



2024-2025 NVA PROGRAM GUIDE



15U-18U National Tryout Information

Friday, July 26th

-15 National: 5:00PM-6:30PM

-16 National: 6:30PM-8:00PM

-17 and 18 National: 8:00PM-9:30PM

Saturday, July 27th

-15 National: 9:00AM-10:30AM

-16 National: 11:00AM-12:30PM

-17 and 18 National: 1:00PM-2:30PM

Summer Open Gyms: Thursdays 7/11, 7/18, and 7/25 from 6:30PM-8:30PM

Open Gyms

Sunday October 6th: 1-3PM

Sunday October 13th: 1-3PM

12U-14U Tryout Information

Friday 10/18:

➤ All 12U: 5:00PM-6:30PM

➤ All 13U: 6:30PM-8:00PM

➤ All 14U: 8:00PM-9:30PM

Saturday 10/19:

➤ 13U National: 9:00AM-11:00 AM

➤ 14U National: 11:30AM-1:30PM

➤ All 12U: 2:00PM-3:30PM

Sunday 10/20:

➤ 13U Regional/Local: 9:00AM-10:30AM

➤ 14U Regional/Local: 11:00AM-12:30PM

15U-18U Regional Tryout Information

Tuesday: 10/22

➤ 15U: 5:00-6:30PM

➤ 16U: 6:30-8:00PM

➤ 17U: 8:00-9:30PM



Who We Are and What We Do:

The Spooky Nook Volleyball Academy is designed for all volleyball athletes to enhance their performance and skills, compete at all levels, showcase their abilities to college coaches, and train all year round to achieve volleyball excellence. We offer National, Regional and Local programs from 11U to 18U. Each team will field an average of 10 athletes and players are selected through the tryout process in July and October.

Our program was created to provide a high-level opportunity for volleyball athletes to grow within the sport. We have three main goals for this program. First, we want to provide a high-quality volleyball environment and instruction to every athlete. This will be accomplished through practice, positional breakout sessions, competition nights, and sports performance training. Secondly, we want to grow the athlete as a person. This will be accomplished through our Player Development Program, which includes Mental Training, and Player Mentoring- from coach to player, and older players to younger players. Finally, we will develop a path forward for those looking to take their volleyball career to the next level. This will be accomplished through our recruiting program and dedicated recruiting advisor.

Our goal is to offer the best environment for every athlete, regardless of skill or ability.

2024-2025 Age Definition Chart



USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2024-2025 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Aug	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Sept	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Oct	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Nov	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Dec	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Jan	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Feb	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Mar	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Apr	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
May	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
June	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017

¹ Players who were born on or after July 1, 2005 and a high school student in the twelfth (12th) grade or below during some part of the current academic year are eligible to compete in 18 & under.

² **Female Only** - Players who were born on or after July 1, 2006, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under. (This exception is based on recruiting concerns for 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

³ **Male Only** - Players who were born on or after July 1, 2010 OR players who were born on or after July 1, 2009 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year are eligible to play in the 14 & Under division. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

⁴ **Male Only** - Players who were born on or after July 1, 2010 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

⁵ **Male Only** - Players who were born on or after July 1, 2011 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

What do we need to do before tryouts?

- Register for tryouts!
 - Register online at www.spookynooksports.com
 - Select the correct age group
 - Fill out an updated online waiver!
- Attend at LEAST 1 tryout session
 - You are welcome to attend multiple sessions, but you need to attend at least 1 to be considered for a team
 - If you are trying out for a National team, you are welcome to also attend regional team tryouts!
- Make sure the email address we have on file for you is accurate!
 - Confirm at check in
 - Email Libbyw@nooksports.com from that address
- Come ready to work hard, be coachable, and have fun!

2024-2025 Team Offers:

- 15U-18U official written offers can be sent beginning:

- National: Wednesday, July 31st @ 7PM

- Regional and Local: Wednesday July 31st @ 8PM and continuing through the next following days

-14U and below offers can be sent beginning on Wednesday, October 23rd @ 7PM

*** NOT ALL OFFERS WILL BE SENT ON THE FIRST NIGHT. Offers will be sent the next few days after the offer date. We will communicate with all of you- you will either receive an offer or a letter explaining you did not make a team.**

***After National tryouts, we will send an email of tryout numbers that we plan to send an offer to. If your number is not on that list, we will then invite you to attend a regional tryout.**



Program Features

Coaching

With great training comes great success! We see coaching as a privilege, and we are focused on making each athlete better than when she entered. We have coaching experience levels ranging from middle school coaching to collegiate coaching. A great aspect of our program is we have former Nook players continue to help grow and contribute to our program's success by returning as coaches. With this background and experience, we facilitate great practices that are conducive to creating excellence within all players. We commit ourselves to making every academy athlete better, as well as constantly improving ourselves into even better coaches.

