



2023-2024

FaR Out Season
Information Packet

FaR OUT VOLLEYBALL CLUB

Welcome!

We know you have many choices when it comes to picking a volleyball club. We, at FaR Out and Capital aspire to be the club that offers great training and coaching in an environment where everyone is encouraged to grow as both an athlete and a person while creating lifelong relationships and memories during their experience. Our current and former families affirm this aspiration consistently as one family remarked, "FaR Out Volleyball Club has helped us raise a hard-working, responsible, confident young woman. For years to come we will see the impact of the lessons she's learned in the gym!"

Our interactive and informative website will help guide you through the process of choosing a club and once you become a part of the FaR Out family, keep you informed and entertained with news from all over the volleyball world. Not only will you find schedules, coaches' and team information, you can also follow closely with former alumni who are currently competing in college and look for upcoming events!

We would love for you to be a part of FaR Out Volleyball Club and join our current athletes and families who are believing in and seeing our shared goals be attained.

"In my opinion, at its best, the relationship between coaches and parents is a "partnership". Certainly the coach provides the technical knowledge in the given sport they are coaching, but I think more broadly a coach is both building and testing character elements that will lead to successful young ladies in life. Things like discipline, effort, teamwork, accountability, sacrifice, competitiveness and leadership are all elements that we would hope to instill in our kids. But these are truly built and tested in the microcosm of sports. I see this every day in your practices; in your emails; in how my daughter talks about the club, coaches and her team; and in the theatre of combat (tournaments). It's truly a training ground for life...and I believe that you guys know this.

So, in addition to my gratitude for preparing and enabling my daughter's volleyball journey, I wanted to thank you for all that you are doing for her in her development into a strong young lady and good citizen. Your work is much appreciated."

-2018 FaR Out family

We look forward to serving your athletes in 2022-2023!

Gratefully,

Joe, Rox, Cam, Val, Allison, and Allison



What is FaR Out?

We are excited for another season of club volleyball in West Michigan! This packet contains all the information you need for the 2023-2024 club volleyball season. Please keep in mind that all of these details are TENTATIVE and are subject to change.

Our Mission: We are committed to teaching the game of volleyball and training our participants in a positive, competitive, and family-oriented environment with coaches who are well-educated, passionate about the sport and will lead with high integrity.

Contacts for Questions:

Website

FaR Out/Capital – www.faroutvolleyball.com

FaR Out Directors

Joe Steenhuysen – joe@faroutvolleyball.com

Roxane Steenhuysen- roxane@faroutvolleyball.com

Cameron Rowland – cameron@faroutvolleyball.com

Programming Assistant

Val Lurye: val@faroutvolleyball.com

FaR Out Youth Academy Director

Allison Sagraves – youthacademy@faroutvolleyball.com



2023-2024 Team Levels

Local 3 Month	<ul style="list-style-type: none">● Season Length: December-March or March-June* (10+ weeks of training each season)● 2 practices per week● Winter practices begin the week of Nov. 27th● Competes in Club or Classic divisions● 5-6 play dates <p>*March-June tryouts will be in March</p>
Regional 6 Month	<ul style="list-style-type: none">● Season Length: December-June● 2 practices per week● Practices begin the week of Nov. 27th● Competes in Open/Premier Power League & Premier, Club, or Classic division in other tournaments● 10-11 play dates
National 6 Month	<ul style="list-style-type: none">● Season Length: December-June● 2-3 practices a week (3 hours each)● Skills Training on Tuesdays (1.5 hours)● Practice begins the week of Nov. 27th● Teams compete in Open or Premier divisions● 12-13 play dates



Commitment Level Expectations

<p>Local 3 Month</p>	<ul style="list-style-type: none">● Attend all practices and play dates unless have a school related conflict or illness● Communicate with coach at least 1 week before anything missed unless unexpected● On time to all practices and play dates
<p>Regional 6 Month</p>	<ul style="list-style-type: none">● Attend all practices and play dates unless have a school related conflict or illness● Not involved with more than one other extracurricular at a single time during the club season. Can play a winter and spring sport.● On time to all practices and play dates● Communicate with coach at least 2 weeks before anything missed unless unexpected● Attend skills sessions when/if offered
<p>National 6 Month</p>	<ul style="list-style-type: none">● Attend all practices and play dates and if have to miss make up the time by attending lessons or skills that is not mandatory for national teams● Only participating in up to one other extracurricular activity during club season. If playing another sport it needs to be only a winter OR spring sport NOT both.● Communicate with coach at least 2 weeks before non-unexpected miss● On time to all practices & play dates● Attend skills sessions when/if offered



What is Included in Your Club Fees?

