

TOURNAMENT PLAY

Our teams travel to weekend tournaments (including all holiday weekends), so a commitment by parents or other family members to the Club is vital. The warm and spirited environment of our ASEVC community relies on the involvement and support of its extended family and volunteers.

ASEVC plays in GEVA (Garden Empire Volleyball Association) tournaments throughout the January – May season. Teams also compete in a number of local and East Coast tournaments run by other area clubs. Some teams compete in the AAU national tournament in Orlando in June and the USVBA national tournament in late June.



PARENTS NEED TO KNOW

All club teams demand dedication and commitment in terms of time, place and budget. Parents don't have to attend tournaments but many do, and most grow to enjoy the companionship of other parents in our ASEVC community.

ASEVC teams meet for practice three times a week—two nights (usually from 7:00 to 9:00) and on Sundays from noon to 3:00pm with locations assigned by team. Teams travel to at least 6 tournaments on weekend days and three 3-day tournaments on holiday weekends in Jan-May, including Easter, in places such as Hartford, Philadelphia, and Washington, D.C.

Traveling to these tournaments involves transportation by car, the need for chaperones for overnight hotel stays, help with food and meals, and often, unexpected or non-budgeted expenses. Sometimes, parent chaperones need to provide personal support.

A parent's experience with ASEVC starts with a 1-2 hour meeting during tryouts. If your daughter is invited to join the team, she will be notified within 48 hours and given 72 hours to accept. With this, your payment of \$100 is due immediately and club fees are due in full on December 15 unless other payment arrangements have been made with ASEVC. A detailed schedule of tournament dates, places and practice times and locations will be provided at this time.

New York City's All Star Empire Volleyball Club (ASEVC) brings together two of the area's top clubs, All Star Volleyball Association and Empire Volleyball Academy to create an even greater competitive volleyball force in the Northeast and the nation.

This new partnership allows players to train in two state-of-the-art facilities, one at New York City's Sacred Heart Academy and the other in Riverdale's Ethical Culture Fieldston School, while expanding the number of teams and playing possibilities.

OUR ORGANIZATION

ASEVC is a section 501(c)(3) not-for-profit organization. Our fees are comparable to other clubs in the New York City area and include uniforms and travel tournaments. Financial support is available for those qualified. Some additional costs are incurred during the season for which the girls help raise funds.



Contact:

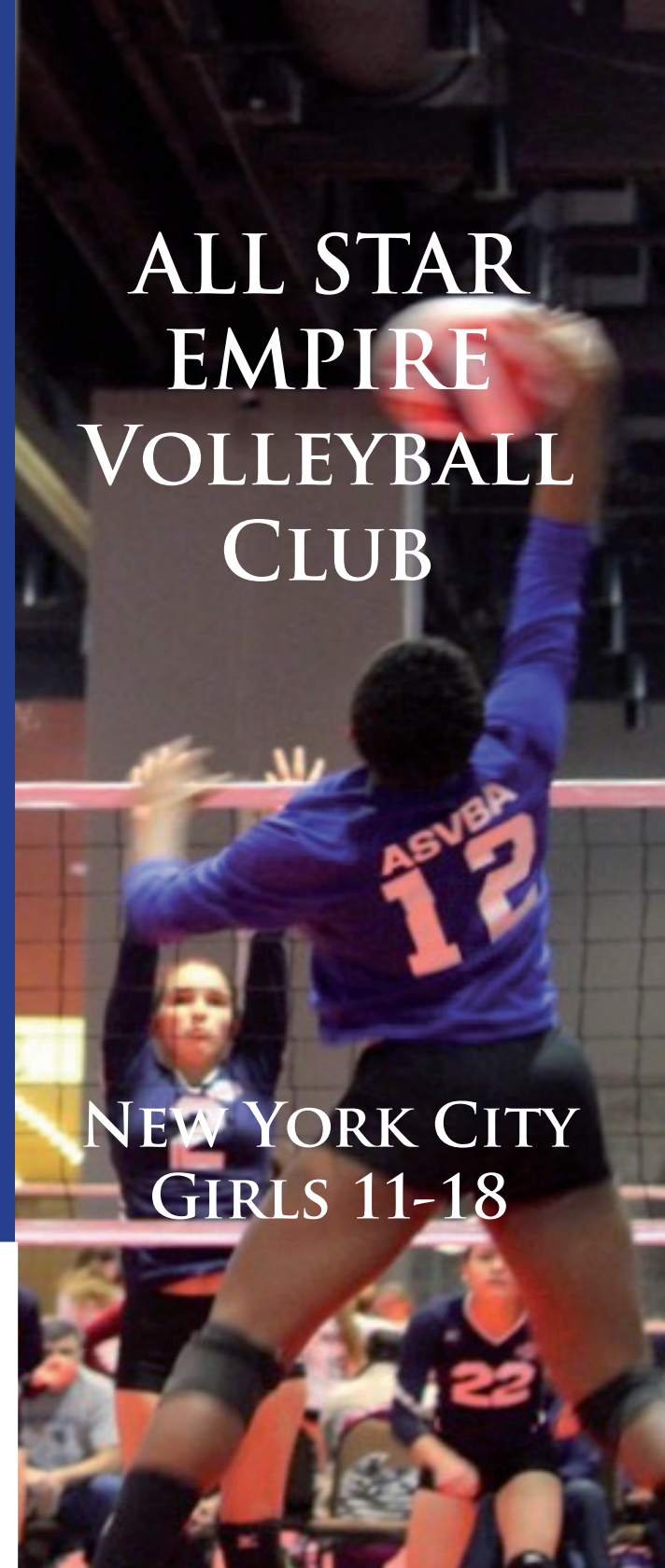
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ALL STAR EMPIRE VOLLEYBALL CLUB