Player Development

Young athletes tend to be focused solely on wins and losses. Nook Volleyball Academy is **not** outcome driven. Coaches will teach correct technique and develop great skill. When we do this, the wins will come. We believe that practice time means more than tournament time; and your daughter will receive the maximum number of touches and repetitions in practice. Nook athletes will also receive great mental coaching, to develop a higher level of understanding of themselves, teammates, coaches, and the game. We emphasize hard work, effort, and attitude club wide, and these traits will be encouraged and modeled at every practice. We expect the best from every athlete in those three categories. Every athlete that enters our academy should be prepared for the commitment required to reach their potential; every athlete in the program **MUST** be coachable. It will not always be easy, but with the right mindset and attitude, it will absolutely be rewarding for all involved.

Coaching Development

Nook coaches are required to attend monthly coaches' meetings and clinics where they will undergo trainings, seminars, and learn new skills so we can better serve our athletes. We have set a high standard for Nook coaches, and they are responsible for delivering this excellence to all athletes in our program. Our practice style is a true academy, where Nook athletes will have access to all coaches within the program to serve as resources. This will create well rounded players and will teach them to always remain open and coachable. Nook Volleyball Academy in turn will ensure that our coaches will also be coachable, and open to learning new techniques, drills, and match management skills to maximize our athlete's experience.

Mental Training

Volleyball is an extremely mental game. To find success, you need to have a strong mind. It is also the ultimate team sport. Nook's mental toughness training will not only make our athletes stronger as individuals, but we will also stress the importance of **TEAM**; working together as one to achieve a goal. Every Nook team will work to develop unity, as that is a key component of success. Nook stresses **WE** before **ME**, so our athletes must commit to each other. In doing this, they will develop lifelong bonds with their teammates, and understand that to achieve success in volleyball and in life you need to work together.



Sports Performance Training *“If it doesn’t challenge you, it won’t change you.”*

In-season sports performance training is an included benefit of being a part of a Spooky Nook Sports academy team. Nook Volleyball Academy National and Regional programs will receive 1-2 sports performance training sessions per week. The focus of these sessions are speed, agility, quickness, footwork, strength, and injury prevention. Training is done by Spooky Nook’s certified performance trainers.

Recruiting

We are pleased to offer Nook academy athletes a recruiting advisor, Randall Kreider (see Page 5 for bio) is back for the 2024-2025 season. Randall will be responsible for assisting our players and parents through the recruiting process with seminars and one-on-one meetings. Our recruiting advisor is accessible via email to all our academy athletes.

HUDDL

We are excited to offer our National and Regional athletes the video platform Hudl again this season! Hudl is a video recording service that allows us to film all matches and practices; the hudl service will breakdown game footage and provide helpful data to the staff as well as players. Every National player aged 14-18 will have a hudl login and be able to access their team’s footage for a full year. We are also going to offer this service to our older regional teams this season too! Hudl also has a highlight reel feature that players can and should create skills videos! Watching film is such a great resource to young players, and we are happy to offer this to our athletes.

Fundraising

Spooky Nook Sports is proud to offer year-round fundraising opportunities for all academy players. There is a new fundraiser every month. All the money that you fundraise will be credited directly to your account throughout the year. If you fundraise the entire amount, then the leftover fundraising amount can be used for another Nook program, activity, or lesson. You can also keep it on your account for the following season! Ask our staff to learn more!

Our Facility

Spooky Nook is the largest and most innovative indoor sports complex in the country. We are home to 600,000 square feet of hardwood volleyball courts, sport courts, a fitness center, and an additional sports performance area. Simply put, the facility is an ideal setting for all things volleyball.

Orthopedic Associates of Lancaster, Ltd

Orthopedic Associates of Lancaster offers on-site physical therapy offices and sports injury urgent care for participants at The Nook or for anyone looking to use their facilities. They provide all academy athletes with athletic training services during practices and any home tournaments. They are the first responders for any academy athlete that has an injury sustained at practice or home tournament.