Local 3 Month

Training	Practice twice a week
Competition Level	Play in the Club division of power league Play in 4-6 tournaments each season
Coaching Staff	Practices are run by a lead coach who has extensive experience working with FaR Out athletes. Teams will have a head coach with coaching experience.
Uniform Package	3 practice shirts, 2 jerseys, 1 pair of spandex, 1 pair of knee pads, 1 pair of socks, pullover, backpack
Website	Team & Individual Photos

Regional 6 Month

Extensive Training	Practice twice a week with the possibility of skills sessions
Competition Level	Play in the Open/Premier division of Power League Play in 10-11 tournaments at team appropriate level
Coaching Staff	Practices are run by a lead coach who has extensive experience working with FaR Out athletes. All teams will have a head coach. There is also the potential to have an assistant coach at the Regional level.
Coach's Travel	Included in your player's fees
Uniform Package	3 practice shirts, 2 jerseys, 2 pairs of spandex, 1 pair of knee pads, 3 pair of socks, pullover, backpack
Website	Team & Individual Photos
Recruiting	Assistance in the recruiting process from Cameron and/or Joe as well as access to other recruiting resources

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National 6 Month

Extensive Training	Team practices two-three times a week, in addition to individual skills training before practices with some weeks having a separate day for skills
Competition Level	Play in the Open division of Power League Play 12-13 tournaments
Coaching Staff	Practices are run by our experienced national coaching staff with decades of coaching experience
Coach's Travel	Included in player's fees
Uniform Package	3 practice shirts, 3 jerseys + a 4th pink jersey for nationals, 3 pairs of spandex, 2 pairs of knee pads, 6 pair of socks, Adidas pullover, backpack, long sleeve warm up shirt w/name, athletes new to national program will have to purchase a jacket as well
Website	Team & Individual Photos
Recruiting	Assistance in the recruiting process from Cameron and/or Joe as well as access to other recruiting resources

Fundraising Opportunities

SCRIP	SCRIP is a great way to earn money toward your club fees through the purchase of gift cards. More information is available at faroutvolleyball.com . Roxane Steenhuysen is the contact person for the SCRIP program.
Cookie Sales	Participants will have the opportunity to sell cookie dough. \$10 from each box sold will be applied to your club fees. Information will be distributed at tryouts.
Extreme Financial Need	If you have a greater financial need above the fundraising opportunities we have available, please contact your area director for a financial assistance form.



2023-2024 Team Schedules

**These details are TENTATIVE and SUBJECT TO CHANGE*

Local 3 Month Teams Practice Schedule Cost Tournament Schedule*
 *All club kickoff will be December 9th more details to come

U12	Tuesday & Thursday	\$625	Jan 6th- LMPL #1 Jan 20th - LMPL #2 Feb. 3rd - LMPL #3 Feb. 17th & 18th- President's Day- Detroit Feb. 24th - LMPL #4 March 2nd & 3rd- Winter Bash- Grand Rapids
U13	Monday & Friday or Monday & Wednesday	\$1100	Jan 6th- LMPL #1 Jan 20th - LMPL #2 Feb. 3rd - LMPL #3 Feb. 17th & 18th- President's Day- Detroit Feb. 24th - LMPL #4 March 2nd & 3rd- Winter Bash- Grand Rapids
U14	Monday & Friday, Wednesday & Friday, or Tuesday & Thursday	\$1250	Jan 6th- LMPL #1 Jan 20th - LMPL #2 Feb. 3rd - LMPL #3 Feb. 17th & 18th- President's Day- Detroit Feb. 24th - LMPL #4 March 2nd & 3rd- Winter Bash- Grand Rapids
U15	Monday & Friday	\$1250	Jan 7th- LMPL #1 Jan 27th - LMPL #2 Feb. 10th - LMPL #3 Feb. 17th & 18th- President's Day- Detroit Feb. 25th - LMPL #4 March 2nd & 3rd- Winter Bash- Grand Rapids
U16* & U17*	Monday & Friday	\$1250	Jan 7th- LMPL #1 Jan 27th - LMPL #2 Feb. 10th - LMPL #3 Feb. 17th & 18th- President's Day- Detroit Feb. 25th - LMPL #4 March 2nd & 3rd- Winter Bash- Grand Rapids

* These teams are dependent on athlete's level at tryouts as well as availability of space to have older local teams

