

Welcome to the LHVA Information Meeting for the 2025-2026 Season

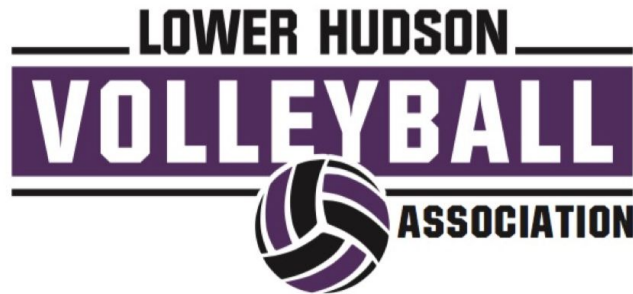
The Meeting will start in :



2:00

Email:

info@lhvavolleyball.com



Website:

www.lhvavolleyball.com



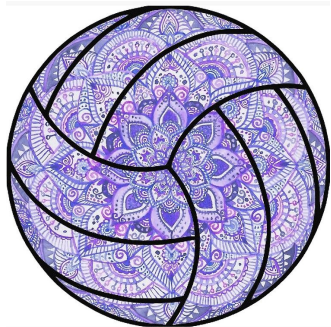
COACH

2025-2026 Coaches

| | | |
|--|---|---|
| Kaitlyn Brenner | 13B Travel Coach | brenner.kaitlyn@gmail.com |
| Chris Cabrey | TBD Regional Coach | ccabrey13@gmail.com |
| Erica Dronzek | 12P Travel Coach | ericadronzek@gmail.com |
| Nora Fernandez | TBD Regional Assistant Coach | nori67fd@gmail.com |
| Jojo Fernandez | TBD Assistant Coach | jjfernandez91@gmail.com |
| James Horan | 16P National, 15B Travel & 13P Travel Head Coach | horan.james2@gmail.com |
| Alyssa Kaufman Angie LeCours-Cifone | 14 Purple National Head Coach TBD Head/Assistant Coach | kaufmanam06@gmail.com ang.cifone@gmail.com |
| Jill Miller | 16B Travel Head Coach & TBD Regional Coach | jillynnemiller@gmail.com |
| Leslie Morales | TBD Regional Coach | lesliemorales9@gmail.com |
| Melissa Noriega | 15P National Assistant Coach | meli98noriega@gmail.com |
| Beth Pirrone | 18B Travel & 17P National Head Coach | bethpirrone@gmail.com |
| Anthony Pirrone | 17 Elite, 15P National, 14B Travel Head Coach | anthonypirrone@aol.com |
| Julia Rogovic | TBD Assistant Coach | jrogovic24@gmail.com |
| Steven Soohoo Joseph Teves | 14P National Assistant Coach 18B Travel & 17P National Assistant Coach | stevensoohoo16@gmail.com coachjttrain@gmail.com |
| Karl Tominiio Chris Ty | TBD Assistant Coach TBD Head/Assistant Coach | tominiokarl@gmail.com christopher.ty2011@gmail.com |
| Etienne Vallat | 16B Travel Assistant Coach | etienne.vallat5@gmail.com |
| Doug Zani | 14B Travel Assistant Coach | douglas@totalformfitness.com |

GEVA Age Guidelines

| Team | GEVA Age Guidelines Born Between: |
|------|--------------------------------------|
| 17U | 7/1/08 - 6/30/09 |
| 16U | 7/1/09 - 6/30/10 |
| 15U | 7/1/10 - 6/30/11 |
| 14U | 7/1/11 - 6/30/12 |
| 13U | 7/1/12 - 6/30/13 |
| 12U | 7/1/13 - 6/30/14 |



GEVA AGE GUIDELINES



USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2025-2026 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 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Aug | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Sept | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Oct | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Nov | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Dec | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
| Jan | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
| Feb | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
| Mar | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
| Apr | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
| May | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
| June | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |

¹Players who were born on or after July 1, 2006 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.

²Players in this age range that have graduated high school are ineligible only if they have been enrolled at a university, college, community college or junior college AND have been cleared to participate by that (volleyball) program.

³Players who were born on or after July 1, 2007, (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.

⁴Male Only - Players who were born on or after July 1, 2011 OR players who were born on or after July 1, 2010 (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 is because 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.

⁵Male Only - Players who were born on or after July 1, 2011 (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.

⁶Male Only - Players who were born on or after July 1, 2012 (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.

