

## ***What Are the Costs Associated with Participating?***

The costs are divided into 2 categories: dues and travel expenses. Dues cover the cost of our practice facility, coaches salaries, equipment, uniforms, insurance, and other club-related business expenses. Travel expenses include tournament entry fees, lodging, and transportation costs. Go to [www.capitalcityvbc.com/costs](http://www.capitalcityvbc.com/costs) to learn more about the costs associated with a specific age group.

## ***Capital City VBC Team Design***

**Training Teams:** For 3-6 graders of all levels of experience and ability. Teams will practice and play local tournaments, March through May.

**Area League Teams:** For 6-11 grade players. Teams participate primarily in one day tournaments in the Sacramento area.

**Select Teams:** For 9-12 grade athletes who want high-level training and to play in more competitive tournaments. Teams compete in high profile tournaments throughout the western United States. Requires a strong commitment on the part of players and parents.



## ***2011 Season Tryouts***

Silver State Athletic Center  
5680 Morgan Mill Road Carson City

### **Sunday, November 7**

12s and under: 10:00 am - 11:30 am  
13s & 14s: 12:00 pm - 2:30 pm

### **Sunday, November 21**

15s: 9:00 am to 11:00 am  
16s: 12:00 pm to 2:00 pm  
17s & 18s: 3:00 pm to 5:00 pm

***Silver State Athletic Facility***  
***Three Courts, Weight Room,***  
***Onsite Professional/Licensed Trainer***



## **Silver State Athletic Center**

5680 Morgan Mill Rd.  
Carson City, NV 89701

## **CONTACT INFORMATION**

(775) 883-3500

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[www.capitalcityvbc.com](http://www.capitalcityvbc.com)



## What Is Club Volleyball?

Club teams are comprised of players ages 8-18, who compete in their specific age group against similar teams from across the nation in local, regional, and national events.

Players choose to participate in club volleyball for a variety of reasons: love of the sport, competition, and team camaraderie; to improve their volleyball skills and make their high school teams; to earn a college scholarship.



**2009 18 Black**  
**First U18 team from Nevada to earn a qualifying bid to the JOVCs.**

College coaches focus their recruiting on club competition events, where from 100 to 1,000 teams are participating at one event. Further, club players are more experienced at competing at a higher level of play.

Since the Club's inception, over 50 Capital City VBC seniors have gone on to play college volleyball, with the average scholarship amount being about \$24,000 per year.

Further, being a recruited athlete opens admission doors at many prestigious colleges not available to every prospective student. Many Capital City VBC athletes have continued their careers at Ivy League schools based on a combination of their athletic and academic abilities.

## Notable Achievements

- Produced 3 High School All-Americans.
- The '02 17 Gold finished 3rd at the 2002 US Junior Olympic Volleyball Championships, the highest finish ever by a Nevada team.
- The '05 17 Black finished 8th at Volleyball Festival.
- The '07 16 Black finished 6th at Volleyball Festival, the highest finish ever by a NV team.
- The '09 18 Black finished 19th at the 2009 US Junior Olympic Volleyball Championships, the only U18 team from Nevada to ever qualify for the JOVC.

## Some Notable

### Capital City VBC Alumni

Name	High School	College
Tristin Adams	Churchill County	UNR
Emily Aguire	Galena	Iona
Kayla Baumgardner	North Tahoe	Chico St
Danielle Beebe	Spanish Springs	Vanguard
Callie Black	Churchill County	Holy Cross
Felicia Booth	Lovelock	Iowa
Christine DuPuis	Douglas	UMASS (Boston)
Danae Eckart	Carson	U. Texas - PB
Teal Ericson	North Tahoe	UNR
Ashley Evdokimo	McQueen	Dominican
Lindsay Ford	Carson	Hartford
Emily Haas	Douglas	U. San Diego
Kristin Hunt	McQueen	Indiana St.
Rachel Kaufer	South Tahoe	Webster Univ
Kendra Krupp	Carson	Methodist Univ
Nikki Keller	Carson	Radford
Blaike King	Carson	Central Conn.
Monica Knight	Douglas	Hofstra
Melanie Lashbrook	Truckee	CS Monterey
Jackie Lee	Reed	George Fox
Kayla Lommori	Yerington	Santa Clara
Alyssa Meihack	Churchill County	W New Mexico
Megan Mitchell	Douglas	Lees McRae
Kim Naut	Galena	Chicago State
Corey Phillips	Bishop Manogue	R. Wesleyan
Jordan Reeder	Whittell	Cornell
Hillary Santana	South Tahoe	Swarthmore
Amanda Sbragia	Dayton	Texas Tech
Nikki Schneider	Truckee	Kishwaukee
Mysta Townsell	Douglas	Chicago State
Jessica Woods	Whittell	Wright St.

## Head Coach

Tommy Dixon will oversee the club's skill development to ensure high level training and continuity of coaching at all levels. In addition to coaching at the high school, club, college and professional levels for almost 15 years, Tommy played volleyball at Loyola Marymount, was a member of the '94 USA Junior National VB Team, the '95 USA Olympic Festival VB Team and he played professionally in Europe for 2 seasons.

## College Recruiting Coordinator

Jim Saari is responsible for assisting players and parents in the college recruiting process, including identifying "best fit" programs and contacting college coaches on behalf of Capital City players. With 20+ years of collegiate coaching experience (Ohio State, South Florida, Utah, and UNR), Jim brings a wealth of knowledge to the recruiting process.

## Director of Youth Development

Danny McLaughlin coached Whittell High School to six Nevada 2A State Championships. He will oversee the development of all the youth teams with a focus towards providing the players with a solid understanding of the fundamental elements of volleyball.

## Setting Coach

Kira Laden was a standout setter at Montana State University. With 10+ years coaching volleyball Kira has already helped develop some of the all-time top setters in Northern Nevada.

## 2010 Select Team Staff

18s Doug Ramirez, Suzi Townsell  
 17s Justin Malley  
 16s Jim Saari, Dana Aiono  
 15s Tommy Dixon, Jenny & Nancy Burrows