

# Sporting Albany Volleyball Club



Season 11

2024-2025

Informational Handbook

## **Sporting Albany Volleyball**

### **Our Philosophy**

At Sporting Albany, we provide our athletes with opportunities to develop their skills in a fun and well-structured environment. Our program prioritizes the athletes themselves. Through skill development and competitive gameplay, SAVB promotes overall growth as student-athletes. We believe that our practices, tournament choices, and off-season offerings help players learn to play the sport of volleyball properly and have fun while doing it! And for those athletes that are looking to continue playing after high school, let us know and we will get you there!

At its foundation, Sporting Albany is built on the expectation that all of its staff, coaches, athletes, and supporters will demonstrate the highest levels of personal responsibility, accountability, commitment, and respect. Not only does this put our athletes and our club at a higher chance for success, but it also encourages us to excel as teammates, students, and members of the volleyball community.

### **Club Staff**

#### **Zack Kuhn – Club Director, Boys 15u Head Coach**

- SAVB Co-Founder and Coach, 2014 - present
- Columbia High School Boys Volleyball Head Coach, 2022 – present
- South Colonie High School Boys Volleyball Head Coach, 2015 – 2022
- Sage College of Albany, Athletic Hall of Fame, Team of Distinction, 2018
- Sage College of Albany, NCAA DIII Men's Volleyball Player, 2010 – 2014
- Physical Education Teacher, East Greenbush Central School District

#### **Liam Meachem – Assistant Club Director, Girls 16u Head Coach**

- SAVB Coach, Season 5 – present
- Bethlehem High School Boys Volleyball Assistant Coach, 2021 – present
- SAVB Player, Season 2

#### **Nancy Neff – Girls 18u Head Coach**

- SAVB Coach, Season 5 - present
- Academy of the Holy Names Head Coach, 2008 – present
- 7x Colonial Council Champion

#### **James Lemire – Boys 18u Head Coach**

- SAVB Coach, Season 6 – present
- Bethlehem High School Boys Volleyball Head Coach, 1996 – 2006, 2018 – present
- Berne-Knox-Westerlo High School Girls Volleyball Head Coach, 2008 – 2018
- Junior College of Albany, NJCAA Women's Volleyball Head Coach 1994 – 1996
- College of St. Rose, NCAA DII Women's Volleyball Head Coach 1990 – 1994

#### **Meghan Neff-Flynn – Girls 15u Head Coach**

- SAVB Coach, Season 8 – present
- Academy of the Holy Names Modified Head Coach
- University of Rochester, NCAA DIII Women's Volleyball Player, 2009 – 2013

**Kristen Neff – Girls 17u Head Coach**

- SAVB Coach, Season 8 – present
- Academy of the Holy Names JV Head Coach
- Roger Williams University, NCAA DIII Women’s Volleyball Player, 2012 – 2015

**Luke Kubisch – Boys 16u Head Coach**

- SAVB Coach, Season 8 – present
- Bethlehem High School Boys Volleyball Assistant Coach, 2021 – present
- SUNY Purchase, NCAA DIII Men’s Volleyball 2015 – 2019
- 2019 Skyline Conference 1<sup>st</sup> Team All-Conference

**Lizzie Stoffer – Girls 14u Head Coach**

- SAVB Coach, Season 10 – present
- Academy of the Holy Names Assistant Coach, 2022 – present

**Luke France – Boys 14u Head Coach**

- SAVB Coach, Season 10 – present
- South Colonie High School Boys Modified Coach, 2023 – present
- SAVB Player, Season 3

**Andrew Baker – Boys 16u Assistant Coach**

- SAVB Coach, Season 10 – present
- Bethlehem High School, Player
- Suburban Council 1<sup>st</sup> Team All-Star

**Skylar Sisson – Girls 12u Head Coach**

- SAVB Coach, Season 10 – present
- Russell Sage College, NCAA DIII Women’s Volleyball, 2020 – 2024

