



PANATHINAIKOS

VOLLEYBALL USA

2019-2020 Information Packet

WHY CHOOSE... PANATHINAIKOS



CLUB TRAINING that is consistent, organized, and yields results. The PAD curriculum will teach athletes how to execute fundamental skills based on set principles and keys. These principles and keys will be reinforced by all coaches, and all athletes will understand the how's and the why's of executing a skill.

How is it Different? PAD Club Training is fairly unique to PAD STL because most clubs do not offer season long position/skills training. The PAD Curriculum is derived from the PAD professional youth academy in Athens, Greece and includes drills that will combine the practice of fundamental skills with speed/agility and conditioning. PAD Club training helps improve athletes physically and psychologically. Athletes that are knowledgeable will be more confident and comfortable.

Why is it Better? The principles and keys that will be taught to athletes are proven to improve athlete's fundamental skills and execution. (I.E. we believe that simple is better than complex, so we will teach athletes key phrases like Straight & Simple when executing forearm passing (bumping)). This will improve each individual player's fundamentals.

TEAM TRAINING that is focused on the tactical understanding of the game of volleyball. Our team training sessions will make athletes perform skills in a game like environment for better understand and long-term retention.

How is it Different? By having a specific night for athletes to work on their fundamental skills and conditioning, our coaches can spend their team training sessions maximizing game like training. We will make sure the athletes understand and know the tactics of the game of volleyball to help them succeed and enjoy the sport. The PAD Curriculum follows a particular training format designed to maximize these results.

Why is it Better? Volleyball is a rebound sport that requires a great deal of game like training. Skills of the game of volleyball need to be groomed and practiced in a game like environment to achieve maximum retention and growth. As great as it looks to have kids hit a ball from a coaches toss, the moment that ball is set in a game mode; the athlete does not and cannot get the same result. John Kessel from USAV says that "there is no better coach than the game itself." Drills cannot and do not recreate the chaos and randomness of the game. Please read: (<https://www.teamusa.org/USA-Volleyball/SportKit/Core-articles-for-all-ages/The-game-teaches-the-game>)

TOTAL TRAINING - 6 hours of structured training per week that is a combination of blocked drills for skills acquisition and game like training for game development and growth. Athletes will have the opportunity to work on their fundamental skills and be able to apply it right away into game like team training sessions. The PAD training curriculum is designed to cover all facets of developing the complete volleyball player.

How is it Different? Almost all clubs will be able to offer 3 to 4 hours of training per week for athletes. Most times after you do conditioning, team conversations, or other team activities the athletes will only get 2.5 to 3 hours of training per week. The PAD curriculum offers more hours to give the coaches an opportunity and the ability to do everything they need while not sacrificing training and game play for the athletes. With club training to accompany team training, we provide the coaches the needed position/skills training so they can focus on their team play.

Why is it better? The PAD curriculum will provide structure for all athletes. Learning is best done in a structured environment with clear cut goals and objectives. Skills acquisition and retentions takes a long time and a lot of hard work. More time we can have the athletes training and practicing will increase their technical, tactical, physical and psychological abilities.

COACHES - who have years of great coaching experience at various levels, and most of who also have advanced coaching education credits on their resume. While PAD regularly runs Coaching Education classes for all of our coaches, we also help create opportunities for our coaches to travel out of state to attend elite level coaching seminars. Our National Director hand picks each coach and works with all of them to make sure they have the education, resources, and experience needed to be successful with their team. PAD Coaches will make the difference in the experience of each athlete.

How is it Different? PAD will offer Coaching Education and a variety of resources, including the PAD Curriculum to all of our coaches. This will result in more effective and efficiently run training sessions. The PAD National Director will plan and organize coaching education classes and mentor all head and assistant coaches. PAD Coaches and teams will also have access to video review and analyses to help improve their game play and individual skills of their athletes.

Why is it better? This coaching support, PAD Curriculum, and our coaches experience and background will yield to great training and player development. This will be seen on the court as well as in helping the athletes achieve their individual goals for the sport at whatever level they have for themselves.