Club Administration

Libby Woffindin- Club Director: Libby Woffindin is back and could not be more thrilled to begin the 2024-2025 academy season! This is her 10th season with the Nook and her 9th season serving as Club Director. Libby came to Central PA to serve as the Millersville University Women's Assistant Volleyball Coach and did so from 2015-2018. She then began coaching for the Nook, and worked her way from coach to Technical Director, then Club Director. She has over 15 years of playing experience, and 16 years of coaching experience at all levels of play. She graduated from Shippensburg University in 2012, majoring in elementary education with a minor in coaching. She will be coaching the 16 National team for the 2024-2025 season, along with the 15s and 16s age group coordinator.

Randall Kreider- Recruiting Advisor: Randall Kreider, former Head Coach of Volleyball at Elizabethtown College, is excited to return as our College Recruiting Advisor for another season. In coordination with our staff, Randall will serve as a facilitator and advisor for athletes interested in being recruited to play volleyball at the collegiate level. Randall will work with players and their parents to guide them through the recruiting progression. This is Randall's 7th season with the Nook, and all our athletes that had expressed an interest in college are now doing just that. He is a great asset to our program, and everyone should utilize him.

National Coaching Staff

Lisa Huber- 18 National: Coach Lisa Huber is back for another season at the Nook. Lisa has been at the Nook for 9 seasons, working with our 17 National team last season. Lisa played at Juniata College and is the current head coach at Middletown area high school. She also created the middle school program in her district. In 2023, Lisa led Middletown to their first ever State tournament berth, along with district 3 3A championship! Lisa is our 17s and 18s Age group Coordinator and will work closely with coaches among those age groups to ensure high level training.

Liz Zeigler- 17 National: Liz is back for another season at the Nook! Liz has been a great assistant coach for NVA the past two seasons, and we are so excited to have her head coach our 17 National team! Liz is the head coach at Spring Grove High School, where she led her team to be state champions in 2021! She also helps run the middle school program in the spring for Spring Grove, and just completed an undefeated spring 2023 season with her spring grove middle school team. We are looking forward to having Liz back for another great season.

Greg Cassel: 15 National: Coach Cassel is back at the Nook this season and we could not be more excited! This will be Greg's 4th season at the Nook. Prior to NVA Greg coached for 6 seasons at PREVAIL. Coach Cassel has been actively involved in volleyball for over 30 years and has an extensive network of acquaintances in the volleyball community. He began playing in middle school and was one of the Nation's top 50 recruits coming out of High School. As a four-year letter winner and team captain his senior year at George Mason University, he participated in the NCAA Division I EIVA conference earning all-conference and all-tournament team recognition. He also played USVBA Open level tournaments and was awarded All-American honors at Nationals. In addition to indoor volleyball, he has been successful playing open / professional outdoor doubles tournaments for decades winning many tournaments up and down the East Coast.



Ramsey Mahosky- 14 National: Coach Ramsey is back for another season at the Nook. Last season, Coach Ramsey assisted our 13 National team, and helped lead them to an amazing season, ending with an 8-3 record at AAU Nationals! She will be head coaching 14 National this season. She is a Lancaster Native, and played at Hempfield High school where she also helps run the middle school program. We love coach Ramsey's intensity and her competitive nature and are so happy to have her back!

Pamela Meyer- 13 National: Pamela Meyer is eager to join the Nook family. She is coming to us from Controlled Chaos volleyball club where she has coached various teams including 12U-18U girls and 16U-17U boys' teams for the last 6 years. She was an assistant girl's coach at Northern Lebanon High school for 3 years helping to lead the Vikings to becoming district runners-up and a state tournament appearance. Born and raised in Florida, she was a 3-year varsity letter winner at Charlotte High school, was a starter her Freshman and Sophomore year at Western Carolina University (D1), transferred to Florida Southern College (D2) playing her last two years with the Mocs earning AVCA All-South Region Team and All-Sunshine State Conference Team. After college she was an assistant coach at Cardinal Gibbons High School in Fort Lauderdale where the 2005 boys and 2006 girl's teams went undefeated to win state championships. She also coached at Lauderdale Jrs Volleyball Club before her husband, Justin, joined the army which brought her here to PA.

