

Welcome to the inaugural season of Rhythm Volleyball Academy (RVA)

We are excited for the 2024-2025 club season as it will offer a new opportunity for the Middle Tennessee volleyball community. Rhythm was birthed out of a committed group of sports minded, local owners who have contributed to the Rutherford County athletic landscape for many years. They understand the value system of Middle Tennessee families and celebrate the competitive spirit of our community. The club will offer a comprehensive and consistent approach to training athletes aged 5 - 18 in our new 20,000 square foot facility, located in Murfreesboro TN. Our team is committed to creating a safe, comfortable environment for all families, focused on athlete development and respect for parents' finances, time, and most importantly, their children.

What makes RVA unique? Rhythm will cultivate a positive learning environment that fosters a love of the game, solid fundamental training, organization and ongoing growth in skill development. Our model also promotes sportsmanship and healthy relationships between teammates, coaches and supporters.

*Rhythm has established the slogan: **Teach | Train | Grow***

This slogan frames what we will offer each athlete within RVA. The best coaches are teachers. Our teachers utilize the volleyball court to train volleyball skills within a developmentally friendly environment where individual growth is the focus.

Club athletes will grow as they are exposed, learn and master volleyball components from our Skill Acquisition Model whose foundation is established in grassroots programs to foster the love of the game. Rhythm has firm building blocks for a planned and defined process of individual growth from year to year.

Our families will participate in a season-long “feedback loop” starting during the evaluation/tryout phase, moving into an open practice environment, a mid-season survey and a post season survey along with player evaluations. This on-going relationship between our families and the club is essential for a progressive outlook in the developing student athletes.

Rhythm “1s” & “2s” teams, at ages 14, 15, 16, 17 and 13-1, will participate in a 7-month training and competition season. These teams will travel upwards of 5 -9 hours to compete against elite national competition. “3s” & “4s” along with our 18s’ teams will participate in a 5-month training and competition season. These teams will travel upwards of 2-4 hours from Murfreesboro to find matched competition. Our 18s teams will participate in an elite schedule focused on recruiting and competitive opportunities that will span multiple national, regional and local events.

We are excited to share our event schedules featuring tournaments governed by USA Volleyball (USAV), Southern Region Volleyball Association (SRVA), Amateur Athletic Union (AAU) and Junior Volleyball Association (JVA). Rhythm teams will compete locally, regionally and nationally to ensure finding “matched competition” and recruiting opportunities for those interested in collegiate volleyball. Our club will also be hosting USAV, AAU and JVA supported events in our 20,000 facility.

*Jeff Wismer
Executive Director, Rhythm Volleyball Academy*

Training Model: For All Ages, All Teams and ALL Players

Rhythm will employ a “**Consistent and Comprehensive**” training approach that provides all players with a structured approach to player development and skill acquisition within our academy over multiple years. Rhythm has assembled proven coaches with a wide array of experiences who are eager and willing to work together to train athletes in our community. That collaborative effort breathes life into a “Consistent and Comprehensive” training model.

What are the elements of Consistent and Comprehensive Training Model

- *Creation of an intimate training environment*
- *Establishing a friendly coach to player teaching ratio*
- *Measurable Collaboration (between athletes and coaches)*
- *Drill of the Month/Week*
- *Core Drills for All Teams*
- *Cue Sheet Coach Training Keys (for consistency in learning)*
- *Defined System and Style of Play for all teams at Rhythm*
- *Player and Team Building Activities before every practice*
- *Player Evaluations (to guide development in season and after the season)*
- *Age Group Skill Acquisition Expectations*
- *Pre, Mid and Post Season Coach Meetings with Director and Senior Coaches*
- *Professional Development and shared growth of coaching staff*

Coaching

Most impactful contributor to your daughter’s volleyball and competitive development will be your coaches. Rhythm coaches will be charged to develop a personal relationship with their athletes in a professional manner (abiding by all USAV Safe Sport expectations). Our training model will allow our coaches to mainstream their training outlooks, specialty traits and experiences in our club wide model. We understand the basic components of differentiated learning (we all learn in different ways with different timelines) and their influence on individual development along with enjoyment of our sport. It is essential for multiple coaches and trainers to continue to our club wide slogan: **Teach | Train | Grow.**

RVA employs an established **training cycle** which supports both athlete advancement and an appropriate balance between individual skill development, positional competency and team skills throughout the club season.

