



GIRLS CLUB
WINTER PARENT MEETING 2024

PARENT MEETING CHECK-IN





COACH REY

Background:

- **2010 - Founded Impact Dynamic Training**
- **2013 to 2021 - Assistant Coach at Calvin University**
- **2013 - NCAA D3 National Champion - Calvin College**
- **2014 - MJVBA Grand Prix Champion**
- **2014 - Asic Jr National Champion 18u Open**
- **2014 - NCAA D3 Final 4**
- **2016 - NCAA D3 National Champion**
- **2016 - Asics Jr. National Runner up 18u Open**
- **2017 - NCAA D3 Final 4**
- **2017 - Asics Jr. National Runner up 18u Open**
- **2018 - NCAA D3 National Runner up**
- **2019 - Asics Jr. National Runner up 18u Open**
- **2019 - MJVBA Grand Prix Champion / Asic Jr National Runner up**
- **2019 - NCAA D3 Elite 8**
- **2020 - COVID**
- **2021 - NCAA D3 National Runner Up**
- **2023 - Opened Impact 2.0 NEW FACILITY**

ABOUT IMPACT

MISSION:

To provide mindful teaching and coaching to each individual athlete while enhancing their skills to a mastery and building relationships in the process.

PHILOSOPHY:

Process, growth & embracing the uncomfortable.

We are a relationship based club with a growth driven environment and culture. The volleyball club is our family and Impact is our tribe.



TEAM TERMINOLOGY!

Club (Local):

**12u-18u age groups
3 month commitment
4-6 play dates
practice 2x week
Winter (October-February)
Spring (March-June)**

Regional (Travel):

**13u-18u age groups
3 month commitment
8-10 play dates
Sunday Skills
Winter (October-February)
Spring (March-June)**

Premier (Travel):

**14U-18U age groups
6 month commitment
18 plays dates + orlando
Sunday Skills
Winter & Spring (October-June)**



AAU VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2023-2024 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 ²	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Aug	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Sept	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Oct	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Nov	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Dec	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Jan	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Feb	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Mar	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Apr	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
May	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
June	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016

¹Players who were born on or after July 1, 2005 OR players who were born on or after July 1, 2004 and a high school student in the twelfth (12th) grade or below during some part of the current academic year

²**Female** - Players who were born on or after July 1, 2005, (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. Please email volleyball@aausports.org for Executive Committee approval)



WINTER 2024 TRYOUTS:

12U-13U: OCTOBER 22ND @ 11:30AM - 1:30PM

14U: OCTOBER 22ND @ 3:00PM - 6:00PM

15U: OCTOBER 29TH @ 11:00AM - 2:00PM

16U&18U: NOVEMBER 12TH @ 11:00AM - 2:30PM

REGISTER TODAY!




TOURNAMENT SCHEDULE

CLUB (LOCAL)	REGIONAL (TRAVEL)	PREMIER (TRAVEL)
<p>12U-14U January 6, January 13&14, January 20, February 3, and February 24</p> <p>15U-18U January 7, January 13&14, January 27, February 10 and February 25</p>	<p>JANUARY 13 & 14 JANUARY 20 & 21 FEBRUARY 10 & 11 FEBRUARY 17 & 18 MARCH 2 & 3</p>	<p>JANUARY 20 & 21 JANUARY 27 & 28 FEBRUARY 10 & 11 MARCH 2 & 3 MARCH 9 & 10</p>

tentative & subject to change

AES - ADVANCED EVENT SYSTEM


2024 lake



2024 Lake Michigan Club Power League

Jan 6, 2024 - Feb 25, 2024


Allendale, MI - West Michigan



2024 Lakeshore Power League

Jan 13, 2024 - Feb 25, 2024

Grand Rapids, MI - MSA Fieldhouse and other local locations



2024 Lake Michigan Open Power League



















Jan 20, 2024 - Mar 3, 2024

Allendale, MI - West Michigan and Laporte, IN

TRYOUT REGISTRATION STEPS

1. **Locate our website!**
2. **Hover over volleyball and select "GIRLS CLUB"**
3. **Scroll down and click "buy tickets" for the correct age group & LEVEL!**
4. **Complete the registration questionnaire & payment**
5. **Arrive 30 minutes early to make sure everyone is checked in!**