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Regional 6 Month Teams

Practice Schedule

Cost

Tournament Schedule*

*All club kickoff will be December 9 and/or 10 more details to come

U12	Wednesday & Thursday Skills on Tuesdays	\$1500	Jan 6th- LMPL #1 Jan 20th- LMPL #2 Feb 3rd- LMPL #3 Feb 17th & 18th- President's Day- Detroit Feb 24th- LMPL #4 March 9th & 10th- Bluegrass- Louisville March 23rd & 24th-Buckeye GP- Hamilton OH April 27th & 28th- Volleyfest- GR May 11th & 12th- Amishland- Shipshewana IN June 1st & 2nd- State Tournament-GR **Potentially Attend Nationals in mid-late June for additional cost**
U13 & U14	Tuesday & Thursday or Friday	\$2050	Jan 13th & 14th- Winter Classic-Milwaukee Jan 20th & 21st- Lake Michigan Open PL Feb 10th & 11th- Lake Michigan Open PL Feb 17th & 18th- President's Day- Detroit March 2nd & 3rd- Lake Michigan Open PL March 9th & 10th- Bluegrass- Louisville March 23rd & 24th-Buckeye GP- Hamilton OH April 27th & 28th- Volleyfest- GR May 11th & 12th- Amishland- Shipshewana IN June 1st & 2nd- State Tournament-GR **Potentially Attend Nationals in mid-late June for additional cost**
U15	Tuesday & Wednesday or Thursday	\$2250	Jan 13th & 14th- Winter Classic-Milwaukee Jan 20th & 21st- Lake Michigan Open PL Feb 10th & 11th- Lake Michigan Open PL Feb 17th & 18th- President's Day- Detroit March 2nd & 3rd- Lake Michigan Open PL March 9th & 10th- Bluegrass- Louisville March 23rd & 24th-Buckeye GP- Hamilton OH April 27th & 28th- Volleyfest- GR May 11th & 12th- Amishland- Shipshewana IN June 1st & 2nd- State Tournament-GR **Potentially Attend Nationals in mid-late June for additional cost**

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U16

<p>Tuesday & Wednesday or Thursday</p>	<p>\$2250</p>	<p>Jan 13th & 14th- Rock 'n Rumble- Cleveland Jan 20th & 21st- Lake Michigan Open PL Feb 10th & 11th- Lake Michigan Open PL Feb 17th & 18th- President's Day- Detroit March 2nd & 3rd- Lake Michigan Open PL March 9th & 10th- Bluegrass- Louisville March 23rd & 24th-Buckeye GP- Hamilton OH April 27th & 28th- Volleyfest- GR May 18th & 19th- Amishland- Shipshewana IN June 1st & 2nd- State Tournament-GR **Potentially Attend Nationals in mid-late June for additional cost*</p>
<p>U17 & U18 Tuesday & Wednesday or Thursday</p>	<p>\$2250</p>	<p>Jan 13th & 14th- Rock 'n Rumble- Cleveland Jan 20th & 21st- Lake Michigan Open PL Feb 10th & 11th- Lake Michigan Open PL Feb 17th & 18th- President's Day- Detroit March 2nd & 3rd- Lake Michigan Open PL March 9th & 10th- Bluegrass- Louisville March 23rd & 24th-Buckeye GP- Hamilton OH April 27th & 28th- Volleyfest- GR May 18th & 19th- Amishland- Shipshewana IN June 1st & 2nd- State Tournament-GR **Potentially Attend Nationals in mid-late June for additional cost*</p>

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National 6 Month Teams

Practice Schedule

Cost

Tournament Schedule*

*All club kickoff will be December 9 and/or 10 more details to come

U12	Wednesday & Thursday Skills on Tuesdays	\$1800	Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 6th- LMPL #1 Jan 20th- LMPL #2 Feb 3rd- LMPL #3 Feb 17th & 18th- President's Day- Detroit Feb 24th- LMPL #4 March 9th & 10th- Bluegrass- Louisville March 23rd & 24th- MEPL- Louisville KY April 12th, 13th, & 14th-JVA World Challenge- Louisville April 27th & 28th- Volleyfest- Grand Rapids May 18th & 19th- PATHS- Muncie IN June 1st & 2nd- State Tournament- Grand Rapids **Potentially Attend Nationals in mid-late June for additional cost*
U13 & U14	Wednesday & Thursday Skills on Tuesdays	\$3000	Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 13th, 14th, & 15th- MLK Invite- Houston TX Jan 27th & 28th- MEPL- Indianapolis IN Feb 17th & 18th- President's Day- Detroit Feb 24th & 25th- MEPL- Louisville KY March 9th & 10th- Bluegrass- Louisville KY March 23rd & 24th- Muncie IN April 12th, 13th & 14th- JVA World Challenge- Louisville KY April 27th & 28th- Volleyfest-Grand Rapids May 18th & 19th- PATHS- Muncie IN June 1st & 2nd- JVA Summerfest- Columbus OH Mid-Late June- AAU Nationals- Orlando FL
U15 & U16	Wednesday & Thursday Skills on Tuesdays	\$3550	Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 6th & 7th- MEPL- Muncie IN Jan 13th, 14th, & 15th- MLK Invite- Houston TX Jan 27th & 28th- MEPL- Louisville KY Feb 17th, 18th, & 19th- Triple Crown NIT- Kansas City or President's Day- Detroit (Detroit is only 17th & 18th) Feb 24th & 25th- MEPL- Indianapolis IN March 8th, 9th & 10th- Bluegrass- Louisville KY (Gold team is only 9th & 10th) April 12th, 13th & 14th- JVA World Challenge- Louisville KY April 27th & 28th- Volleyfest-Grand Rapids May 18th & 19th- PATHS- Muncie IN June 1st & 2nd- JVA Summerfest- Columbus OH Mid-Late June- AAU Nationals- Orlando FL