Rhythm coaches will focus their training efforts to meet the Skill Acquisition goals of each age group and appreciate the efforts of other age coaches as they strive in the same goal.

We are pleased to share that each Rhythm team will have 2 coaches on each team. At the 14s age division, RVA will be offering 4 teams (141, 142, 143 and 144)

Teams:

- 141
- 142
- 143
- 144

Head Coaches

Lauryn Hyman
Joy Allen
Denver “DT” Woods
TBA

Assistant Coach

Allison Stranick
Krysta Forsberg
TBA
(Training Coach)

Facility

(2139 Logistics Way - Building C, Murfreesboro TN)

Get ready for an unparalleled volleyball experience at Rhythm Volleyball Academy's new 20,000 square foot facility, opening Fall 2024! Conveniently located just a mile from the Joe B. Jackson exit off Interstate 24, our state-of-the-art complex features four regulation courts with cushioned Sportcourt surfaces, a 35-foot ceiling, and ample parking surrounded by manicured landscaping. Inside, you'll find modern amenities including spacious bathrooms, offices, meeting spaces, and a spectator viewing area, all supported by new industrial heating and cooling systems. Enjoy easy access to nearby businesses and dining options, making every visit to RVA both exciting and convenient!

Schedules: Tryouts, Practice and Events

Rhythm's inaugural club season will begin with USA Volleyball's approved tryout window as established by the Southern Region Volleyball Association ([SRVA](#)). This governing body is one of 40 regions under the supervision of USA Volleyball. As a proud member club of the SRVA, RVA will follow all rules and expectations of the SRVA as we honor the guidelines of other volleyball governing organizations including the AAU and JVA.

Tryout Details are available on our website: rhythmvolleyball.com and as follows...

141 and 142 team placement tryout **9/15 2:00 - 4:00**

Commitment Dates:

141: 9/17 142: 9/19

143 and 144 team placement tryout **9/22 7:00 - 8:30**

Commitment Dates:

143: 9/24 144: 9/26

Practices- teams will begin their practices in mid-November. October will serve a month for rest, recovery and education. RVA will host a wide range of "Complete Athlete" training during this month including recruiting seminars, Volleyball 101 session, and performance enhancement seminars (for players and families) Athletes can plan for time off during the Thanksgiving, Christmas, Easter Holidays and most spring breaks along with a flexible May schedule including an extended Memorial Day Weekend break.

141s and 142s will practice Tuesday and Thursday 7:00 - 9:00 and Sunday afternoons. These teams will travel locally, regionally and nationally to find "matched event competition." 143 will practice twice a week, Monday and Wednesdays 7:00 - 9:00. 144 will practice on Monday and Wednesdays 5:00 - 7:00. Teams will travel upwards of 4 hours for "matched competition."

Events- RVA event schedules are planned based upon:

- "Matched competition" - to ensure quality competition to foster growth
- Collegiate recruiting opportunities
- Financially thoughtful
- Balanced travel and time off
- Pending team, required amount of USAV Events for USAV national qualification
- Pending team, membership in the JVA's [Southeast Power League](#) (SEPL)

RVA has been invited to be a member club of the SEPL (joining K2, A5, Tsunami, TK and Bama Elite), hosting Stop #2 of the league. The SEPL is a great opportunity for our 5-month teams to play similar teams against some of our region's top clubs. This membership helps to ensure quality competitive experiences within these events.