2025-2026 National Teams

| Team | Tentative Tournaments | Total Cost |
|---|--|----------------|
| 17 Purple & 16 Purple | 1/17-1/19 NIKE Winterfest (Hartford, CT & Providence, RI) 2/6-2/8 NYC Super Regional (New York, NY) 2/27-3/1 NIKE Boston Qualifier #1 (Boston, MA) 3/7-3/8 Irish Rumble (Various Locations in PA) *16P* 4/11-4/12 April Challenge (Marlborough, MA) *17P* June 2025 AAU Nationals *Optional* 4 Regional Tournaments (Dates TBD) | \$5,200 |
| 15 Purple 14 Purple 14 Black | 1/24-1/25 NIKE Winterfest (Hartford, CT) 2/6-2/8 NYC Super Regional (New York, NY) *15P, 14P* 2/14-2/16 NIKE Volleyfest (Springfield, MA) *15P, 14B* 2/27-3/1 NIKE Boston Qualifier #1 (Boston, MA) 3/14-3/15 Shamrock Showdown (Hanover, MA) *14P, 14B* June 2025 AAU Nationals *Optional* 4 Regional Tournaments (Dates TBD) | \$5,200 |

2025-2026 Travel Teams

| Team | Tentative Tournaments | Total Cost |
|------------------------------------|--|----------------|
| 18 Black 16 Black | 3 Travel Tournaments: 1/17-1/19 NIKE Winterfest (Hartford, CT & Providence, RI) 2/14-2/16 NIKE Volleyfest (Providence, RI & Springfield, MA) 3/7-3/8 Irish Rumble (Various Locations in PA) *16B* 3/14-3/15 Shamrock Showdown (Westford, MA) *18B* 3 Regional Tournaments (Dates TBD) | \$4,200 |
| 15 Black | 3 Travel Tournaments: 1/10-1/11 Ball Drop Block Party (Uncasville, CT) 1/24-1/25 NIKE Winterfest (Hartford, CT) 4/11-4/12 April Challenge (Marlborough, MA) 3 Regional Tournaments (Dates TBD) | \$4,200 |

2025-2026 Travel Teams

| Team | Tentative Tournaments | Total Cost |
|---|--|----------------|
| 13 Purple 13 Black 12 Purple | 2 Travel Tournaments: 1/10-1/11 Ball Drop Block Party (Uncasville, CT) 4/11-4/12 April Challenge (Marlborough, MA) 4 Regional Tournaments (Dates TBD) | \$4,000 |
| 17 Elite | 2 Travel Tournaments: 1/17-1/19 NIKE Winterfest (Hartford, CT) 3/7-3/8 Irish Rumble (Various Locations in PA) 3 Regional Tournaments (Dates TBD) | \$3,000 |

2025-2026 Regional Teams

| Team | Tournaments | Total Cost |
|-----------------|---|----------------|
| 15 White | 5 Regional Tournaments Dates TBD | \$2,700 |
| 14 White | 5 Regional Tournaments Dates TBD | \$2,700 |

FRIDAY NIGHTS - PRACTICE ONLY

16U/15U AND 14U/13U
NOVEMBER TO MARCH
\$650 PER PLAYER

- These are practice ONLY teams. They do not participate in any tournaments.
- Practices will take place one time week on Friday nights @ Level Fitness Pelham.
- Scrimmages will be planned throughout the season with other LHVA teams.
- After tryouts, players who are not offered a position on a team can be offered a position on the practice team. Max of 20 players per team.

WHAT IS INCLUDED IN THE COST?

- GEVA Team Fees
- Uniform Package
- Qualified and Certified Coaches
- Training Equipment
- Gym Rentals: Two practices per week (1 ½ hrs each practice)
- Travel and Local Tournament Entry Fees
- Hotel Accommodations for National & Travel Tournaments
- Hudl Package (17U, 16U & 15U National Teams)
- Positional Practices (National & Travel Teams except 18B, 17E)
- AAU Team and Membership Fees (National & Travel Teams)



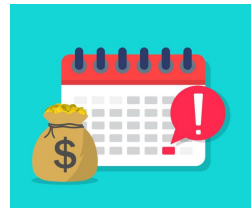
POSITIONAL PRACTICES & SPEED, STRENGTH & AGILITY SESSIONS

- Saturdays @ Level Fitness Pelham
- **Dates:** 12/6, 12/13, 12/20, 1/3, 1/10 & 1/24
- **National & Travel Players will be assigned slots:** 11:00-12:00 & 1:00-2:00 for Positional and 12:00-12:30 & 12:30-1:00 for Speed, Strength & Agility