Justin Meyer- 13 National: Justin Meyer is thrilled to be joining the Nook family. He is coming to us from Controlled Chaos volleyball club where he has coached various teams including 12U-18U girls and 16U-17U boys' teams for the last 6 years. He was an assistant girl's coach at Northern Lebanon High school for 3 years helping to lead the Vikings to becoming district runners-up and a state tournament appearance. Born and raised in Florida, he was a 4-year varsity letter winner at Cardinal Gibbons High school and Player of the Year for Broward County Florida in 1998. He played for Lauderdale Club Volleyball in 1997 and 1998 on the 18u both years as starting setter and continued his playing career at New Jersey Institute of Technology in the EIVA for four years playing DS, Libero, and Setter. After college he was an assistant coach at Cardinal Gibbons High School in Fort Lauderdale where the 2005 boys and 2006 girl's teams went undefeated to win state championships. He also coached at Lauderdale Jrs Volleyball Club before he joined the army which brought him and his wife Pamela here to PA.

Torrin Kelley- 12 National: Torrin Kelley returns to the NVA, now as a coach! Torrin played for NVA and went on to play in college at Chestnut Hill. She is a setter/Libero and was a member of the 2021 CACC Volleyball All-Academic Team...4X Dean's List and CHC Athletic Academic Honor Roll (F'20, S'21, F'21, S'22) ...member of Sigma Zeta Honor Society. She will be working with our 12s this season, and we couldn't be more excited to have her back at NVA!

Kaevon Boles- National Assistant: We welcome Kaevon to our National coaching staff! He just moved to the area from Lexington, KY. This is Kaevon's Fourth season coaching. Most recently finished his last season coaching 18's at Lexington United. In addition to coaching, he has 6+ years of playing experience include outside hitter for Eastern Kentucky university's club team, as well as an outside for Lexington blue horses. His dedication to the sport has also led him to participate in Nationals both as a coach and player, including a top 10 finish in 2023 as a player, and a trip to AAU nationals as an assistant coach with MAVA in Louisville KY. He continues to be deeply involved in the volleyball community, driven by a desire to foster talent and elevate the game at every level. Kaevon is also working towards my degree in Sports Administration and Business management.



Kellan Skorupski- National Assistant: Kellen is excited to be joining the Nook this year for her first season. She has over 12 years of playing experience as the libero position playing in season and club volleyball. Kellen graduated from Penn State University with a degree in Health and Human Development.

Sydney Ohl- National Assistant: Sydney Ohl returns to NVA, but now to the coaching staff! Sydney was a standout player at NVA, playing from 12U all the way to 18 National. She continued her playing career at Juniata College, where she has won TWO D3 National Championships as a defensive specialist. Appeared in 35 matches and 113 sets... Totaled new single-season career highs in digs (285, led all Juniata DS), digs per set (2.52), aces (54), aces per set (0.48), assists (16), and assists per set (0.14)... Set single-game career-high in digs in NCAA Championship Match against Trinity with 19 (11/19)... Set single-game career-high in aces with 5 in 3-0 victory over Bloomsburg (9/27)... Named to College Sports Communicators (CSC) Academic All-District Team... Landmark Academic Honor Roll. She is graduating a semester early with a degree in Psychology and will be assisting our 16 National team this season. Sydney has also helped with practices prior to this season, along with coaching summer camp for us. We could not be more excited to have Syd back at NVA!

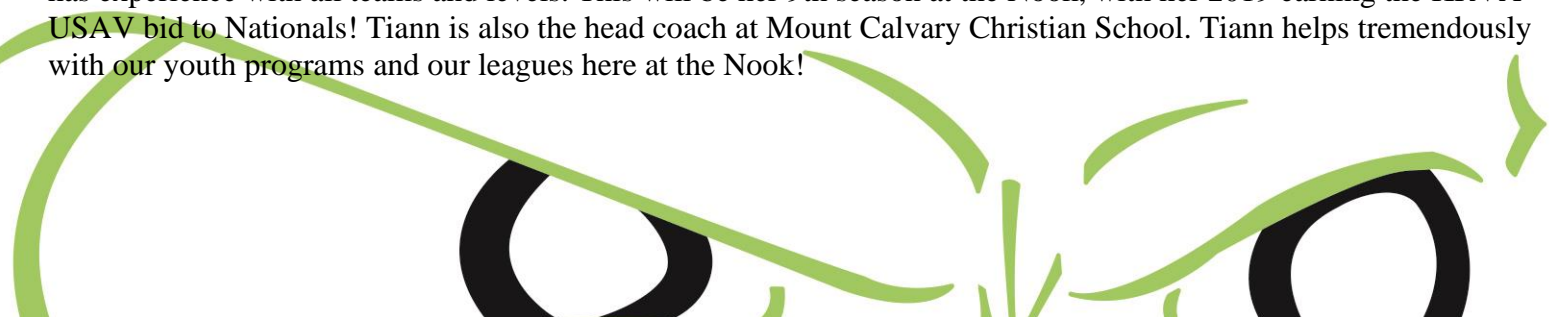
Brittany Braun- National Assistant: Brittany is back at the Nook for her 3rd season of coaching, but she is no stranger to the program. Brittany was a former NVA athlete, playing 15s-18s at the Nook. She is an amazing athlete and a great blocker. She was a 4-year starter for the Division I program, though she did suffer some injuries. Her sophomore season she finished 2nd on the team in kills, and 5th in conference in blocks per set. Prior to her junior season injury, she tied her career match high in blocks (7) against Hofstra.