**Eleanor Cepiel – Girls 18u Assistant Coach**

- Utica University, NCAA DIII Women’s Volleyball 2019 – 2023
- 2x All-Conference 1<sup>st</sup> Team, 2x ECAC Offensive Player, 1x ECAC Defensive Player
- SAVB Player, Season 5

**Kelsey Neff – Girls 14u Assistant Coach****Danielle Sowalski – Girls 17u Assistant Coach****Patrick Connelly – Girls 16u Assistant Coach****Ashley McMullen – Girls 15u Assistant Coach****Julia Cavalcanti – Girls 13u Head Coach****Arianna Frey – Girls 12u Assistant Coach****Nicole Orabona – Boys 17u Assistant Coach**

## Teams

We are aiming to field 4 boys teams and 7 girls teams this season. **The structure of these teams is subject to change.**

### Boys 18U

- HC James Lemire
- AC TBD

### Boys 17U

- HC Luke Kubisch
- AC Nicole Orabona

### Boys 15U

- HC Zack Kuhn
- AC TBD

### Boys 14U

- HC Luke France
- AC TBD

### Girls 18U

- HC Nancy Neff
- AC Eleanor Cepiel

### Girls 17U

- HC Kristen Neff
- AC Danielle Sowalski

### Girls 16U

- HC Liam Meachem
- AC Patrick Connelly

### Girls 15U

- HC Meghan Neff
- AC Ashley McMullen

### Girls 14U

- HC Lizzie Stoffer
- AC Kelsey Neff

### Girls 13U

- HC Julia Cavalacanti
- AC TBD

### Girls 12U

- HC Skylar Sisson
- AC Arianna Frey

## Other Programs

### Practice Players:

- We do offer practice player positions to select athletes.
- Practice Player positions allow for players to practice with our teams, but they will not be on the regular tournament roster.
- If a team is missing players for a specific tournament, practice players may be asked to sub.
- Practice player positions are not meant to be a consolation prize. They are meant to be an indication that while the player receiving the offer might not play the position needed by the team, they are still considered a strong player in the eyes of the program with skills that are deserving of additional attention and development.

### Skills Academy:

- This program focuses on skill development for Middle and Elementary School aged players who are not already on an SAVB roster.
- We try to hold at least 1 Skill Building Series during each travel season.
- Season 11 Skills Academy dates, times, and locations are TBD.

## **Tryouts/Registration**

To register for tryouts, please head over to our website (<https://sportingalbanyvolleyball.com/club-tryouts/>) and click on the "Sign Up Here" button to access the Google Form.

### **Tryout Requirements:**

1. **Active USA Volleyball Membership attained through SportsEngine.** For tryouts, the "Tryout" or "Single Event" membership will suffice. Proof of membership - physical or digital - needs to be presented at tryouts. **MEMBERSHIPS FROM THE 2023-2024 SEASON ARE STILL ACTIVE!!!!**
2. **One-time \$25 SAVB Tryout fee.** Must be submitted before or at check-in of the player's first tryout date. Can be cash, check (made out to "Sporting Albany Volleyball") or Venmo club director Zack Kuhn (@SportingZK).
3. **Completed USAV Medical Release Form.** Found on our website.

\* Please make an effort to attend AT LEAST ONE tryout date (preferably both). You are eligible for position offers by attending at least one day. If you cannot make either tryout date, please contact us.

\*\* We may hold make-up tryouts for our Boys 15u-18u teams and our Girls 14u-18u teams in September if necessary. This will be determined after the end of our August tryouts.

\*\*\* **Attending tryouts and/or having previously played for SAVB does NOT guarantee you the position you previously held. Every year SAVB coaches do their best to evaluate and re-evaluate players when offering tournament player positions and practice player positions.**

## **How will I know if I have made a team?**

Within a week of finishing tryouts, we will send out position offers via email or phone call.

**As per our USAV Region's Policies, each player will have 14 days to accept their offer before it is vacated. Players can accept/decline offers as soon as they wish, but after 14 days the position will automatically be vacated.**

Once you accept an offer, you will receive directions via SportsEngine to link your account to Sporting Albany Volleyball Club.