FAMILY Athletes and their families become PAD members and will be treated as a family. We are willing and open to work with all families to make sure the financial side of the sport works for their current situation. We offer set payment plans and a Work-2-Play program, with the flexibility to further make adjustments to these options to customize them to what a specific family needs in order to make the finances work for their budget. We NEVER want a family who believes in what we offer to not play for PAD because of money. We are committed to always find a solution to make the finances work for all sides.

How is it Different? Our payment plans and Work 2 Play options are a byproduct of how PAD runs their business operations. We work as a family to improve all PAD members. It provides us a great deal of joy to be able to find ways to work with families as they participate in PAD sports. We have separated out expenses that are needed to run the club (club fees) and those that are specific to each teams dynamic (team fees such as tournaments, coach fees, etc that are shared equally across all members on the team). This allows the club the flexibility to adjust a players club fees if needed, without creating more cost to the rest of the players on the team.

Why is it Better? We do not treat athletes and their families as spokes on a wheel. Every athlete that becomes a PAD member will be challenged on their journey of improvement and growth. We believe that in order to help athletes grow as people, we have to nurture and foster that growth by working hand in hand with our members.

2019-2020 Panathinaikos Volleyball USA Training Platform

TRAINING PLATFORM

Training Day #1 (December–April)	Training Day #2 U11-U14: (November–April) U15-U18: (December–April)	Training Day #3 U11-U14: (November–April) U15-U18: (December–April)
Club Training Skills, Speed, Agility, Strength, Pro-Lab Testing	Team Training	Team Training
120–Minute Session	120–Minute Session	120–Minute Session
Training session conducted by club trainers, assisted by team coaches.	Training session conducted by team coach, following PAD training platform.	Training session conducted by team coach, following PAD training platform.

Included Camps

Pre-Season Club Camp—Conducted by PAD Club Trainers

- (U11-U14)—10/29, 10/30, 11/4 through 11/7
- (U15-U18)—11/25 through 11/27

Pre-Season Team Camp—Conducted by PAD Team Coach

- (U11-U14)— 11/11 through 11/14
- (U15-U18)—NO TEAM CAMP

Performance Lab Testing

(2) Test Dates: Winter Testing 12/2/19 & Spring Testing 4/27/20. PAD PLT is designed to benefit both the players and coaches, using a series of tests to determine what a player needs to focus on to continue their developmental path.

Coaching Education

PAD will hold coaching education classes for all club coaches during the season. These sessions are run by Sasa Vasiljevic, PAD Volleyball National Director.

If you have any questions, please contact:

Sasa Vasiljevic—National Director of Volleyball
E-Mail: svasiljevic@paousa.com

Kathy Powers—Vice President & COO
E-Mail: kpowers@paousa.com

Training Breakdown

Team Training

U11-U14: (22) Weeks

U15-U18: (21) Weeks

*RDA Teams going to Nationals, will train until tournament date June.

Club Training:

U11-U18: (21) Weeks

Yearly Training Hours

U11: 106 Hours

U12–U14: 150 Hours

U15–U18: 132 Hours

Note: Total training hours include all camps. Hours do not include training for Nationals.

Individual Player Evaluations

PAD coaches will conduct player evaluations at the end of the season for each player on the team. These evaluations are part of our developmental process to focus on key areas of where a player needs to focus on their improvement.

Game Video & Review

PAD will video tape at least (5) games per team that will then be reviewed by our National Director, who will give feedback to coaching staff. Teams can then review game video together with their coaching staff. Teams are able to book the Olympia Conference Room to review all video.





PANATHINAIKOS

JUNIORS

OUR MISSION

Panathinaikos Juniors has been developed for volleyball players ages 7-10 to introduce those players to the competitive game of volleyball, following the Panathinaikos model. Panathinaikos Juniors is a program that takes all athletes regardless of ability and previous playing experience.

