



Committed to providing a comprehensive training program with integrity since 1995.

www.BoomersVolleyball.com

Boomers Volleyball Club

Dear Parents,

On behalf of our Boomers Family, I would like to welcome you all to the BVA Facility and thank you for considering our Academy. We had an incredible first full season at the new facility and are extremely excited about our progress and improvements. We think that you will be impressed with the level of training and the competitive environment that we provide.

We know that the tryout process can be a stressful one. I ask you to have faith in the process. We will find the best fit for your daughter to experience growth and development as both an athlete and strong young woman. Each of our levels are designed to give your daughter the instruction and repetition she needs to progress and succeed in this sport. For the younger athletes, our goal is to develop a strong base and understanding of fundamental skills, and most importantly, a passion for the sport. As they progress through our program, the focus will shift to providing the strategic, technical, and physical training necessary to excel at the highest level of competition.

They will also be taught at all ages and levels of skill what it means to be a part of a team and share a common goal. They will be taught that, as an individual on a team, it will sometimes be necessary to put their individual needs aside and make sacrifices in order to achieve these goals.

We know there are several volleyball club options to choose from. Our combination of constantly improving training methods along with over 20 years of experience operating as an organization with integrity and honesty make us a great choice.

Thanks again and I know that you will love being part of the Boomers Family.

Regards,

Hugo Jimenez
Director, Boomers Volleyball Club

Our Focus

Mission

Boomers' Mission is to provide a comprehensive, competitive training program that maximizes our Athletes' potential growth as Volleyball Players and Strong Young Women. We will provide the tactical, technical, and physical training necessary to be successful not only on our teams, but at every level of competition. We believe that by providing an environment where the athlete feels supported and free from the fear of failure, they are open to the success that can be achieved when pushed outside of their comfort zone.

Training

We are committed to providing the best coaches for our players. Boomers believes that a coach can have a great impact on an athlete's life, both on and off the court. As a result, we hold our coaches to the highest standards of integrity and expect them to treat all players with dignity and respect.

Black and Green

- Head coaches are assigned to each team throughout the season to ensure the most individualized attention. Each Coach is carefully selected to ensure that they are the best fit to fill the team's and individuals on that team's needs.
- Assistant Coaches in our program are the same caliber as Head Coaches. While many other clubs will put almost anyone with some level of volleyball knowledge into these sports, we carefully screen and select the top coaches available.
- Due to our facility, we will be able to keep our top Coaches in the gym for every practice. This consistency in quality instruction and training will maximize your daughter's experience.
- Head coaches are responsible adults with proven coaching experience, specifically chosen with gifts for that particular age group.
- All coaches contribute for positional training sessions to offer their expertise to all players in the club

White

- White teams will have one dedicated Head Coach.
- All of our White Team Coaches are well trained and knowledgeable coaches with extensive experience.

Conditioning

A strong Conditioning Program is imperative for both injury prevention and maximizing athletic potential. All High Level Collegiate Programs have a lifting and conditioning component to their training. We have improved our Conditioning program to focus on gains and injury prevention during season.

Competitive Philosophy

We invest in the training and growth of your daughters as volleyball players, teammates and student-athletes. We are invested and focused on helping our Families' achieve their long term goals. By providing the best training, we insure that you can maximize your growth potential. We are here to provide the tools necessary to succeed as individuals and as a team. We emphasize a focus on the journey and the work ethic; the results take care of themselves when we have a culture focused on accountability and growth.

Teams

- **White**

White Teams are an excellent place to start if you are new to club sports or want to limit your travel commitment. It is designed for players who want to learn about the sport and learn the skills necessary to contribute to their Middle School or High School Teams. The coaching and level of training is excellent. The benefits are a lower price point and the opportunity to enjoy competition without having to travel. We have completely reworked our White Team structure to ensure a high level of training. Each White Team practice site will have a designated “Director” that leads the training and oversees operations. Each Director is a Black or Green Level Coach to make sure that each team is getting a strong level of training. Each court will also have a designated court coach to ensure a good coach to player ratio. White Teams will have 1 practice per week at their site and 1 scrimmage night per week (Friday) at the BVA Facility on weeks that they do not have weekend tournaments. Weekend tournaments will be held at BVA or The Sagemont School.

- **Green**

Green teams include higher level and more experienced coaching as well as the addition of an assistant coach and a comprehensive conditioning program. Green teams compete in more highly competitive tournaments and have a more intensive training structure. Players participate in two practices per week plus conditioning and positional training sessions for a total of three practices per week during non-tournament weeks. Positions on these teams are competitive and determined by position. This is a great program for those interested in pushing their development to a higher level and those who strive to reach the Black level.

- **Black**

Black teams are our strongest team at each age level. Positions on these teams are highly competitive and our most experienced coaches and assistants are placed with these teams. The travel schedule is much more intensive than the other two teams with each of our Black Teams traveling to extremely competitive National Qualifiers and the most competitive in State Tournaments. Their travel schedule is specifically designed to provide them with the best opportunity to be recruited by Collegiate programs. Black Team players also participate in two practices per week plus additional conditioning and positional training sessions for a total of three practices per week. The travel and additional training opportunities require a higher financial commitment. Boomers’ Black Teams have been responsible for developing more Collegiate and Professional Volleyball players than any other program in South Florida.

The Boomers Difference

- We are nationally recognized by collegiate coaches with a PROVEN record of placement into Division 1 programs such as Penn State, University of Texas, UNC Chapel Hill, University of Florida, Florida State, Notre Dame, Boston College, University of Miami , Wake Forest and Pepperdine just to name a few.
- Our experience and the network of contacts we have built over the past 20 years is a huge asset in getting your daughter into college. To date we have placed well over 100 athletes in college programs with many of them receiving full or partial scholarships.
- Throughout the country Boomers is recognized as a well established club with a great reputation for producing high level student-athletes with invaluable skills, positive attitudes and the desire to be part of a team. When a program takes a Boomers' athlete on, they know that they are getting an athlete that knows what is necessary to train at the highest level and succeed through accountability and work ethic.
- By design, we limit the number of teams per age group to ensure players receive individualized attention and the best training possible.
- We value the commitment of our players and their families and DO NOT recruit players onto a team for short term success.
- Boomers provides expert conditioning from a professional training company for 12U and above for our Black and Green Teams.
- There are NO hidden fees. All training (practice, positional as well as conditioning), uniforms, backpacks and tournament entries are included in our pricing.
- No club is the right fit for everyone. We pride ourselves on a culture of accountability and work ethic. We will partner with you to help develop a strong young women that is capable of succeeding in today's highly competitive environment both on and off the court.
- **If you are striving to build a self driven individual capable of overcoming adversity and distractions, you are in the right place.**