Daniel Fry- National Assistant We are thrilled to have Dan coaching for the Nook for another season! Dan was the head coach of our 14 National team last season. He was previously coaching at Penn Manor High school on the boy's side of the game, and he is excited to continue the girl's side. You might also catch him playing doubles in the summer! Dan played Division I Men's Volleyball at Saint Francis University. He is a former standout from Penn Manor High school and works full time at the Nook in our Finance Department. Dan brings a high level of volleyball knowledge to the team, and we couldn't be more excited for him to pass that knowledge on to our academy athletes.

Tony Kuo- National Assistant: Coach Tony Kuo is back for his second season at the Nook. Coach Tony played high school and club volleyball in the Harrisburg area before attending Elizabethtown College where he set for 4 years. After college he spent several years coaching in Lancaster for the Norlanco Volleyball Club as the head coach for 15U & 16U and for the West Shore Y volleyball club. He was also the JV coach for Manheim Township before following his old club coach to Shippensburg University as an assistant coach. Then after a break from coaching to start a family, Tony returned to coaching when his oldest daughter started to play. He spent 2 seasons coaching club at Prevail for 12U and 13U teams and then spent a season coaching at Fusion coaching 12U. Tony has also spent the past 4 years coaching for the Lower Dauphin Middle School Program. Last season Tony joined the Spooky Nook coaching staff as an assistant for the 16U National team.

David Lyon- Floater Coach: David comes from a long line of coaches. David played for Cumberland Valley, and then on the Men's Club Team at Millersville University as a setter. He was also a member of the Men's Soccer Team at Millersville, earning All-Conference honors as a four-year starter. This is David's 8th season coaching with the Nook and will continue to be our 14U age group Coordinator for the Nook!

Tiann Rutt- National Floater Coach: Tiann has been serving as an assistant coach as well as a floater coach and has experience with all teams and levels. This will be her 9th season at the Nook, with her 2019 earning the KRVA USAV bid to Nationals! Tiann is also the head coach at Mount Calvary Christian School. Tiann helps tremendously with our youth programs and our leagues here at the Nook!



Regional and Local Coaching Staff:

Nicole Greiner: Nicole is back for her 2nd season at the Nook! She was an assistant for our 16 Regional team last season, and she is ready to head coach her own team this season. She is a former NVA player, as well as playing at Elizabethtown College. She now is working full time and loves the excitement that coaching brings to her life post college. You might find her still playing in some adult leagues in the area!

Emma Bitner: Emma is back for her 2nd season as a head coach at the Nook. Emma is a current member of the Elizabethtown Women's Volleyball team, as a starting setter. She is also a former NVA player, as well as a former Hempfield athlete. She continues to give back her game knowledge to the next generation of athletes! You might also see her helping with the Hempfield Middle School program.

Abby Quesenberry: (Coach Q) got married and moved to Lancaster a year ago from Texas. She played 1 year of college volleyball at Cisco Junior College then transferred to Texas A&M and graduated in 2018. Abby taught math and coached volleyball, basketball, and track in Dallas for 2 years before moving to PA. This is my second year at Spooky Nook, and I am excited to have the opportunity to coach the sport I love!

Kyle Quesenberry: Kyle is back for his second season of coaching at the Nook. He coaches alongside his wife and will continue to assist her this season with the 14 Regional team. They also coach the Manheim Central middle school program together! Kyle is a great role model, and we are excited to have him back for another season at the Nook.