Panathas Academy is our introductory program for athletes (boys & girls) born after September of 2011.

PAO U10 Development Academy is a program for athletes (boys & girls) born between September of 2009 and August of 2011.

Panathinaikos Juniors will focus on introducing and developing fundamental skills and basic game play to prepare the athletes for competitive select volleyball.

TRAINING CURRICULUM

At PAO, we strive to teach the game in (4) important components:

TECHNICAL, TACTICAL, PHYSICAL & PSYCHOLOGICAL.

With our Junior's program we will teach all of these components throughout each phase and build on each of them in a weekly dedicated club training environment with just players from these age groups. PAO Trainers will ensure that all athletes learn and develop proper principles and keys of all fundamental skills and game execution.

PROGRAM DIRECTOR: SASA VASILJEVIC
PANATHINAIKOS VOLLEYBALL - NATIONAL DIRECTOR
EMAIL: svasiljevic@paousa.com

To register for any of our programs, please visit us online at: www.paousa.com. After you register for the program, you will receive additional information via e-mail provided. Thank You!
-Panathinaikos Athletic Club

PANATHAS ACADEMY (AGES 7-8)

Boys & Girls Athletes born after September of 2011

TRAINING DATES: 12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29

TRAINING TIMES: 5:30PM to 6:30PM

PROGRAM COST: \$0.00 - Complimentary (Includes: Shirt & Training Only)

U10 DEVELOPMENT ACADEMY (AGES 9-10)

Boys & Girls Athletes born between September of 2009 and August of 2011

TRAINING DATES: 12/4, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19,
2/26, 3/4, 3/11, 3/18

TRAINING TIMES: 6:30PM to 8:00PM

PROGRAM COST: \$149.00 / Player (Includes: Shirt, Registration, Tournament)

Players are assessed at first training session & then grouped into teams with like-skill level of players

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Olympia Athletics
Sports | Entertainment | Events
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St. Charles, MO 63301



www.paousa.com

CLUB FEE SUMMARY



Volleyball: Girls & Boys: U11 Age Group	CLUB FEE AMOUNT
What's Included: (1) Pre-Season Club Camp (1) Pre-Season Team Camp (21) Club Training Sessions (22) Team Training Sessions	\$449.00 Total Training Hours: 106
Volleyball: Girls: U12 Age Group	CLUB FEE AMOUNT
What's Included: (1) Pre-Season Club Camp (1) Pre-Season Team Camp (21) Club Training Sessions (44) Team Training Sessions	\$800.00 Total Training Hours: 150
Volleyball: Girls, U13—U14 Age Group	CLUB FEE AMOUNT
What's Included: (1) Pre-Season Club Camp (1) Pre-Season Team Camp (21) Club Training Sessions (44) Team Training Sessions	\$1,500.00 Total Training Hours: 150
Volleyball: Girls, U15—U18 Age Group	CLUB FEE AMOUNT
What's Included: (1) Pre-Season Club Camp (1) Pre-Season Team Camp (21) Club Training Sessions (42) Team Training Sessions	\$1,500.00 Total Training Hours: 132

REQUIRED ADDITIONAL: Items not included in the 2019–2020 club fee include:

- \$100.00 Annual Membership Fee into the Panathinaikos International Youth Academy Network
- Staff Head Coach/Asst. Coach Fee
 - Tier 1—Head Coach: \$2,000.00 / Tier 1—Asst. Coach: \$1,250.00 per season/per team
 - Tier 2—Head Coach: \$1,750.00 / Tier 2—Asst. Coach: \$1,000.00 per season/per team
 - Tier 3—Head Coach: \$1,500.00 / Tier 3—Asst. Coach: \$1,000.00 per season/per team

Note: This is an additional fee per team, per season that is paid directly to the head coach/asst. coach. All rates have been approved by PAO. There is an additional fee for teams who travel out of town, this fee covers the travel expenses for the head coach only and is equally shared by all players. Expenses include: round trip mileage, meals and hotel.

