



U14 Tryouts

Date: November 3, 2019

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

Tryout Time:

Check-in: 4:15 p.m.—5:00 p.m.
Tryouts: 5:00 p.m.—7:00 p.m.
Parent Meeting: 5:15 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 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
Emerald Classic 5/23/20—5/25/20

U14 Black Practices

Sunday afternoons at Mead HS.
Wednesday nights at Northwood MS
(Monday and/or Friday night practices may be added on weeks that we don't practice on Sunday.)

U14 Red Practices

Monday and Wednesday nights
In north Spokane

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

U14 Black Coach **Kaya Landers**

Kaya Landers brings a diverse volleyball background to the Sideout Volleyball Club. She played her college volleyball at both Spokane Falls and Cascade College as an outside hitter. Kaya's coaching career began right after college; first at the high school level, then as an assistant coach at Spokane Falls for several seasons before moving overseas. After starting a family and moving back home, she jumped back into coaching club with a few seasons of U16's. She is currently the head volleyball coach at Jenkins High School in Chewelah. Kaya is passionate about helping young women develop strong leadership and life skills through sport. Her coaching style is high energy with a strong focus on fundamentals. She loves spending time with her husband and two kids!

U14 Red Coach **Stephanie Wideman**

Stephanie returns for her second season coaching for the Sideout Volleyball Club. She began coaching for the Spokane Splash Club after finishing her collegiate career at EWU in 1999. She coached for Splash for 7 years, coaching all age levels from U14 to U18. She also coached junior varsity at North Central High School for a year and in 2014 coached U18 for the Dayton Juniors in Ohio. She has coached AAU basketball the past four years. Stephanie is passionate about the game of volleyball and is focused on fundamentals, growth on and off the court and having fun. She and her husband have two very active multi-sport athletes.

Philosophy and Goals

The Sideout Volleyball Club strives to provide an environment that allows young women athletes to learn,