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U17	Wednesday & Thursday Skills on Tuesdays	\$3550	<p>Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 6th & 7th- MEPL- Louisville KY Jan 13th, 14th, & 15th- MLK Invite- Houston TX Jan 27th & 28th- MEPL- Muncie IN Feb 17th, 18th, & 19th- Triple Crown NIT- Kansas City or President's Day- Detroit (Detroit is only 17th & 18th) Feb 24th & 25th- MEPL- Indianapolis IN March 8th, 9th & 10th- Bluegrass- Louisville KY April 12th, 13th & 14th- JVA World Challenge- Louisville KY April 27th & 28th- Volleyfest- Grand Rapids May 18th & 19th- PATHS- Muncie IN June 1st & 2nd- JVA Summerfest- Columbus OH Mid-Late June- AAU Nationals- Orlando FL</p>
18 Gold	Wednesday & Thursday Skills on Tuesdays	\$3550	<p>Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 6th & 7th- MEPL- Louisville KY Jan 13th, 14th, & 15th- MLK Invite- Houston TX Jan 27th & 28th- MEPL- Muncie IN Feb 17th & 18th- President's Day- Detroit Feb 24th & 25th- MEPL- Indianapolis IN March 9th & 10th- Bluegrass- Louisville KY April 11th, 12th & 13th- JVA World Challenge- Louisville KY April 27th & 28th- Volleyfest-Grand Rapids May 4th & 5th- Vegas Nationals- TBD May 18th & 19th- PATHS- Muncie IN Mid-Late June- AAU Nationals- Orlando FL</p>
18 Black	Wednesday & Thursday Skills on Tuesdays	\$3550	<p>Dec 2nd & 3rd- Friendship Weekend- Muncie IN Jan 6th & 7th- MEPL- Louisville KY Jan 13th, 14th, & 15th- MLK Invite- Houston TX Jan 27th & 28th- MEPL- Muncie IN Feb 17th, 18th, & 19th- Triple Crown NIT- Kansas City Feb 24th & 25th- MEPL- Indianapolis IN March 8th, 9th & 10th- Bluegrass- Louisville KY April 11th, 12th & 13th- JVA World Challenge- Louisville KY April 27th & 28th- Volleyfest-Grand Rapids MI May 4th & 5th- Vegas Nationals- TBD May 18th & 19th- PATHS- Muncie IN Mid-Late June- AAU Nationals- Orlando FL- TBD</p>