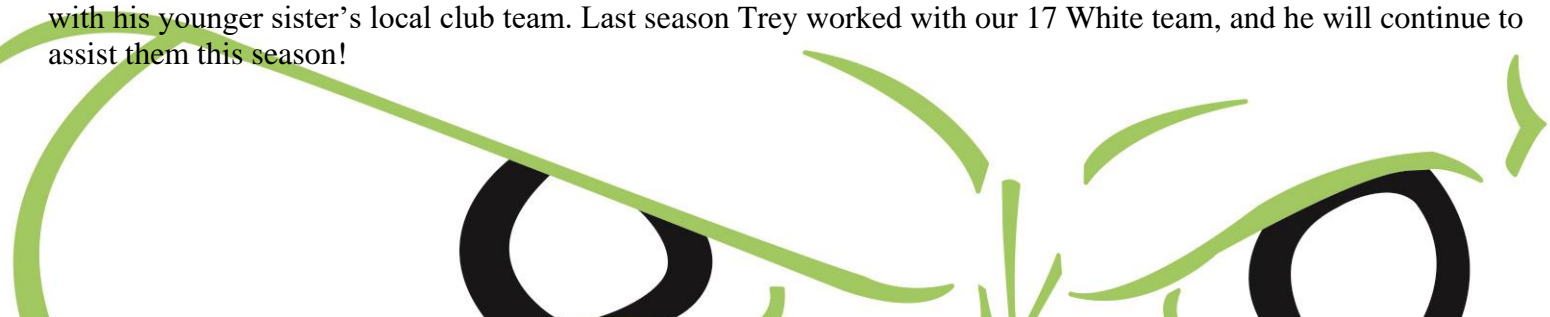
Josiah Hershberger: Josiah returns for his 3rd season at the Nook! Last season, Josiah coached our 17 Regional team, and that team had such a great experience under his guidance! Josiah will continue to guild our regional players this season and we are excited to have him back with us for another amazing season!

Jackie Pojar: Jackie is back for another season! She has worked with the 13-15 age groups for us and coached both a 14 local and 13 regional team last season! She will be entering her senior year at Penn State Harrisburg, where she is also a manager for the volleyball team. She is originally from Wisconsin where she played club and coached a young club team too! She is great at developing young players.

Maura Farley: This will be Coach Maura's first FULL season at the Nook. Maura came to us last season and filled in with our 14 White team and did an amazing job. She is back and anxious to get started! Maura is from New Jersey originally, and is now living and working in Harrisburg, PA. She formerly coached at Union County College in Cranford, NJ where she was the head volleyball coach. Maura also has club coaching experience as a head coach, as she coached for Impact volleyball club for 3 seasons, as well as Graden state Elite volleyball club for 3 seasons. Maura States, "I maintain a positive attitude and set the stage for a hard-working environment to allow our players to learn and grow to their utmost potential." We are excited to welcome her back to NVA.

Steph Kline: Steph is no stranger to the Nook. She has been coaching the last few seasons, most recently was an assistant to our 13 national teams She will return this season as a floater coach. Steph is great at working with setters and loves to focus on the fundamentals of the games.

Trey Weedon: Trey is back for a second season as an assistant coach! He currently attends Elizabethtown college and plays for their men's team as a middle blocker. Trey has been coaching for a few years, previously working with his younger sister's local club team. Last season Trey worked with our 17 White team, and he will continue to assist them this season!



Ashlan Houser: Ashlan Houser is excited to come back for her 2nd season coaching at the Nook. She has 9 years of playing experience and 2 years of coaching experience, working with athletes from ages 10 to 17. Ashlan is also the head Coach for the Cedar Cliff High Schools Girls volleyball program, where she focuses on fostering player growth and achieving team success. Ashlan will be coaching 16 Green for the 2024-2025 season.

Aaron Miller: Aaron Miller is excited to begin the 2024-2025 season! This will be his first season as a coach for the Nook. Aaron started off playing volleyball for 3 years at Spring Grove Area High School as a setter as well as 2 years of club volleyball with Rising Phoenix Volleyball Club. After high school, he helped as a Volunteer Assistant at Spring Grove for 4 years mainly working as a setters coach. After leaving Spring Grove, he then went on to become Assistant Head Coach at Susquehannock. He also has played grass volleyball for the past 10 years.

Sierra Plummer: Sierra Plummer is a new addition to NVA and could not be more excited to start the 2024-2025 season. Although this is her first season with the Nook, this will be her 4th season coaching! She has 6 years of playing experience and is currently playing for Elizabethtown College! Sierra is studying Exercise Science at Etown and is minoring in coaching! Sierra will be coaching 14 Green for the 2024-2025 season with Marah Glenn and she could not be more pumped!