Travel responsibilities are left to each family. Transportation and lodging costs are solely the responsibility of the individual family. Families need to get their athlete to and from each event and practice. Rva will attend events which are entitled “Stay to Play” where housing options are determined by the event host. Other events, RVA will work with select event hosts to block lodging options for the event. At the conclusion of an event (including referee assignment completion), athletes are free to exit the venue with their supervising adult. This will be completely reviewed with all RVA families.

Recruiting

Rhythm will provide our families with first class resources for collegiate placement. [Aaron Hastings](#) will serve as our club’s Recruiting Coordinator. The long time NCAA D1 coach and current D1 Assistant Coach will offer his expertise and experience to prospective student athletes (PSA). Athletes will participate in large and small group evaluations along with options for individual engagement of Aaron (and Rhythm coaches with collegiate experience whether play or coaching). Hastings will educate our families on the ins and outs of the recruiting process. Rhythm will be hosting its own annual showcase recruiting clinics. Moreover, we are thrilled to announce our partnership with [Vballrecruiter](#), Kara Hill. Kara and her team will be in Murfreesboro this January to present more information about navigating the recruiting journey.

Club Dues:

Rhythm fee structures vary based upon commitment level. The financial responsibility of team operations are distributed equally within the team roster of 10 or 11 players (141 option). The “all in” fees offset the following operating expenses...

- Coach Compensation – salaries for coaches, background checks, [USA Volleyball Safe Sport](#) training and professional development.
- Court Time – all team practices, competition and all other team court activities.
- Event entry - club dues pay for ALL teams’ tournament entry fees.
- Custom REN Uniform Package and practice attire.
- Administrative Related Expenses – Those fees are shared in proper proportion depending on a team’s length of season.

Club Membership Dues

Club dues are paid in installments over the course of each team’s season. Upon a team commitment, athletes will be expected to make a non-refundable deposit towards their fees by established commitment day.

141	Commitment day 9/17	11/1	12/1	2/1	Season Total
%	40%	20%	20%	20%	100%
\$	\$1590	\$795	\$795	\$795	\$3975

142	Commitment day 9/19	11/1	12/1	2/1	Season Total
%	40%	20%	20%	20%	100%
\$	\$1500	\$750	\$750	\$750	\$3750

143	Commitment day 9/24	11/1	12/1	2/1	Season Total
%	40%	20%	20%	20%	100%
\$	\$980	\$490	\$490	\$490	\$2450

144	Commitment day 9/26	11/1	12/1	2/1	Season Total
%	40%	20%	20%	20%	100%
\$	\$740	\$370	\$370	\$370	\$1850



141 Event Schedule

2024-2025

13 events (Two 1-day at RVA)

Rhythm Notes:

141 will play in 13 events, 4 local and 9 regionally located events, including the ones below. Finalized schedule will be completed this fall (after event registrations open).

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/14
Local Event (SRVA)	TBD	1/18 & 1/19
Central Zone Invitational	Indianapolis, IN <i>Indiana Convention Center</i>	1/25 & 1/26
A5's Beast of the Southeast Invite (SRVA)	Alpharetta, GA <i>A5 Sportsplex or Cobb Galleria</i>	2/1 & 2/2
Southeast Invitational (SRVA)	Atlanta, GA <i>Georgia International Convention Center</i>	2/22 & 2/23
St. Paddy's Day Festival (SRVA)	Franklin, TN <i>TOA</i>	3/1 & 3/2
USAV Qualifier: Mideast	St. Louis, Mo <i>America's Center</i>	3/14 - 3/16 (3 days)
USAV Qualifier: Big South	Atlanta, GA <i>Georgia World Congress Center</i>	3/28 - 3/30 (3 days)
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	4/12
-----Easter OFF-----		
Showdown in the Smokies (KIVA, Munciana, K2)	Knoxville/Sville/Gburg <i>Knoxville and Assorted Convention Centers</i>	4/26 & 4/27
USAV Regional Bid Qualifier	Atlanta, GA <i>Georgia World Congress Center</i>	5/3 - 5/4
-----Post Season Schedule-----		
Summer Splash	Foley, AL <i>Foley Event Center</i>	5/31 & 6/1
USAV Nationals OR	Dallas, TX	(4 days TBA)
AAU Nationals	Orlando, FL	(4 days TBA)

