



Wake Forest Parks, Recreation & Cultural Resources



2022 Summer Volleyball Program

TRIANGLE VOLLEYBALL CLUB partnership: Triangle administers the league by providing volleyball expertise, officiating and league oversight. Triangle staff will run player evaluations, make team selection decisions, recruit and train parent/volunteer coaching staff, run pre-season skills sessions, officiate all matches, and monitor league progress.

AGE DIVISIONS: League has three (3) junior girls' age divisions: 10U (9-10s), 12U (11-12s), and 16U (13-16s).

- Age for these divisions is based on your daughter's age as of September 1, 2022.
- Regardless of age division participants should expect a range of skill, athleticism, and experience within each age level.
- Playing up or down a division is strictly forbidden by the Town of Wake Forest [TOWF].
- For the 2022 Season, there is a possibility that the 13-16 age group will be split into two separate groups (13/14 and 15/16) if the numbers dictate the necessity.

COACHES: All coaches are VOLUNTEERS. Our ability to keep costs affordable, form teams and offer as many athletes as possible a chance to play relies on our success with recruiting volunteer coaches. Most are parents of participating athletes and some are community volunteers. Most do NOT have volleyball coaching or playing experience. We need approximately 70 volunteer coaches [2 per team], so please consider volunteering! All coaches will need to submit a background check through TOWF.

GENERAL SCHEDULE:

- **Athlete Evaluations** will occur May 16th-20th according to the schedule below.
- **Pre-season Skill Sessions:** Skills sessions begin the week after evaluations (May 23rd-26th) and closely follow the schedules shown for the evaluations.
- **Team practices** will take place May 31st – June 4th
- **League Play** will begin the week of June 6th and continue through mid-July. Divisions will play only on certain days. If the schedule for your athlete's age division conflict with other activities of your athlete, you are not recommended to apply for the league.
 - **10U (9/10s) Division:** Tuesdays, Thursdays, and/or Fridays
 - **12U (11/12s) Division:** Mondays, Wednesdays, and/or Saturdays
 - **16U (13-16s) Division:** Tuesdays, Thursdays, and/or Saturdays

ATHLETE EVALUATIONS					
<i>Use first letter of athlete's LAST NAME</i>					
<i>Target size of each group is 30 athletes/session</i>					
	Monday May 16 (Flaherty Park Gym)	Tuesday May 17 (Joyner Park Gym)	Wednesday May 18 (Joyner Park Gym)	Thursday May 19 (Joyner Park Gym)	Friday May 20 (Joyner Park Gym)
615pm	12U A-E	10U A-D	12U L-O	10U N-Z	10U MAKE-UP
715pm	12U F-K	10U E-M	12U P-Z	16U N-S	12U MAKE-UP
815pm	16U A-C	16U D-G	16U H-M	16U T-Z	16U MAKE-UP