WINTER 2024 TRYOUT REGISTRATION

<p>Girls Volleyball Parent Meeting</p> <p>Oct 09, 5:30 PM – 6:30 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +59 more</p> <p>RSVP</p>	<p>12U Winter 2024 Season Tryout</p> <p>Oct 22, 11:30 AM – 1:30 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +1 more</p> <p>Buy Tickets</p>	<p>13U Winter 2024 Season Tryout</p> <p>Oct 22, 11:30 AM – 1:30 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +6 more</p> <p>Buy Tickets</p>
<p>14U Winter 2024 Season Tryout</p> <p>Oct 22, 3:00 PM – 6:00 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +2 more</p> <p>Buy Tickets</p>	<p>15U Winter 2024 Season Tryout</p> <p>Oct 29, 11:00 AM – 2:00 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +9 more</p> <p>Buy Tickets</p>	<p>16U/18U Winter 2024 Season...</p> <p>Nov 12, 11:00 AM – 2:30 PM Hudsonville, 2830 Port Sheldon St, Hudsonville, MI 49426, USA</p> <p>   +33 more</p> <p>Buy Tickets</p>

AAU MEMBERSHIP

Get A Membership

Benefits of Membership

- Participate in 50+ sports at local, regional, and national events.
- Be part of the largest multi-sport non-profit organization in the country.
- Have coverage up to \$100,000 in sports accident insurance when participating in AAU licensed events.
- Choose the Extended Benefit Membership (AB) coverage so you are protected while playing in non-AAU events under certain circumstances.
- Enjoy special offers from AAU partners such as discounts on Eastbay products, special rates from Nationwide, fundraising opportunities with Save Around or recurring services from CaptainU.
- Mandatory background screening of all AAU non-athlete (coach) members
- Be part of AAU's illustrious alumni including Shaquille

Apply

The AAU Membership year runs from September 1 to August 31. AAU Membership is required to participate in all AAU licensed events.

Choose the appropriate Membership application category below:

[APPLY FOR YOUTH ATHLETE MEMBERSHIP](#)

[ADULT ATHLETE MEMBERSHIP](#)

[NON-ATHLETE MEMBERSHIP](#)

AAU Membership

Membership ID: 8YWDCDA3



AAU members agree to be bound by the AAU Code, including National Policies and sport rules. For information check www.aausports.org.

VB - Volleyball

District: MI Club Code: **WYDF3B**
(Impact Dynamic Volleyball Club)
Youth Athlete



NEW CODE: W3BW93

Application Date: 12/13/2022
Expiration Date: 8/31/2023

Go to www.AAUSPORTS.ORG to Reprint/Correct

MEMBERSHIP IS DUE BY THE FIRST DAY OF PRACTICE!

email allisonp@impactdt.com a copy!

HOW WE MAKE TEAMS

Athleticism

Skill Level

Competitiveness

Position Needed

Team Dynamic



SETTER | TEAM LEADER

- 1.Orchestrate the team offense.
- 2.Main responsibility = Delivery of the ball to all hitters.
- 3.Quick with moving around the court and see the whole court.
- 4.GOOD communicator.
- 5.Manage the tempo on their side of the court.
- 6.Work with all passers & hitters.

MUST Have: Leadership, competitive, hardest working, communicator, strategist, student of the game risky, accountable, crafty, mentally tough & disciplined.

Physical Traits: Quick feet, superior athleticism, upper and lower body strength.

Technical Traits: Agile, strong fingers and firm hands, ability to set with movement, can attack 2nd ball.



LIBERO / DS | BACKROW

1. Responsible for receiving the attack or serve.
2. 1st ball specialist
3. Strong passing & defense skills
4. Knowledge & ability to substitute for any player on the back court.

Must Have:

Discipline, resilient, core strength, quick feet and reaction, gritty and unafraid, can anticipate well, best passing skills, move and react FAST.

Physical Traits:

Quick feet, superior athleticism, upper and lower body strength.

Technical Traits:

Strong fingers and firm hands, ability to set with movement, back setting & 2nd ball attack.



MIDDLE HITTER / BLOCKER

1. Perform FAST hit/attacks near the setter.
2. Specialized in blocking in the middle & moving to both an outside & right side (Double Blocking)
3. QUICK lateral movement & explosive vertical jump.
4. Usually only plays the front row.
5. Aggressive mindset.

Must Have: Quick footwork, very athletic (good vertical and quick hands).