- League Fees & Tournament Fees, paid equally by team families to register for events.
- Player & Coach Registrations
 - USAV— \$50 to \$70 per member
 - AAU— \$14 to \$16 per member

- Uniforms, Training Gear
- Club Fundraising, Spring Trivia Night (Sell 1 Table—8 Tickets) - \$200.00 <<< **TRIVIA DATE: 4/17/2020**

START GETTING YOUR TABLE TOGETHER TODAY!!!

PAYMENT OPTIONS



PAYMENT OPTIONS Volleyball: Girls & Boys, U11		CLUB FEE AMOUNT—\$449.00
Commitment Fee— <i>Due at time of registration (not part of the club fee)</i>		\$100.00
(1) Payment Option		\$449.00
(2) Payment Option		\$229.50 x (2) = \$459.00
(4) Payment Option		\$117.25 x (4) = \$469.00

PAYMENT OPTIONS Volleyball: Girls, U12		CLUB FEE AMOUNT—\$800.00
Commitment Fee— <i>Due at time of registration (applied towards the club fee)</i>		\$500.00
Panathinaikos Membership Fee— <i>Due at time of registration (not part of the club fee)</i>		\$100.00
(1) Payment Option		\$300.00
(2) Payment Option		\$155.00 x (2) = \$310.00
(4) Payment Option		\$80.00 x (4) = \$320.00

PAYMENT OPTIONS Volleyball: Girls, U13—U18		CLUB FEE AMOUNT—\$1,500.00
Commitment Fee— <i>Due at time of registration (applied towards the club fee)</i>		\$500.00
Panathinaikos Membership Fee— <i>Due at time of registration (not part of the club fee)</i>		\$100.00
(1) Payment Option		\$1,000.00
(2) Payment Option		\$505.00 x (2) = \$1,010.00
(4) Payment Option		\$255.00 x (4) = \$1,020.00

PAYMENT SCHEDULE	PAYMENT DATES—U11-U14	PAYMENT DATES—U15-U18
Commitment Fee / Panathinaikos Membership Fee	10/28/2019	11/25/2019
(1) Payment Option	12/1/19	1/1/20
(2) Payment Option	12/1/19, 1/1/20	1/1/20, 2/1/20
(4) Payment Option	12/1/19, 1/1/20, 2/1/20, 3/1/20	1/1/20, 2/1/20, 3/1/20, 4/1/20

Additional Information

PAO Membership Fee: The PAO Membership Fee is an annual membership fee paid each year when you play for a PAO team. This is a pass through cost that is set by PAO A.O. in Athens, Greece and paid directly to the professional club. This fee is required for all PAO youth academy players *worldwide* as a member of their professional organization. Your PAO membership benefits for the 2019-2020 season will include: Training that mirrors the European professional team training curriculum, Discounted rentals at OLYMPIA.

Payment Options: PAO will offer different payment options for your club fee for U11—U18. If you choose anything above a (1) payment option, there is a \$5.00 per payment processing fee added to your overall amount. During your online paperwork registration you will be given the different options to choose from. All payments processed using an e-Check (checking account) there is no additional fee. All payments processed using a debit/credit card there will be an additional 5% fee added to each payment. Anyone who wishes to pay by cash and/or paper check may only do so using the (1) payment method, paid at commitment night.

Financial Assistance: PAO offers financial assistance to those families who qualify. After you complete your online paperwork registration packet, you can select whether you would like to apply for financial assistance. Once this option is selected, you will be e-mailed a separate form for the financial assistance. If you are given financial assistance, it will be part of our PAO Work-2-Play Program™, in which you will be required to volunteer at PAO events in exchange for the financial assistance given to your family. This assistance is only for club fees and does not cover any other fees.

Commitment Fee: PAO will be utilizing a commitment fee that is non-refundable and due at the time of registration. By paying this commitment fee it will guarantee your child a roster spot. The commitment fee is part of your club fee and will be deducted from your total amount of club fee.