## TRYOUT DATES

All tryouts will be held @ The Academy of the Holy Names (1075 New Scotland Rd, Albany, NY 12208).

Boys (15u – 18u) + Girls 16u		Girls (14u – 18u)	
Saturday, July 27 + Saturday, August 3		Sunday, July 29 + Sunday, August 4	
9:00am – 11:00am	Boys 15u & 16u	9am – 11:00am	17u & 18u
11:00am – 1:00pm	Boys 17u & 18u	11:00am – 1pm	15u
1:00pm – 3:00pm	Girls 16u	1pm – 3:00pm	14u

\* We may hold make-up tryouts for our Boys 15u-18u teams and our Girls 14u-18u teams in September if necessary. This will be determined after the end of our August tryouts.

Boys (14u)		Girls (12u & 13u)	
Saturday, September 14		Saturday, September 15	
1:00pm – 2:30pm	14u	2:30pm – 4:00pm	12u & 13u
Sunday, September 15		Sunday, September 15	
1:00pm – 2:30pm	14u	2:30pm – 4:00pm	12u & 13u

\* Rosters will be selected based on skill level and age. **We will always first consider the youngest age level an athlete is eligible for.** Then we will look at “moving up” players based on skill level and positions played.

## Practices

1. Sporting Albany's teams will practice from Thanksgiving until Memorial Day.
2. **Each team is guaranteed a minimum of 40 practices.**
3. We aim to have 2 practices per week.
  - a. **What happens if practice gets cancelled??** We construct our season's practice schedule similar to local school districts where there are built-in snow days. We will always make up practices to the best of our ability, but may not NEED to if a team is on track to hit their minimum number of practices.
  - b. Depending on the practice facility, we may be able to schedule a make up practice for the same week. If not, we may move to a different practice location, or wait until the month of May to make up missed practices.
4. Our practice facilities will include:
  - a. **Academy of the Holy Names**
  - b. **Albany Academy (Girls' Campus)**
  - c. **Our Savior's Lutheran School**
  - d. Practices will take place **between 6pm and 10pm**

Our **tentative** schedule is as follows:

TEAM	LOCATION	DAYS (M, T, W, and/or TH)	TIMES (varies 6pm – 10pm)
<b>Girls 18u</b>	Academy of the Holy Names	M, Th	8:30-10pm
<b>Girls 17u</b>	Academy of the Holy Names	M, Th	8:30-10pm
<b>Girls 16u</b>	Our Savior's / AHN	T, W	7:30-9pm, 7-8:30pm
<b>Girls 15u</b>	Academy of the Holy Names	M, Th	7-8:30pm
<b>Girls 14u</b>	Academy of the Holy Names	M, Th	7-8:30pm
<b>Girls 13u</b>	Our Savior's / Albany Academy	T, Th	6-7:30pm, 7-8:30pm
<b>Girls 12u</b>	Our Savior's / Albany Academy	T, Th	6-7:30pm, 7-8:30pm
<b>Boys 18u</b>	AHN / Albany Academy	T, W	8:30-10pm, 7-8:30pm
<b>Boys 17u</b>	AHN / Albany Academy	T, W	7-8:30pm, 8:30-10pm
<b>Boys 15u</b>	Academy of the Holy Names	T, W	7-8:30pm
<b>Boys 14u</b>	AHN / Our Savior's	T, W	7:30-9pm, 7-8:30pm

## **Tournaments**

1. SAVB teams will participate in both **USAV** and **AAU** tournaments.
2. "Local" tournaments are any events within an hour driving distance and do not require a hotel.
3. Travel tournaments generally require at least one night in a hotel, but some do not. Popular travel locations for SAVB are Western New York, Massachusetts, Connecticut, Pennsylvania, and Rhode Island.