Physical Characteristics:

Tall, Springy, move well laterally & very athletic.

Technical Traits:

Craftiness, finesse ability to double tap jump, fast arm swing, agile.



OUTSIDE HITTER

1. Attack near the left antenna
2. Consistent hitter on the team
3. Pass & attack
4. Powerful hitter
5. Good against a double block

Must Have: Aggressive mindset, killer instinct, arm & shoulder strength, & quick feet.

Physical Characteristics:

Dynamic, Good vertical jump, athletic & fast arm swing.

Technical Traits: Quick feet, very discipline, craftiness



RIGHT SIDE HITTER

1. Carry the defensive workload along the net.
2. Block an outside & middle hitters
3. Can terminate the 2nd ball as needed.
4. Tall with a strong core.
5. Usually only plays the front row.

Must Have: Quick lateral movement, Aggressive defensive mentality, Ball tracking abilities, excellent vertical jump arm & shoulder strength.

Physical Characteristics: Dynamic, tall, good vertical jump, athletic & fast arm swing.

Technical Traits: Quick feet, very discipline, craftiness



IMPACT SITE MEMBER

COMPLETE THE STEPS TO BECOME A SITE MEMBER ON OUR SITE!


#1 LOCATE OUR WEBSITE (WWW.IMPACTDT.COM)

#2 CLICK THE PICTURE IN THE TOP RIGHT HAND CORNER

#3 COMPLETE THE QUESTIONS UNDER "SIGN UP"

#4 HEAD INTO YOUR PROFILE AND ADD A PROFILE PICTURE

#5 YOU ARE NOW A SITE MEMBER! YAY!



Impact Dynamic Training

Admin

3 Followers | 0 Following

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Profile

Join date: Jun 17, 2021

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  GIF

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TEAM ACCEPTANCE

01

12U & 13U age group

Post: Monday, October 23, 2023

Accept: Monday, October 23, 2023 BY 8:00PM

02

14U age group

Post: Monday, October 23, 2023

Accept: Tuesday, October 24, 2023 BY NOON

03

15U age group

Post: Monday, October 30, 2023

Accept: Monday, October 30, 2023 BY 8:00PM

03




16U & 18U age group

Post: Monday, November 13, 2023

Accept: Monday, November 13, 2023 BY 8:00PM

			
12U CLUB:	12U CLUB	13U CLUB	13U CLUB
#7	#1	#16	#14
#9	#2	#21	#15
#12	#4	#22	#24
#13	#6	#27	#25
#36	#10	#34	#42
#39	#11	#45	#60
#40	#50	#49	#83
#56	#51	#52	#151
#87	#63	#132	#154
#144	#65		

CLUB SEASON PAYMENT

		
12U Club - Monthly	12U Club - FULL	13U & 14U Club - Monthly
\$285	\$850	\$385
Every month		Every month
1/3 of full payment and enrolls you in automatic payments	This payment option is paying the FULL season fee up front	1/3 of full payment and enrolls you in automatic payments
Valid for 3 months	Valid for 3 months	Valid for 3 months
Select	Select	Select

COMMITMENT PAYMENT

Guest Area

Please enter the password below.

Password

Go

01 Locate our website www.Impactdt.com once you are on our website hover over Volleyball ---> Girls Club ---> Click on Girls Club Season Payment.

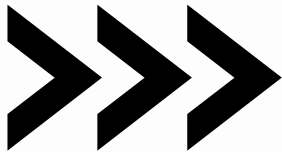
Locate your penny number.

Complete the season payment!

02 Page Password: GIRLSWINTER
make sure to have you payment completed by **the due date.**
(depending on age group)



LOCATE PAGE HERE!



CLUB FEES:



12U Club - FULL

\$**850**

This payment option is paying the
FULL season fee up front

Valid for 3 months

Select



13U & 14U Club - FULL

\$**1,125**

This payment option is paying the
FULL season fee up front

Valid for 3 months

Select



15U-18U Club - FULL

\$**1,180**

This payment option is paying the
FULL season fee up front

Valid for 3 months

Select

PLUS SERVICE FEE!

REGIONAL FEES:



13U & 14U Regional - FULL

\$**1,455**

This payment option is paying the
FULL season fee up front

Valid for 3 months

Select



15U-18U Regional - FULL

\$**1,560**

This payment option is paying the
FULL season fee up front

Valid for 3 months

Select

PLUS SERVICE FEE!