Marah Glenn: Marah Glenn is a new coach at NVA this season and is stoked to be coaching with such a great program. This is Marah's first year coaching a team of her own, but she has helped coach her hometown club's younger teams for the past two years. She's been playing volleyball for 9 years and is continuing her volleyball career at Elizabethtown College. Marah will be studying Exercise Science and Psychology while minoring in coaching! Marah will be assistant coaching the 14 Green team with Sierra Plummer and is so excited to spread her love for the game.

Jamie Scott: Coach Jamie is back in the Lancaster area after living in MD. She played volleyball growing up for South Paw Volleyball club and continued to play volleyball in college! She is excited to get into the coaching side and will add a ton of energy to our staff! She is also a personal trainer and will help make sure all of our athletes are in great shape all season long.

Tim Purcell: Tim Purcell Jr's first season with the Nook and he is super excited to kick off the 2024-2025 season. Tim comes with a background of years of coaching experience including girls' programs to coaching a men's collegiate club team. Tim played 4 years of high school volleyball in York County and a year of college club volleyball. He is a graduate of Millersville University and works as an HR Business Partner in Healthcare when he is not coaching. Tim will be coaching a regional team for the 2024-2025 season.

Nicole Pyle: With a passion for volleyball that spans over a decade, Coach Nicole has made significant strides both on and off the court. A proud alumna of Hempfield High School, Coach Nicole played as a right-side hitter leading the team to victory in the 2011 PA State Championship. In her career, she also earned three district medals and a spot on the All-Star team. Coach Nicole was inducted into the Hempfield High School Hall of Fame in 2023. Transitioning from player to coach, Coach Nicole has spent the last three years nurturing talent and fostering a love for the game in both clinics and team settings. Her coaching philosophy centers around positivity, believing that a supportive and encouraging environment is key to developing not only skilled athletes but also confident individuals. Coach Nicole is committed to helping each player reach their full potential, emphasizing teamwork, perseverance, and a positive attitude. Whether on the court or in life, Coach Nicole wants to inspire athletes to strive for excellence and enjoy the journey.

More Coaches to be announced!



2025 Tournament Information

On the pages that follow you will see our tentative tournament schedule. Our national teams will compete in some USAV events, but our regional and local teams will only play JVA/AAU Events. Below you will find some information about why we decided to make a change this year, and the benefit it brings to our program.

JVA/ AAU Volleyball Benefits:

- Cheaper membership fee: You will only need an AAU membership of \$20.00 to play this season(regional/local)
- More 2-day events VS 3-Day events: Our student athletes are students first and foremost. We have gotten some feedback about missing school for events, and we have adjusted our national travel schedule; less 3-day events and more 2-day events.
- Minimum stay to play requirements: Travel is expensive, and USAV events have stay to play requirements. This means that we need to hit a quota of rooms sold per team to be accepted into the event. This season we will gladly set up room blocks, but we will be playing in events that allow us to participate regardless of where we stay.

NVA understands that club volleyball is a very expensive sport and making this change we are hopeful to save families on their membership fees and travel fees as much as we can. JVA also offers so much club and coach education, so our coaches and staff will have access to their educational library- this tapping into more knowledge to pass down to our athletes.

<https://jvavolleyball.org/about/>

https://site3865.goalline.ca/page.php?page_id=102592#benefits



2025 National Teams Tentative Tournament Schedule

*This is a Tentative list and will be finalized after tournament registration and acceptance.

NVA 12 BLACK & 13 BLACK (NATIONAL)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/16	Prez Day Showdown	King of Prussia, PA
TBD	Blue Ribbon Brawl	York, PA
3/8-3/9	Irish Rumble	Nook, PA
3/28-3/29	MAPL York	York, PA
4/11-4/13	NEQ #3	Philadelphia, PA
5/10-5/11	May Madness	Manheim, PA

NVA 14 BLACK (NATIONAL)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/16	Prez Day Showdown	King of Prussia, PA
TBD	Blue Ribbon Brawl	York, PA
3/8-3/9	Irish Rumble	Manheim PA
3/28-3/29	MAPL York	York, PA
4/11-4/13	NEQ #3	Philadelphia, PA
5/10-5/11	May Madness	Manheim, PA
TBD	JVA Summerfest	Columbus, OH