PAYMENT SCHEDULE

- **Payment Options:** Credit Card (Processing Fee), Cash (1st payment ONLY) or Check
- **Split into 2 payments**
 - 1st Payment- $\frac{1}{2}$ of total cost: Due at Commitment Night
 - Cash accepted ONLY at 1st payment- Save 5%
 - 2nd Payment- $\frac{1}{2}$ of total cost: Due Week of January 26th
 - (Date depends on practice day)



SCHOLARSHIPS

- This year, LHVA will be offering two \$750 scholarships and four \$500 scholarships for players on national, travel or regional teams.
- PLAYERS need to submit a one page typed essay explaining why they deserve this scholarship.
- PARENTS need to submit a brief narrative describing the financial need for the money.
- Must be emailed to info@lhvavolleyball.com on or before 12/1 with the Subject Titled: 2025-2026 LHVA Scholarship.
- Players will be notified by email by 12/15.

REQUIREMENT FOR PLAYERS ON 17U-15U NATIONAL & TRAVEL TEAMS AND PLAYERS RECEIVING SCHOLARSHIPS

- All players receiving a scholarship and all players on any of the 17U -15U National or Travel Teams are required to volunteer for least 2 Saturdays in our Developmental Program for a minimum of 2 hours each session.
- **Dates:**
 - **Session 1:** December 6, 13 & 20; January 3, 10, 17, 24 & 31
 - **Sessions 2:** March 7, 14, 21, 28; April 11 & 18
- **Time: Session 1-** 9:00am - 11:00am/ **Session 2-** 9:00am - 11:30am



PRACTICES

Practices start on 11/12 or 11/13 (depending on practice date)



No Practice:

November 27th & 28th

December 22 - January 2

February 16-20

March 30 - April 3



Additional optional practices available for national and travel teams over holiday breaks

WESTCHESTER DAY SCHOOL

856 Orienta Ave

Mamaroneck, NY 10543



LEVEL FITNESS PELHAM

872 Pelham Pkwy

Pelham, NY 10803



WESTCHESTER TORAH

150 Stratton Rd

ACADEMY

New Rochelle, NY 10804





TRYOUTS



Fee: \$85 non-refundable
(does not include GEVA Player Registration Fee)

All players must attend the tryout for their age group unless they have previously played up a level on a LHVA Team

Players must arrive 15 minutes prior to the start of their tryout time on the 1st day.

Max of 30 players per tryout time slot

TRYOUTS FOR 14U-12U

Registration Opens on August 1st

Location: Westchester Day School

Max of 30 players per time slot

September 7th and 13th

Must Attend Both Dates

| | |
|---------|---------------|
| 13U/12U | 2:30pm-3:45pm |
| 13U | 4:00pm-5:15pm |
| 14U | 5:30pm-6:45pm |
| 14U | 7:00pm-8:15pm |

TRYOUTS FOR 18U-15U

Registration Opens on August 1st

Location: Westchester Day School

Max of 30 players per time slot

| August 16th and 17th *Must Attend Both Dates* | |
|--|-----------------|
| 18U/17U | 10:30am-11:45pm |
| 16U | 12:00pm-1:15pm |
| 16U | 1:30pm-2:45pm |
| 15U | 3:00pm-4:15pm |
| 15U | 4:30pm-5:45pm |

TRYOUT REGISTRATION

MUST be registered with GEVA and LHVA online prior to tryouts.

Each player MUST bring the GEVA Medical Form and a PRINTED Proof of GEVA membership to registration 15 minutes before the first day of tryouts.

LHVA Online Tryout Registration:

www.lhvavolleyball.com

14U-12U: Registration Opens on August 1st

18U-15U: Registration Opens on August 1st

COMMITTING TO LHVA

18U-15U

- Teams will be posted on or before 8/23 on the LHVA website
 - Mandatory Online Commitment on 8/25
- Mandatory In Person Commitment on October 5th from 10am-2pm @ Level Fitness

14U-12U

- Teams will be posted on or before 9/20 on the LHVA website
 - Mandatory Online Commitment on 9/22
- Mandatory In Person Commitment on October 5th from 10am-2pm @ Level Fitness

****Players must accept their club assignment before attending the commitment day. This will be sent to the email associated with your account****

GEVA MEDICAL RELEASE FORM



YOUTH & JUNIOR VOLLEYBALL PLAYER MEDICAL RELEASE FORM

This must be completed - legibly - and signed in all areas by both the player and his/her parent or guardian. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential.

By signing this form the participant affirms having read and agreed to the terms and conditions listed below.