PREMIER FEES:



14U Premier - FULL

\$**3,430**

This payment option is paying the
FULL season fee up front

Valid for 6 months

Select



15U-18U Premier - FULL

\$**3,490**

This payment option is paying the
FULL season fee up front

Valid for 6 months

Select

PLUS SERVICE FEE!



1ST DAY OF PRACTICE

WEEK OF NOVEMBER 27TH

PRACTICE OPTIONS: MONDAY-FRIDAY @ 5-7PM OR 7-9PM

YOU WILL RECEIVE YOUR TEAM TENTATIVE PRACTICE SCHEDULE AFTER THE TEAMS ARE FORMED!

HOLIDAY SCHEDULE:

START PRACTICE:
WEEK OF NOVEMBER 27TH

CHRISTMAS BREAK:
DECEMBER 20TH - JANUARY 2ND

some teams might have an optional practice during break

MERRY
MERRY
MERRY
Christmas

HAPPY
NEW
year

GEAR INCLUDED:

PREMIER: 2 JERSEYS, 2 PRACTICE T-SHIRTS, TRAVEL JACKET, BACKPACK, LONG SLEEVE

REGIONAL: 2 JERSEYS, 2 PRACTICE T-SHIRT, TRAVEL HOODIE, BACKPACK

CLUB: JERSEY, 2 PRACTICE T-SHIRTS, LONG SLEEVE, CREW, BACKPACK





IMPACT GOES BOO

HALLOWEEN

TRUNK OR TREAT

GAMES, OBSTACLES, TREATS,
CONTESTS, PHOTO BOOTH &
MORE!

MONDAY, OCTOBER 30, 2023

@6:00PM - 8:00PM



HOLIDAY PARADE

Thursday, November 16

6:30pm-7:30pm

See our new route through Downtown Hudsonville!

This year's parade will be extra special as we have changed the date, time, and route. This year will be a nighttime parade, so enjoy the holiday lights as you celebrate with us.



CHRISTMAS TREE LIGHTING

Thursday, November 16

4:30pm-6:30pm

Beginning at 4:30pm, stop by the Fountain of Honor near Gemmens Ace Hardware to take photos with Santa, sip some hot chocolate, and pet a reindeer!

We will also have local businesses with free kids activities and Patty Matters will be serving burgers from their food truck.

At 6:00pm the tree will be lit.

WE ARE LOOKING FORWARD TO A DYNAMIC PARTNERSHIP BETWEEN



&



**-HEY IMPACT PLAYER-
OPTC WANTS TO CONGRATULATE YOU ON
MAKING THE TEAM!**

WHAT WE DO

WE PUT ALL OF OUR ATHLETES THROUGH A THOROUGH EVALUATION PROCESS AND USE THIS INFORMATION TO CUSTOMIZE PROGRAMMING FOR EACH ATHLETE

HOW IT HELPS

OUR PROGRAMS WILL FOCUS ON THE FUNDAMENTALS OF SPEED, AGILITY, QUICKNESS, AND WEIGHT ROOM TRAINING IN A COMPETITIVE ENVIRONMENT



*Schedule a free
intake*
TODAY!

CONTACT US

616-379-5450 OR NICKI@OPTCMI.COM



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WELCOME TO IMPACT VOLLEYBALL FROM YOUR SPORTS MEDICINE SPECIALISTS



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WITHIN 24-48 HOURS**

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WITH IMPACT'S TEAMS
AND LOCAL DOCTORS**

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616.209.5435**

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 hjphysicaltherapy.com    [@HulstJepsenPT](https://www.instagram.com/HulstJepsenPT)

Girls Open Gym

10

Tue
Oct

High School Girls Open Gym / Hudsonville

Multiple Dates

Buy Tickets

24

Tue
Oct

High School Girls Open Gym / Hudsonville

Multiple Dates

Buy Tickets

26

Tue
Sep

High School Girls Open Gym / Hudsonville

Multiple Dates

Details



CONTACT US

Website www.impactdt.com

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E-mail Director - reyc@impactdt.com
Program Coordinator - allisonp@impactdt.com
Billing Coordinator - eleanorp@impactdt.com
Office Manager - gracec@impactdt.com

Instagram Impact_Dynamic_Training

Facebook Impact Dynamic Training



PARENT MEETING CHECK-IN



THANK
YOU!