

U13 Tryouts

Date: November 3, 2019

Place: Mead High School
302 W Hastings Rd.
Spokane, WA 99218

Tryout Time:

Check-in: 1:15 p.m.—2:00 p.m.
Tryouts: 2:00 p.m.—4:00 p.m.
Parent Meeting: 4:15 p.m.

Please Bring:

- \$18 if not pre-registered with the Region
- \$10 if pre-registered with the Region
- A signed USAV tryout form and completed Concussion Waiver form (mandatory forms)
- Completed Sideout Tryout form

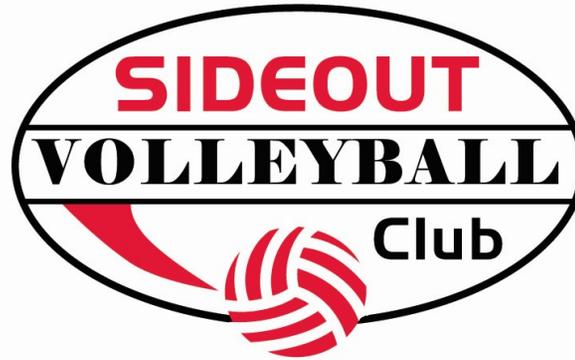
Sideout Fees

Regular Season Estimated Fees \$1,400
(Based on 10 players)

- Payment #1 - Due November 20, 2019
\$600
- Payment #2 - Due January 1, 2020
\$400
- Payment #3 - Due February 1, 2020
\$400

(Visa/MC accepted with a 3% processing fee)

Fees include team registration, insurance, uniform shirts, volleyball shorts, warm-up shirt, volleyball equipment, tournament entry fees, coaching fees through the Evergreen Region Championships tournament, coaches' travel expenses (if applicable), gym rental and miscellaneous expenses. Players pay their own actual travel expenses. Fees do not include team warm-ups or sweats which are available for an addi-



Tournaments

8 or 9 Local Tournaments, including:

Power League 1/12/20
Power League 1/26/20
Power League 2/9/20
Power League 3/8/20

Pacific NW Qualifier 3/21-3/23

Evergreen Regionals 4/18 -4/19

U13 Practices

Monday and Wednesday nights in
North Spokane

**Sideout reserves the right to make
practice and/or coaching changes, if
necessary.**

Sideout Volleyball is a 501(c)(3) Non-Profit
Organization

U13 Coach

Mike Walton

In his third year with Sideout, Mike will serve as the head coach of the U13 team for the 2020 season. Mike started playing for the Spokane Volleyball Club U-18 boys team at the age of 13 and was part of two Junior Olympic National Tournament teams. Mike attended SFCC and Gonzaga University where he acted as a student assistant with the Varsity women's teams. He has played mens' USAV volleyball including several National Open Tournaments. Mike is one of the founding members and Vice President of the local non-profit, Spike2Care and runs adult clinics to help adults learn the game.

Kady (Try) Forbes

Kady Forbes returns to Spokane after spending the last two years as an assistant coach at NCAA DII, Western Oregon and two years as an assistant at NCAA DIII, Pacific University. She also coached with the Athena Volleyball Club for the past three seasons. Forbes was a four-year starter at outside hitter for the Central Washington University Wildcats. She was a First Team All-Great Northwest Conference pick and All-American as a senior, when she led the GNAC in kills per set (4.14) and in points. Her kill average was the second highest in CWU history. She is a native of Brentwood, Calif., but spent her last 3 semesters at Mead High School in Spokane, helping lead them to a state title while also earning Washington State High School Player of the Year honors as a senior.

Philosophy and Goals

The Sideout Volleyball Club strives to provide an environment that allows young women athletes to learn, improve and develop their individual and