Club: _____ Team Name: _____

Male Female

First Name _____ Last Name _____ Birth Date _____ Age _____

Primary Contact: Parent or Guardian

Name: _____ Address: _____

City, State & Zip _____

Primary Phone: _____ Alternate Phone: _____

Secondary Contact: Parent/Guardian Other _____

Name: _____

Primary Phone: _____ Alternate Phone: _____

Primary Insurance Co _____ Primary Group/Policy # _____ / _____

Family Physician Name _____ Physician Phone _____

Please elaborate on any medical conditions of which we should be aware:

Please list any medications currently being taken:

In the past 24 months, have you been tested, diagnosed and/or treated for a concussion: Yes No

If yes, provide the date (months and year), who performed the testing/diagnosing/treatment and what was the outcome:

Please list any allergies:

If None, please write None.

Participant Signature _____ Date: _____

(regardless of age)

Participant, _____, has my permission to participate in training, competition, events, activities and travel sponsored by USA Volleyball or any of its Regional Volleyball Associations (RVAs). I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. I agree to allow the authorized adult team personnel to release this information in the event of a medical emergency to a third party medical provider. I also certify to the best of my knowledge that the participant named herein is physically fit to engage in the activities described above.

Parent/Guardian Signature: _____ Date: _____

Relationship to Participant: _____

If, during the course of my daughter's/son's activities in volleyball, she/he should become ill or sustain an injury, I hereby **authorize** you to obtain emergency medical/dental care. I will assume financial responsibility for the bills incurred through my insurance company.

Signature: _____ Date: _____

Parent/Guardian

or

I do not authorize emergency medical/dental care for my daughter/son.

Signature: _____ Date: _____

Parent/Guardian

GEVA REGISTRATION

- MUST be registered in order to tryout.
- Bring GEVA Medical Release Form and PRINTED Proof of Registration to the 1st day of tryouts.

The screenshot shows the Garden Empire Volleyball Association website. The top navigation bar includes links for ABOUT, JUNIORS, ADULTS, OFFICIALS, PARAVOLLEY, and PARTNERSHIPS. A red 'MEMBERSHIP' button is visible. Below the navigation bar, a secondary menu includes ABOUT, MEMBERSHIP, CONTACTS, LOCATIONS, DIVERSITY, GEVA STORE, REGIONAL UPDATES, GOVERNANCE, and SOCIAL MEDIA. The main content area features a red heading for 'Membership Registration' and a sub-heading for 'REGISTRATION'. The text explains that USAV memberships are required for participation in USA Volleyball events and provides instructions on how to create a household SportsEngine account. A purple box highlights the 'GEVA / USAV MEMBERSHIP REGISTRATION' link, with a purple arrow pointing to it from the text 'Click Here to Register'.

Click Here to Register

REFUND POLICY:

IMPORTANT: According to GEVA Policy, memberships

GEVA REGISTRATION HELP

The screenshot shows the GEVA website with a navigation bar at the top containing 'ABOUT', 'JUNIORS', 'ADULTS', 'OFFICIALS', 'PARAVOLLEY', and 'PARTNERSHIPS'. Below this is a secondary menu with 'ABOUT >', 'MEMBERSHIP', 'CONTACTS', 'LOCATIONS', 'DIVERSITY', 'GEVA STORE', 'REGIONAL UPDATES', 'GOVERNANCE', and 'SOCIAL MEDIA'. A red 'MEMBERSHIP' button is visible in the top right. The main content area features a video player titled 'MEMBERSHIP 101: FROM THE START' with a 'Need Help?' button on the right. Below the video is a section titled 'PRINTING MY MEMBERSHIP CARD' with a video player. To the left of the video player is a 'Benefits' section with a list of advantages and a 'Discounts' section with a list of member perks. A 'Watch on YouTube' button is located at the bottom left of the video player.

ABOUT JUNIORS ADULTS OFFICIALS PARAVOLLEY PARTNERSHIPS

ABOUT > MEMBERSHIP CONTACTS LOCATIONS DIVERSITY GEVA STORE REGIONAL UPDATES GOVERNANCE SOCIAL MEDIA

MEMBERSHIP

MEMBERSHIP 101: FROM THE START

PRINTING MY MEMBERSHIP CARD

Benefits

- Access to play in all USA Volleyball-sanctioned competitions and events nationwide
- Confidence that all USA Volleyball-sanctioned events require a background screen and SafeSport training for all adults including coaches, administrators and event staff in alignment with our commitment to athlete safety
- Opportunity to qualify and compete for a USA Volleyball National Championship
- Opportunity to be considered for USA Volleyball Awards and Recognition
- FREE access to the NTDP Academy, which features courses taught by Olympic and Paralympic athletes, coaches and their support teams. [Learn More](#)
- Member coaches receive FREE access to the Bronze tier of Coach Academy and discounts on Silver and Gold tier
- USA Volleyball Official eNewsletters for parents, coaches, clubs and officials
- Access to webinars with USA Volleyball staff, National Team coaches, athletes and partners
- Member exclusive updates on new programs, upcoming events, policy changes, and Olympic and Paralympic updates

