



# VOLLEYBALL

# GO







# CCJ OPEN GYM STRUCTURE

Open gyms will be July 14th-17th and will have two sessions. 12s-13s will be 5:00 PM-7:00 PM and 14s-18s will be 7 PM-9 PM. Open gyms are a great opportunity for your player to come in and get to meet some of our CCJ club coaches and get feedback from them. Open gyms will be a mix of drills and gameplay. We will also do one day where we will run the tryout plan for them to make them feel a bit more comfortable going into Day 1 of tryouts.





# CCJ TRYOUT STRUCTURE

This year CCJ is implementing a two day tryout. We feel this will give us more time to see players and in more gameplay situations. Day 1 will be primarily focused on each skill then move into a drill based format. Day 2 will be gameplay focused to allow coaches to get a more holistic picture of the player's abilities in a full team setting.





# SRVA MEMBERSHIP UPGRADE

All players trying out will need an SRVA membership for tryouts. They have two options: a tryout memberships and a full season membership. Either will work for tryouts but if you get a tryout membership and make a team you will have to upgrade to a full membership. You can get your SRVA membership via this link:  
<https://www.srva.org/page/show/6577558-purchasing-a-membership-instructions>.



# CCJ

## PLAYER PROFILE



CCJ's player profile on the website is important to keep updated. Please make sure your child's date of birth is correct because it is used to determine which age group they are allowed by USA Volleyball to compete in. If your child has taken the ACT/SAT please make sure to update their scores. Please also take a moment to put any volleyball awards in the awards section so it will show on our recruitable athletes page. We will be doing headshots of the girls to make sure we have good, consistent pictures for the website. We will also be doing their jump tests, reach, wingspan measurements, etc.



# CCJ PROFILE

capitalcityjuniors.com

CCJ: Admin...Capital City...Meta Busin...FacebookCurrent Me...Projects -...14s-18s Pa...Day 1 4s-1...2023 14s-1...14s-18s Pa...My Teams /...SportWren...This Is Lind...

MENU

[My profile](#)[Sign out](#)[Contact Us](#)[Home](#)[Calendar](#)

welcome! manage your profile

You are signed in as:

Primary parent:

test test  
m@m.com  
Home: 773-333-3342  
Work: 773-333-3342  
Cell: 773-333-3342

Billing address:

317 Putnam Ave  
Brooklyn NY 11211

Secondary parent:

Emergency contact info:

Test  
()  
773-333-3342

MY DEPENDENT ATHLETES:

Jenny Test

USAV age: 26

OPTIONS:

- [Update your profile](#)
- **Update your dependent players:**
  - [Jenny Test](#) USAV age: 26
  - [Add a new dependent player](#)
- **Register a player for camps, clinics, programs, or tryouts**  
Use the USAV age classification to know which tryouts and other programs are appropriate
- **None of your dependent players are currently registered for camps, programs, or tryouts**
- **Order uniform package for:**
- **Current invoices and payments** (0) [Pay total balance](#)
- [Past transactions](#) (0)
- [Recurring billing / automatic payment preferences](#)
- [Sign out](#)



# RECURRING BILLING AND AUTO PAY

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## MY DEPENDENT ATHLETES:

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Testy Patterson

USAV age: **11**

[Rotate photo](#)

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## OPTIONS:

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- [Update your profile](#)
- [Update your dependent players:](#)
  - [Testy Patterson](#) USAV age: **11**
  - [Add a new dependent player](#)
- [Register a player for camps, clinics, programs, or tryouts](#)  
*Use the USAV age classification to know which tryouts and other programs are appropriate*
- [Show existing registrations \(1\)](#)
- [Current invoices and payments \(2\)](#)
- [Past transactions \(2\)](#)
- [Recurring billing / automatic payment preferences](#)
- [Sign out](#)

• When you created your profile, you agreed to the terms of our club's [linked Waiver/Photo Release](#), which may be updated from time to time. Our linked Waiver/Photo Release was last updated on February 2, 2021.



# CCJ FEES

Initial payments for 12-18s will be due August 15th.

Team Type	August	December	January	February	March	April	Total
National Teams	\$700	\$560	\$560	\$560	\$560	\$560	\$3,500
Regional Teams	\$632	\$505.60	\$505.60	\$505.60	\$505.60	\$505.60	\$3,160





# FEE INCREASES

CCJ increased fees due to the rising costs of rent, utilities, and tournament fees. CCJ has seen a sharp incline in tournament travel costs for coaches over the last year. The rent for our building went up to \$10,000/month and we have to cover all of our own utilities/cleaning services. Last years fees were released before the new building and were based on our old building's rent which was \$5,000/month.





# CCJ FINANCIAL AID

CCJ has financial aid available for families that would like to play CCJ but may need some assistance. Financial Aid packets can be requested by emailing Smith Ann at [director@capitalcityjuniors.com](mailto:director@capitalcityjuniors.com). CCJ selects financial aid by need. We will also have a Vertical Raise fundraiser that will help you reach out to family, friends, coworkers, etc. to help raise money. Vertical Raise will be 85% to the player and 15% to Vertical Raise for running the fundraiser.





# RECRUITING INFORMATION

Dennis Roesle will be partnering with CCJ for all recruiting assistance. He handles many clubs in our area and has done so for over 20 years! He works with Freshman-Senior athletes and helps them film their skills videos, create their target lists, edit their highlight reels, and craft emails for coaches.