NCAA Contact Period Opens Jan 17th, 2025



142 Event Schedule

2024-2025

12 events (Two 1-day at RVA)

Rhythm Notes:

142 will play in 12 events, 4 local and 8 regionally located events, including the ones below. Finalized schedule will be completed this fall (after event registrations open).

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/14
AAU MLK Grand Prix	Franklin, TN <i>TOA</i>	1/18 & 1/19
K2 Elite Invitational	Sevierville, TN <i>Sevierville Convention Center</i>	1/25 & 1/26
Commander Cup (SRVA)	Atlanta, GA <i>Georgia International Convention Center</i>	2/15 & 2/16
Southern Showdown (JVA)	Hoover <i>Finley Center</i>	2/22 & 2/23
Southeast Power League #2 (JVA)	Murfreesboro, TN <i>RVA</i>	3/15 & 3/16
USAV Qualifier: Big South	Atlanta, GA <i>Georgia World Congress Center</i>	3/28 - 3/30 (3 days)
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	4/12

-----Easter OFF 4/20-----

Showdown in the Smokies (KIVA, Munciana, K2)	Knoxville <i>Knoxville and Assorted Convention Centers</i>	4/26 & 4/27
USAV Regional Bid Qualifier	Atlanta, GA <i>Georgia World Congress Center</i>	5/3 - 5/4

-----Post Season Schedule-----

Summer Splash	Foley, AL <i>Foley Event Center</i>	5/31 & 6/1
AAU Nationals	Orlando, FL	(4 days TBA)

NCAA Contact Period Opens Jan 17th, 2025



RHYTHM

VOLLEYBALL ACADEMY

Rhythm Notes:

143 will play in 9 events, 4 local and 5 regionally located events including membership in the Southeast Power League alongside K2, Tsunami, A5, TK and Bama Elite. Finalized schedule will be completed this fall (after event registrations open).

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/14
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	1/18
Southeast Power League #1 (JVA)	Atlanta, GA <i>Tsunami and TK Training Facilities</i>	1/25 & 1/26
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	2/1
Commander's Cup	Atlanta, GA <i>Georgia International Convention Center</i>	2/15 & 2/16
Southern Showdown (JVA)	Hoover, AL <i>Finley Center</i>	2/22 & 2/23
Southeast Power League #2 (JVA)	Murfreesboro, TN <i>RVA</i>	3/15 & 3/16
Southeast Power League Championships	Sevierville, TN <i>Sevierville Convention Center</i>	4/12 - 4/13
-----EasterOFF-----		
SRVA Regional Championships	Atlanta, GA <i>Georgia World Congress Center</i>	5/3 - 5/4



RHYTHM

VOLLEYBALL ACADEMY

Rhythm Notes:

144 will play in 8 events, 4 local and 4 regionally located events including membership in the Southeast Power League alongside K2, Tsunami, A5, TK and Bama Elite. Finalized schedule will be completed this fall (after event registrations open).

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/14
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	1/18
Southeast Power League #1 (JVA)	Atlanta, GA <i>Tsunami and TK Training Facilities</i>	1/25 & 1/26
RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	2/1
Commander's Cup	Atlanta, GA <i>Georgia International Convention Center</i>	2/15 & 2/16
Southern Showdown (JVA)	Hoover, AL <i>Finley Center</i>	2/22 & 2/23
Southeast Power League #2 (JVA)	Murfreesboro, TN <i>RVA</i>	3/15 & 3/16
Southeast Power League Championships	Sevierville, TN <i>Sevierville Convention Center</i>	4/12 - 4/13