back in the coaching game now that her daughter is playing! She coached our 15 regional team last season and did a great job.. We look forward to having her again for another season.

Shannon Young: Shannon is joining our staff this season, but she is no stranger to NVA or volleyball. Volleyball has been in her blood since I was little. Close family friends played, and she watched her older sister play when they were growing up and started playing herself in 7th grade and loved it. She played competitively in high school and recreationally as an adult. She now has kids of her own that play and is excited to get involved on the coaching side.

Caitlyn Callahan: Caitlyn is a red shirt freshman at Millersville University. She no doubt will have a standout career this season, as her high school accolades are nothing short of impressive. She was a 6 Varsity letter athlete, while totaling 896 kills, 108 blocks and 287 digs during her high school volleyball career. She is a very strong middle blocker, and we are excited to have her on our coaching staff this season!

Alexa Henry: Alexa Henry is starting her second season with us at NVA. Alexa is a Junior at Penn State Harrisburg where she is also a Middle/Right side for their volleyball team! She is originally from Mount Laurel, New Jersey. She was an assistant coach last season for our 14 white team and had a ton of team success. She will be assisting with our regional program again this season.

Cheston Jacobs: Cheston returns for his second season coaching with NVA! He is a junior at Elizabethtown College, where he is majoring in Marketing. He is an outside/middle hitter. During his freshman year, he was 3rd on the team for blocks and 5th in kills. Cheston went to Central York High School and was a runner up in the State Championship his senior season.



Brittany Braun: Brittany returns home to Lancaster after Graduating from University of Hartford. She was a 4-year starter for the Division I program, though she did suffer some injuries. Her sophomore season she finished 2nd on the team in kills, and 5th in conference in blocks per set. Prior to her junior season injury, she tied her career match high in blocks (7) against Hofstra. Brittany was a former NVA athlete, playing 15s-18s at the Nook. She is an amazing athlete and a great blocker. We are so lucky to have her net expertise at the Nook.

Courtney Bleschmidt Coach Courtney coached our 13 White coach last season. She coached in the Penn Manor middle school program for a couple seasons. Courtney always looks to improve and learn more training techniques of this ever-changing game and will be assisting in our regional program again this season!

Corrinne Cook: Corrinne's cook will be joining us for her first season as a coach with NVA but was a former NVA athlete! She is a senior at Penn state Harrisburg, where she had a standout sophomore season. She contributed 361 digs and 20 aces. While her junior season was canceled, we are excited to see her light it up this season! Corrine is from Sinking Spring, PA and went to Wilson High School. She will be helping with our regional/local programs this season.

Maddie Henry: Maddie returns to coach for NVA for another great season. Maddie is a sophomore at Elizabethtown College. Her freshman season was canceled due to Covid, but she is excited to see what her sophomore year will bring. She went to Penn Manor High School and was a former NVA player herself. We love that our former players want to stay involved with our program!

Mark Butzer: Mark has been involved with NVA for 4 seasons and is such a great support! He started coaching a regional team and has been helping with our younger teams for the last two seasons. He brings a great energy and dedication to all the girls that he coaches. He currently is coaching middle school for the Hempfield Middle School program!

Steph Kline: Steph was an assistant coach last season for our 16 White team and provided lots of knowledge and stability on the sideline. She is a great communicator and works well with athletes of all ages. She also helped out with our 12U team last season and will continue to be involved in the developmental age groups this coming season.

Matt Hamilton-Floater Coach: Matt Hamilton returns for his 5th season with NVA. Coach Hamilton is currently the Head Men's & Women's Volleyball Coach at Elizabethtown College. He has formerly had assistant coaching stops along the way at Upper St. Clair High School, Moon High School, Burgettstown High School, and Steel Valley High School (boys). In high school, he helped lead the Central York Panthers to a PIAA Runner-Up finish his senior year as the team's libero. He received PIAA All-State honors this year as well. Coach Hamilton will act as a floater, and help any and all teams!

More Coaches to be announced!