## **STAY TO PLAY INFORMATION**

For stay to play tournaments all families must stay in a stay to play hotel that is from THS or TTS depending on the tournament. CCJ will not require everyone to stay in the same hotel as a team, but each parent must go to THS or TTS (depending on the housing provider for the tournament to make the reservations. Both providers have a wide range of hotels that range in prices and distance to the venue. Parents must make sure that this is completed as soon as they get the approved tournament list. A link will be sent out that allows you to book the hotel and choose the team your player is on. If you do not book through THS or TTS it puts the team at risk of falling below the required room nights and being dropped from the tournament. Stay to play will be many tournaments throughout the season especially any national level event so it is imperative all of this is complete as soon as the tournament list is approved.



# CCJ Coaches



**Carly Cooper**  
**12 National**  
**Head Coach**



**Miara Williams**  
**12 Regional**  
**Head Coach**



# CCJ Coaches



**Lex McInroy**  
**13 National**  
**Head Coach**



**Alyssa Brown**  
**13 Regional**  
**Head Coach**



# CCJ Coaches



**Jada Coleman**  
**14 National**  
**Head Coach**



**Asante Culverson**  
**14 Regional**  
**Co-Head Coach**



# CCJ Coaches



**ShBrya Palmer**  
**14 Regional**  
**Co-Head Coach**



**Smith Ann Burley**  
**15 National**  
**Head Coach**



# CCJ Coaches



**Keaira Williams**  
**15 Regional**  
**Head Coach**



**Aspen Adams**  
**16 National**  
**Head Coach**



# CCJ Coaches

**KJ Ledyard has accepted a coaching position at ULM so we are working on a new 17 National Coach. We are so excited for him as he takes a bigger college coaching opportunity.**



**17 National  
Head Coach**



# PRACTICE INFORMATION

Practices for 14s-18s will be two days during the week (Monday-Thursday) and one weekend day (Friday-Sunday). Practices for the 14s-18s are typically from 7 PM-9 PM on week days and then another 2 hour time slot either Friday-Sunday. Practices 12 and 13 will be the same format but many will be from 5 PM-7 PM. Practices are closed to parents unless the team is scrimmaging. Coaches will communicate with parents when scrimmages are planned so they can come watch.





# 12 National Tournaments

2/7–2/8 Bama Brawl– Montgomery, AL

2/20–2/22 SEQ– Atlanta, GA

Dates TBA Sunshine– Orlando, FL

4/3–4/5 Big South– Atlanta, GA

Dates TBA Foley Tournament

5/2–5/3 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.





# 13 National Tournaments

1/10– SRVA Invitational– Cullman, AL

1/11 Bama Brawl– Montgomery, AL

Dates TBA Sunshine– Orlando, FL

4/3–4/5 Big South– Atlanta, GA

Dates TBA Foley Tournament

5/2–5/3 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.





# 14 National Tournaments

1/10–1/11 SRVA Invitational– Cullman, AL

2/7–2/8 Bama Brawl– Montgomery, AL

Dates TBA Sunshine Qualifier– Orlando, FL

4/3–4/5 Big South Qualifier– Atlanta, GA

Dates TBA Foley Tournament

5/2–5/3 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.





# 15 National Tournaments

1/10–1/11 SRVA Invitational– Cullman, AL

2/14–2/16 President's Day Classic– Omaha, NE

2/20–2/22 SEQ– Atlanta, GA

Dates TBA Sunshine Qualifier– Orlando, FL

4/3–4/5 Blg South or Lonestar

5/3–5/4 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.





# 16 National Tournaments

1/10–1/11 SRVA Invitational– Cullman, AL

2/14–2/16 President's Day Classic– Omaha, NE

2/20–2/22 SEQ– Atlanta, GA

Dates TBA Sunshine Qualifier– Orlando, FL

4/3–4/5 Blg South or Lonestar

5/3–5/4 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.



# 17 National Tournaments

1/10–1/11 SRVA Invitational– Cullman, AL

2/14–2/16 President's Day Classic– Omaha, NE

Dates TBA Sunshine Qualifier– Orlando, FL

4/3–4/15 Blg South

4/10–4/12 JVA World Challenge– Louisville, KY

5/3–5/4 SRVA Regionals – Atlanta, GA

\*All tournaments are TBD until we get  
accepted into the tournaments.



# Tryout Times



Age Group	Day 1 Check-In Time	Day 1 Tryout Time	Day 2 Check-In Time	Day 2 Tryout Time
11s & 12s	7/28/25 4:00 PM-4:45 PM	7/28/25 5:00 PM-7:00 PM	7/29/25 4:00 PM-4:45 PM	7/29/25 5:00 PM-7:00 PM
13s	7/28/25 6:00 PM-6:45 PM	7/28/25 7:00 PM-9:00 PM	7/29/25 6:00 PM-6:45 PM	7/29/25 7:00 PM-9:00 PM

Age Group	Day 1 Check-In Time	Day 1 Tryout Time	Day 2 Check-In Time	Day 2 Tryout Time
14s & 15s	7/30/25 4:00 PM-4:45 PM	7/30/25 5:00 PM-7:00 PM	7/31/25 4:00 PM-4:45 PM	7/31/24 5:00 PM-7:00 PM
16s-18s	7/30/25 6:00 PM-6:45 PM	7/30/24 7:00 PM-9:00 PM	7/31/25 6:00 PM-6:45 PM	7/31/24 7:00 PM-9:00 PM





# IMPORTANT DATES

- 1 Open Gyms July 14th-17th 5:00 PM-7:00 PM (11s-13s); 7 PM-9 PM (14s-18s)
- 2 Tryouts July 28th-July 31st
- 3 Initial Payments Due August 15th
- 4 First Practices Begin November 29th

# THANK YOU.

## TEAM INFO



### Email:

*Smith Ann Burley- [director@capitalcityjuniors.com](mailto:director@capitalcityjuniors.com)*

*Lex McInroy- [programs@capitalcityjuniors.com](mailto:programs@capitalcityjuniors.com)*



### Address :

*5334 Atlanta Highway Montgomery, AL 36109*