All **Girls 18u – 15u** teams can expect:

- About 16 tournament days
- Mostly travel events
- 1 or 2 local events

**Girls 14u** teams can expect:

- About 12 tournament days
- At least half local events
- About 2-3 travel events

All **Girls 13u – 12u** teams can expect:

- About 10 tournament days
- Mostly local events
- 1-2 travel events

All **Boys 18u – 15u** teams can expect:

- About 15 tournament days
- Mostly travel events
- 1 or 2 local events

**Boys 14u** teams can expect:

- About 10 tournament days
- Mostly travel events
- 1 or 2 local events

### **Potential Girls Tournaments:**

Upstate AAU Top Series #1 (NY)  
 Lakeside Blizzard (NY)  
 Nike Winterfest (CT)  
 AAU Grand Prix #1 (CT)  
 Nike Boston Volleyball Festival (MA)  
 Great Nor'easter (NY)  
 Upstate AAU Top Series #2 (NY)  
 AAU Fun @ the Sun Super Regional (CT)  
 Windy City Qualifier (IL)  
 Boardwalk Block Party (NJ)  
 Capitol Hill Classic (DC)  
 XLRVA Regionals (NY)  
 Spiketown Classic (NY)

### **Potential Boys Tournaments:**

NEAAU Home for the Holidays (MA)  
 Nike Winterfest (CT)  
 Upstate AAU Boys Upstate Cup (NY)  
 AAU Grand Prix #1 (CT)  
 Nike Boston Volleyball Festival (MA)  
 NEAAU Regionals (MA)  
 XLRVA Regionals (NY)

\* Teams who are interested in traveling to bigger tournaments (i.e., USAV or AAU Nationals) must let their coaches know at the beginning of the season. Arrangements will be made if there are enough committed Players, Parents, and Coaches



## Club Fees/Payments

What can you expect to pay?

### 1. USAV Membership.

- Attained through **SportsEngine**. Click [HERE](#) to sign in and/or create an account.
- All players are required to have an "XLRVA Junior Player" membership upon acceptance to a team. It should be around \$65-75. If you have previously purchased a cheaper membership for tryouts, you will be able to upgrade to the "Full" membership for the difference. Your receipt will show the membership split into separate costs for USAV and XLRVA, but the end total should be the same.

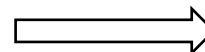
### 2. Sporting Albany Club Membership Fee

- Membership fees cover the costs of tournament fees, practice gym rentals, uniform costs, admin costs, and equipment costs.
- **Club membership fees will also cover each athletes' AAU membership. The club will submit all AAU memberships so parents do not have to!**
- ***Travel costs are NOT included in the club fees.***

	TOTAL FEES	Upon acceptance to team (or Sep 1 <sup>st</sup> )	Jan 1 <sup>st</sup>	Feb 1 <sup>st</sup>
Girls 18U	\$1700	\$850	\$425	\$425
Girls 17U	\$1700	\$850	\$425	\$425
Girls 16U	\$1700	\$850	\$425	\$425
Girls 15U	\$1700	\$850	\$425	\$425
Girls 14U	\$1400	\$700	\$350	\$350
Girls 13U	\$1100	\$500	\$300	\$300
Girls 12U	\$1100	\$500	\$300	\$300
Boys 18U	\$1650	\$800	\$425	\$425
Boys 15U	\$1650	\$800	\$425	\$425
Boys 14U	\$1200	\$600	\$300	\$300
Practice Players	If offered - \$500 full season commitment or \$150 month-to-month commitment			
Skills Academy	TBD			

Payments can be submitted by:

- **Cash or Check** (made out to "Sporting Albany Volleyball")
  - Can be mailed to 252 Spring Ave, Rensselaer, NY 12144 or dropped off at practice
- **Venmo** (sent to Club Director [@SportingZK](#))
  - Last four digits of phone number are "8628"



Zack Kuhn  
@SportingZK



**venmo**

**Any payments more than 14 days past due will be subject to a \$25 late fee and the athlete may not be permitted to participate in practices or tournaments until payment has been made.**

If there are any concerns about payments or if you have any questions, please contact Club Director Zack Kuhn. We are always open to adjusting payment plans if needed.