2021-2022 Tournament Information

On the pages that follow you will see our tentative tournament schedule. With the future of our country still unknown with COVID-19, we are planning for the best but preparing for an adjusted travel schedule. We will keep you as up to date as possible with any schedule changes, and plan to offer a plan B schedule if necessary. For any national events that get canceled or postponed, we can sub in regional events to make up for it. The most important thing is that we can continue to train and practice. We love traveling and competing and hope to do so. We are prepared to work through the ever-changing environment this season and are determined to create a great season for all our academy athletes!



2021-2022 National Teams Tentative Tournament Schedule

13 Black

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/19-2/20	Prez Day Showdown	Oaks, PA
3/12-3/13	Irish Rumble	Lancaster, PA
3/26-3/27	MAPL York	York PA
4/16-4/18	NEQ # 2	Philadelphia, PA
May 7th-8th	May Madness (Lancaster, PA)	Lancaster, PA
5/28-5/30	East Coast Championships	Pittsburgh, PA

14 Black-15 Black

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/5-2/6	Charm City Challenge	Baltimore, MD
2/19-2/21	Capitol Hill Classic	Washington, DC
3/12-3/13	Irish Rumble	Lancaster, PA
3/26-3/27	MAPL York	York PA
4/9-4/10	Boardwalk Block Party (Atlantic City, NJ)	Atlantic City, NJ
4/22-4/24	NEQ # 2	Philadelphia, PA
5/7-5/8	Northeast Power Series Championship	Virginia Beach, VA
5/28-5/30	East Coast Championships	Pittsburgh, PA
TBD	AAU Nationals	Orlando, FL
TBD	USAV Nationals (If Qualified)	Las Vegas, NV



16-Black-17 Black

Date	Tournament	Location
1/15-1/17	MLK	Manheim PA
2/5-2/6	Charm City Challenge	Baltimore, MD
2/19-2/21	Capitol Hill Classic	Washington, DC
3/12-3/13	MAPL Raleigh	Raleigh, NC
3/25-3/27	MEQ	Indianapolis, IN
4/8-4/10	JVA World Challenge	Louisville, KY
4/22-4/24	NEQ # 3	Philadelphia, PA
5/7-5/8	Northeast Power Series Championship	Virginia Beach, VA
5/28-5/30	East Coast Championships	Pittsburgh, PA
TBD	AAU Nationals	Orlando, FL
TBD	USAV Nationals (If Qualified)	Las Vegas, NV

18 Black:

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/5-2/6	Charm City Challenge	Baltimore, MD
2/19-2/21	Capitol Hill Classic	Washington, DC
3/4-3/6	Boston VB Festival (16-18s)	Boston, MA
3/11-3/13	NEQ # 1	Philadelphia, PA
3/25-3/27	MEQ	Indianapolis, IN
4/8-4/10	JVA World Challenge	Louisville, KY
TBD	USAV Nationals (If Qualified)	Columbus, OH



2021-2022 Regional 1 Teams Tentative Tournament Schedule

13 White:

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/19-2/20	Prez Day Showdown	Oaks, PA
3/12-3/13	Irish Rumble	Lancaster, PA
3/26-3/27	MAPL York	York PA
5/7-5/8	May Madness (Lancaster, PA)	Lancaster, PA
5/28-5/30	East Coast Championships	Pittsburgh, PA

14 White- 17 White

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/19-2/20	Prez Day Showdown	Oaks, PA
3/12-3/13	Irish Rumble	Lancaster, PA
3/26-3/27	MAPL York	York PA
4/22-4/24	NEQ # 2	Philadelphia, PA
5/7-5/8	May Madness (Lancaster, PA)	Lancaster, PA
5/28-5/30	East Coast Championships	Pittsburgh, PA

18 White:

Date	Tournament	Location
1/15-1/17	MLK	Manheim, PA
2/5-2/6	Charm City Challenge	Baltimore, MD
2/19-2/20	Prez Day Showdown	Oaks, PA
3/12-3/13	Irish Rumble	Lancaster, PA
3/26-3/27	MAPL York	York PA
3/11-3/13	NEQ # 2	Philadelphia, PA
TBD	Single Day	TBD