Discounts

- Exclusive member discounts to the USA Volleyball Shop
- Exclusive access to discounted tickets, VIP packages and more at U.S. National Team competitions
- FREE access to IMPACT training for all new USA Volleyball coaches
- FREE access to SafeSport training provided by the U.S. Center for SafeSport
- Discounted access to **Sports Engine HQ Premium** for member clubs
- **Exclusive 15% discount on Sports Imports net systems + training equipment**
- Receive exclusive discounts from USA Volleyball partners, including **Crossnet** and **Hyperice**
- Discounts on Delta airlines flights to four of our national championship events (Girls 18s, Girls 11-13s, Girls 14-17s, Opens). Information is posted on the individual event pages.

USA Volleyball Visa Signature Credit Card Benefits include unlimited 1% cash back, earn 2% or 3% cash back on select categories, low introductory rate, Visa Signature

Watch on YouTube

Need Help?

Click Here For A Membership Help Video

Click Here For a Video on How to Print Your Membership Card

GEVA REGISTRATION HELP

[ABOUT >](#) [MEMBERSHIP](#) [CONTACTS](#) [LOCATIONS](#) [DIVERSITY](#) [GEVA STORE](#) [REGIONAL UPDA](#)

Membership Registration

REGISTRATION

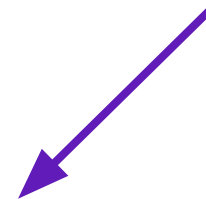
USAV continues its partnership with the SportsEngine Member Management System. These memberships are for participation in USA Volleyball events ONLY. All events currently authorized by GEVA are USAV membership events.

To prepare for the season each family should create a free "household" SportsEngine account. This account will be required prior to registering for a GEVA Region/USA Volleyball membership. The SportsEngine account is not a GEVA Region/USA Volleyball membership. Do so by clicking the sign in link at the top right corner of this page. You will use your "household" account to purchase all other accounts for your family members. (For help with this see the parent resources below or watch the Membership 101 video)

After you create your "household" SportsEngine account go ahead and register your GEVA/USAV Membership. The blue link at the top right of this page.

[PARENT RESOURCES FOR CREATING HOUSEHOLD MEMBERSHIPS >](#)

**Click Here For
Household
Membership
Questions**



CLUB RULES AND POLICIES

| | |
|---------------------------------|--|
| Player Attendance Policy | <p>Any conflicts that are not previously approved will result in:</p> <ul style="list-style-type: none">• Every 3 times being late to practice- Sit 1 game at the next tournament.• One missed practice- Sit at least 1 game at the next tournament.• One missed tournament day- Sit at least 2 games at the next tournament. |
| Playing Time | <p>National/Travel</p> <ul style="list-style-type: none">• Playing time is based on merit, attendance & attitude. <p>Regional</p> <ul style="list-style-type: none">• Player sits no more than 2 consecutive sets depending on position. Every effort will be made to have the player play at least 3 positions. <p>*Late to a tournament- sit the first match*</p> |
| 24 Hour Contact Policy | <p>Parents and players must wait 24 hours after the tournament to contact the coach regarding playing time. We encourage the player to discuss their concerns first before involving the parent.</p> |

CLUB RULES AND POLICIES

Player Commitment: LHVA is designed to improve and enhance a female athlete's skills and abilities. It is the player's responsibility to fully commit to the club and their team in order to get the best experience from the program. 100% commitment of the player's time and effort is required. Other sports should not consistently interfere with practices and/or tournaments. Any school conflicts must be presented to the coach at the beginning of the season.

Parent Commitment: Parents are a key role in this experience. Your dedication to your daughter and their commitment to the club is essential. Driving your daughter back and forth to tournaments within our region and practices takes a lot of commitment on your part. Also, one parent from each team is asked to volunteer as a team parent.

QUESTIONS



Email: info@lhvavolleyball.com

Website: www.lhvavolleyball.com

Director:

Sloane Dill

(914) 557-2570

Assistant Directors:

Beth Pirrone

(917) 209-1215

James Horan

(516) 695-3356