FaR Out Tryout Info

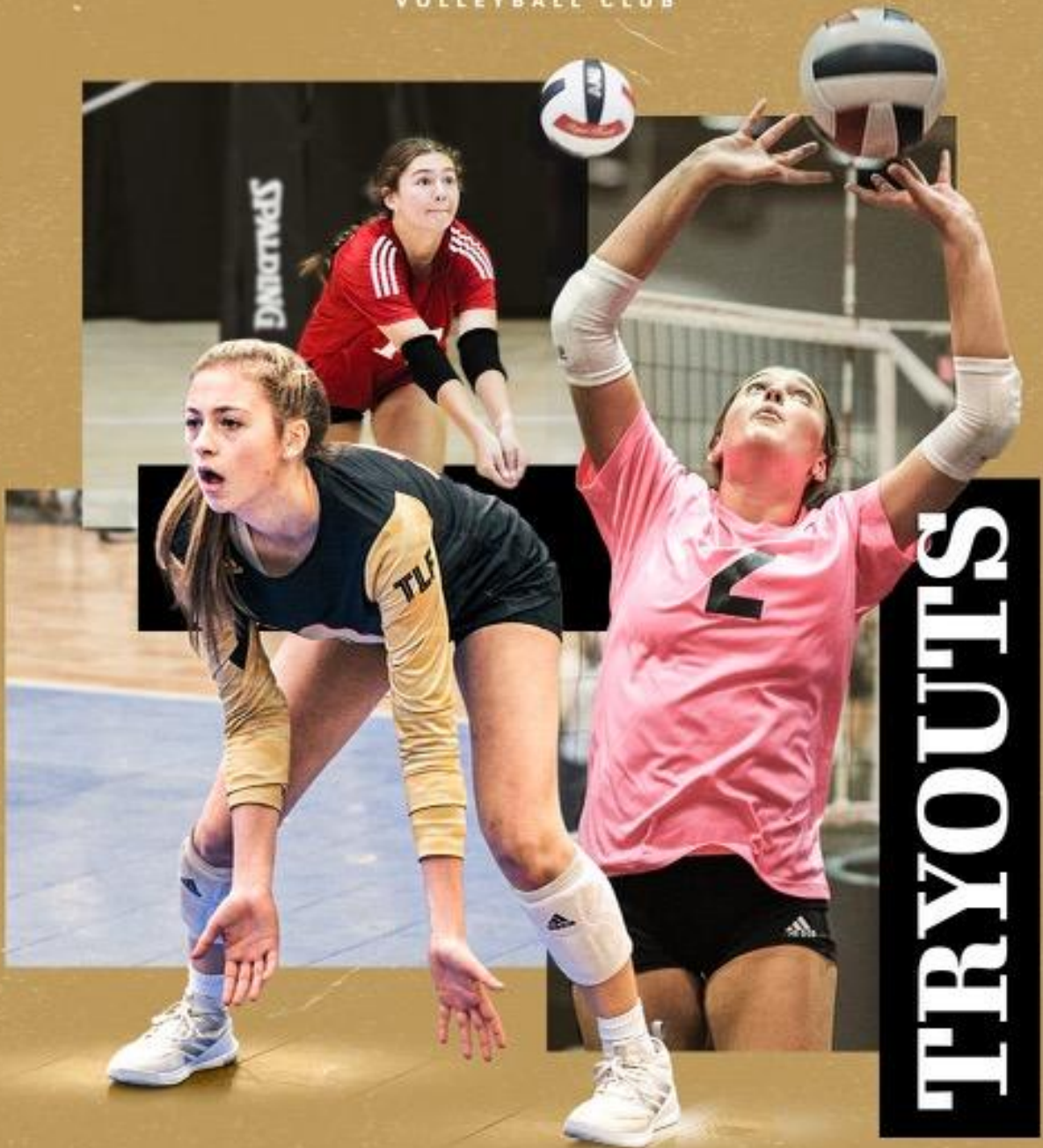
- *Please show up 30 minutes before your tryout to sign in, and get sized for uniforms
- *Please complete online registration at least 24 hours before the first tryout date.
- *Please tryout in the correct age division

Tryout Stages

Pre-Registration	All athletes need to pre-register on our website (www.faroutvolleyball.com) so we can prepare for the tryouts by finding adequate staffing and materials. An online payment of a <u>non-refundable</u> \$65 tryout fee will be required at time of registration.
On Site Registration	Athletes who did not pre-register will be asked to do so on our website the day of the tryout. This could delay your check in time so please arrive early. All participants will need to check in, verify uniform sizing, and receive their tryout t-shirt and number.
Evaluation	Tryouts will consist of skill testing and game play situations. We have several coaches facilitating the tryout and even more coaches evaluating each player. Players are assigned a tryout number so everyone is on an equal level. We assume every player going through tryouts wants to participate with FaR Out. We ask that parents stay out of the gyms so athletes can fully concentrate on their tryout.
Parent Meeting	There will be a quick parent meeting at the start of the tryout time. If you have any questions before tryouts, you can send them to faroutvbc@gmail.com and Cameron will get back to you!
Team Forming	Teams are created based on ability level. For 3-month teams, players are typically placed in their grade level first then separated by ability level. We will do everything in our power to place every player who tries out for FaR Out or Capital, but we do not guarantee team placement. Tryout fees are non-refundable even if your athlete is not placed or you decline your placement.
Communication	After tryouts, participants will receive a handout with details on team placements. Team placements are generally posted online within 2 days unless notified otherwise. Team placements will be posted at www.faroutvolleyball.com . Please follow the instructions for accepting placement and setting up a payment plan. It is imperative you accept ASAP as others are waiting or teams being formed at the next level need this information so we can put other teams together.

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AGES 16-18

9.17

AGE 14

10.8

AGES 12 & 13

10.15

AGES 15

10.22