2021-2022 Regional Teams Tentative Tournament Schedule

13 Green-17 Green

Date	Tournament	Location
TBD	Single Day	TBD
1/15-1/17	MLK	Lancaster, PA
TBD	Single Day	TBD
2/19-2/20	Prez Day Classic	Oaks, PA
TBD	Single Day	TBD
3/12-3/13	Irish Rumble	Lancaster, PA
TBD	Single day	TBD
5/7-5/8	May Madness	Lancaster PA

2021-2022 Local Teams Tentative Tournament Schedule

12-3 Local: 3 Single Day Events

14-16 Local: 5 Single Day Events



Tuition Breakdown

Academy Program	14-18 National Program	12-13 National Program	Regional 1 Program	Regional Program	Local Program
Practices Per Week	2-3	2	2	2	2
Tournaments	8 to 10	6 to 8	5 to 7 All multi-day events, 1 qualifier	5 to 7	3-5
Practice Tee Shirts	2	2	2	2	1 (available for purchase)
Sports performance	1-2x week	1x week	1x week	1x week	Available for purchase
Athletic Trainers	On Site	On Site	On Site	On Site	On Site
Coaching Staff	1-2 team coaches	1-2 team coaches	1-2 team coaches	1-2 team coaches	1 team coach
USAV Membership	Yes	Yes	Yes	Yes	Yes
Recruiting Advisor	Yes	Available for purchase	Yes	Yes	Available for purchase
HUDL Profile	Yes	Available for purchase	15-18 White: included All others: Available for purchase	15-18 White: included All others: Available for purchase	Available for purchase
Coaches Fees	Yes	Yes	Yes	Yes	Available for purchase
Uniforms	Yes	Yes	Yes	Yes	Yes
Tuition (fees Included)	\$2,400-\$2,900	\$1,600-\$2,200	\$1,600-\$2,350	\$1,600-\$2,100	\$750-\$1,200



2021-2022 Tentative Practice Days & Times

December 2021	January 2022	February 2022	March 2022	April 2022	May 2022	June 2022
Monday Local 5:00-6:30 National 6:30-8:30PM	Monday Local 5:00-6:30 National 6:30-8:30PM	Monday Local 5:00-6:30 National 6:30-8:30PM I	Monday Local 5:00-6:30 National 6:30-8:30PM			
Tuesday Regional 5:30-7:30 Local/ Reg 7:30-9:30	Tuesday Regional 5:30-7:30 Local/ Reg 7:30-9:30	Tuesday Regional 5:30-7:30 Local/ Reg 7:30-9:30	Tuesday Regional 5:30-7:30 Local/ Reg 7:30-9:30	Tuesday Regional 5:30-7:30 Local/ Reg 7:30-9:30	Tuesday	
Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Regional 5:00-7:00 National 7:00-9:00	Wednesday Regional 5:00-7:00 National 7:00-9:00	Wednesday National 6:30-8:30
Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday National 6:30-8:30

December 2020	January 2021	February 2021	March 2021	April 2021	May 2021
Monday National Only 8:00-9:00PM	Monday National Only 8:00-9:00PM	Monday National Only 8:00-9:00PM	Monday National Only 8:00-9:00PM		
Tuesday Regional 6-7 or 7-8	Tuesday Regional 6-7 or 7-8	Tuesday Regional 6-7 or 7-8	Tuesday Regional 6-7 or 7-8	Tuesday Regional 6-7 or 7-8	
Thursday National 6:30-7:30 Regional 7:30-8:30	Thursday National 6:30-7:30 Regional 7:30-8:30	Thursday National 6:30-7:30 Regional 7:30-8:30	Thursday National 6:30-7:30 Regional 7:30-8:30	Thursday National 6:30-7:30 Regional 7:30-8:30	Thursday National 6:30-7:30 Regional 7:30-8:30

2021-2022 Tentative Sports Performance Schedule