NEW YORK CITY GIRLS 11-18



PHILOSOPHY

ASEVC's motto is "teach first and coach later," and our goal is to provide a positive environment that speaks to the player and fosters a life-long passion for the sport of volleyball. Our teaching philosophy starts with athletics and conditioning, allowing each player to progress in the skills and attitude needed both on and off the court to become an elite volleyball player. We use a system of knowledge-driven coaching, an accelerated-pace program, and age-based coaching, all of which are unique to ASEVC.

"Teach first and coach later."

HOW WE COACH

Knowledge-driven coaching is achieved by breaking down all skill-based components so our athletes clearly understand how and why they do what is asked of them. Trained with scenario-based tasks, each player will be better prepared to problem solve on the court with a thorough knowledge of the "mechanics" of the skills and the strategies of the game.

Accelerated-pace programs allow a player who excels to play up into a higher age group. Many clubs will hold back a young player to help the team. We encourage her, if she chooses, to play harder and better with those at the same athletic level.

Age-based coaching means our coaches are trained to teach specific age groups and don't progress with the teams each year. All of our coaches teach systematically, so more is gained from new coaching experiences each year with the same good habits taught by all.

Fitness is also a core foundation of ASEVC. We use Plyometric Agility and Core Training, which is designed to help the athletes sustain their level of play throughout the match. These sessions, which add strength and conditioning training specific to volleyball, are in addition to court work. One-on-one training is also available, making us ready to take both new and seasoned players to the next level.

AGE-APPROPRIATE TEAM TRAINING (11U - 18U)

Every team member adheres to a high level of sportsmanship and academics while working to increase physical strength and master game strategies. Our teams learn both on and off the court with lectures, demonstrations, videos, and information on related topics such as conditioning, gyms, communication, health, nutrition, behavior and substance use. As a result, our athletes display character, respect and leadership in all they do with better discipline, time management, integrity, intensity, teamwork and sportsmanship.

OUR TEAMS

All Star Empire Premier Teams are recommended for players who have had previous club experience, possess very high skill sets, and who are fully committed to practices and tournaments. It's primarily for those who have a passion for the game and a desire to compete at the very highest club level and in college. Teams will participate in at least five travel tournaments, three of which will be qualifiers for the USA Nationals. Players will be allowed to participate in every tournament, however playing time is not equally distributed.

All Star Empire National Teams are composed of players who have had some exposure to club volleyball, along with a developed skill set and strong commitment to practices and tournaments. These teams compete in the second-most challenging competition level in USA volleyball. Playing time is not guaranteed but it is earned through performance at practice.

All Star Empire Regional Teams develop players who have had little or no exposure to club volleyball or specific skill sets but are fully committed to learning the game through practices and tournaments. Regional teams play in the Club division at travel tournaments, with playing time earned through performance at practice.

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OUR COACHES

We encourage and facilitate the advancement of our coaching staff by sending all head and assistant coaches to USA-run coaches' courses. Here they learn the current and latest techniques and strategies used by top coaches in the game. The technical director is responsible for leading many of the practices and mentoring new coaches.

OUR COACHING STAFF

Our coaching staff runs the gamut of coaching experience, from national and college teams to junior club, high school and middle school. All of our coaches have club and/or collegiate playing experience. They are hand-picked and certified in emergency situations so that parents can rest assured their child is in qualified hands.

OUR FACILITIES

Volleyball is the ultimate team sport, and to create a strong team, we invite girls from all schools and neighborhoods to join our club. ASEVC teams train at state-of-the-art facilities at the Fieldston School in Riverdale, NY, Convent of the Sacred Heart on the Upper East Side of Manhattan, and Bank Street School on the Upper West Side. Tryouts take place in November and practice begins the first week of December and continues through May, two evenings each week with Sunday clinics or practices.

CLUB DIRECTORS

Collin Henry, director, has coached high school, club, college and national teams to championship wins. He has organized and coached youth camps for several years, including camps at Stanford University and Columbia University, as well as Fieldston School, where he has worked for 15 years, and where he was awarded Coach of the Year by the *New York Post*. With 15 years on the Jamaican National Teams, he continues to play professionally. In 2008, he wrote the book, *Volleyball: Playing with Your Head at Any Height*.

Lynford Forman, co-director, began the game in Kingston, Jamaica, where he played for both the Jamaican junior and senior national teams for 15 years, until he was tapped as a player by Queens College. His coaching credentials include Long Island Big Apple (LIBA) volleyball club, where he led teams to regional and national championships for eight years, and the Jamaican women's national team. Along with directing volleyball clinics and camps for the past 15 years, he co-founded the Empire Volleyball Academy.

Erin Hernandez, co-director, played all four years for Long Island University before earning her Master's from Adelphi University. She has coached middle school and high school boys and girls for 23 years and has worked at summer camps in NY, NJ, CT and MI. Before co-founding EVA, she coached at LIBA. She has run clinics for both coaches and players clinics in NYC for the past five years, and currently coaches girls at varsity at Sacred Heart.