NVA 15 BLACK (NATIONAL)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/17	Capitol Hill Classic	Washington, DC
3/8-3/9	Irish Rumble	Manheim PA
3/28-3/29	MAPL York	York, PA
4/11-4/13	JVA World Challenge	Louisville, KY
4/18-4/20	NEQ #3	Philadelphia, PA
5/10-5/11	May Madness	Manheim, PA
TBD	JVA Summerfest	Columbus, OH
TBD	AAU Nationals	Orlando, FL

NVA 16 BLACK & NVA 17 BLACK (NATIONAL)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
1/25-1/26	MAPL Hampton	Hampton Roads, VA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/17	Capitol Hill Classic	Washington, DC
3/21-3/23	MEQ Indy	Indianapolis, IN
3/28-3/29	MAPL York	York PA
4/11-4/13	JVA World Challenge	Louisville, KY
4/18-4/20	NEQ #4	Philadelphia, PA
TBD	JVA Summerfest	Columbus, OH
TBD	AAU Nationals	Orlando, FL

NVA 18 BLACK (NATIONAL)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/17	Capitol Hill Classic	Washington DC
3/14-3/16	NEQ #1	Philadelphia, PA
3/28-3/29	MAPL York	York, PA
4/5-4/6	April Fool's Fallout	Manheim, PA
More events to be added upon team selection!		



2025 Regional 1 Teams Tentative Tournament Schedule

NVA 13 WHITE		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/15-2/16	Prez Day Showdown	King of Prussia, PA
TBD	Blue Ribbon Brawl	York, PA
3/8-3/9	Irish Rumble	Manheim, PA
3/28-3/29	MAPL York	York, PA
5/3-5/4	Coastal Clash	Virginia Beach, VA
5/10-5/11	May Madness	Manheim, PA
14 WHITE-17 WHITE		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/16	Prez Day Showdown	King of Prussia, PA
TBD	Blue Ribbon Brawl	York, PA
3/8-3/9	Irish Rumble	Manheim, PA
3/28-3/29	MAPL York	York, PA
TBD	York Strong Finish	York, PA
5/3-5/4	Coastal Clash	Virginia Beach, VA
5/10-5/11	May Madness	Manheim, PA

NVA 18 White (Regional)		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/1-2/2	JVA Charm City Challenge	Baltimore, MD
2/15-2/16	Prez Day Challenge	KOP OR York
3/8-3/9	Irish Rumble	Manheim, PA
3/28-3/29	MAPL York	York, PA
4/5-4/6	April Fool's Fallout	Manheim, PA
More events to be added upon team selection!		

2025 Regional Teams Tentative Tournament Schedule

14 Green-17 Green

NVA 13 Green- NVA 17 Green		
Date	Tournament	Location
1/18-1/20	MLK	Manheim, PA
2/15-2/16	Prez Day Showdown	King of Prussia, PA
TBD	Blue Ribbon Brawl	York, PA
3/8-3/9	Irish Rumble	Manheim, PA
TBD	York Strong Finish	York, PA
4/5-4/6	April Fool's Fallout	Manheim, PA
5/10-5/11	May Madness	Manheim, PA

2025 Local Teams Tentative Tournament Schedule

12-13 Local: 3 Single Day Events

14-Local: 5 Single Day Events



2024-2025 Tuition Breakdown

Academy Program	14-18 National Program	12-13 National Program	Regional 1 Program	Regional Program	Local Program
Practices Per Week	2-3	2	2	2	2
Tournaments	8 to 10	6 to 8	5 to 7 All multi-day events, 1 qualifier	5 to 7	3-5
Practice Tee Shirts	2	2	2	2	1 (available for purchase)
Sports performance	1-2x week	1x week	1x week	1x week	Available for purchase
Athletic Trainers	On Site	On Site	On Site	On Site	On Site
Coaching Staff	1-2 team coaches	1-2 team coaches	1-2 team coaches	1-2 team coaches	1 team coach
Recruiting Advisor	Yes	Yes	Yes	Yes	Yes
HUDL Profile	Yes	Available for purchase	15-18 White: included All others: Available for purchase	Available for purchase	Available for purchase
Coaches Fees	Yes	Yes	Yes	Yes	Yes
Volleyball	Yes	Yes	Yes	Yes	No
Uniforms	No	No	No	No	No
Tuition (Fees Included)	\$2,500-\$3,100	\$1,700-\$2,400	\$1,850-\$2,550	\$1,700-\$2,250	\$900-\$1,400



