

*Welcome to our 2nd season of Rhythm Volleyball Academy (RVA)*

*We are excited for the 2025–2026 club season, as it will offer unparalleled opportunities for the Middle Tennessee volleyball community. In the summer of 2024, Rhythm was birthed out of a committed group of sports-minded, local owners who understand the value system of Middle Tennessee families and celebrate the competitive spirit of our community. The success of our inaugural season has garnered our club a high level of exposure that will afford RVA the ability to access national resources to further enrich the development of the “Whole Athlete.”*

*What makes RVA unique? The club offers a comprehensive and collaborative approach to training athletes aged 5–18 in our new 20,000 sq. ft. facility. Rhythm cultivates 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. A healthy coach-to-player ratio is a key component to our player development.*

*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 to, 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 tryout phase, attending open practices, a mid-season survey, and a post-season survey. This ongoing relationship between our families and the club is essential for a progressive and successful outlook in the developing student-athletes.*

*Rhythm uses a classification system which represents the necessary commitment for families and athletes. Those classifications are as follows:*

- *“National” – 1st and 2nd level teams ages 15–18 & 14-1 team*
- *“Elite+” – 12-1 team, 13-1 team & 14-2 team*
- *“Elite” – 3rd level of teams ages 14–17 & 13-2 team*
- *“Regional” – 4th level of 14s, 15s, 16s & 12-2 team*
- *“Local” – teams (ages 11, 14U, 16U) designed to play in Middle Tennessee*

*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 sq. ft. facility.*

*Jeff Wismer*

*Executive Director, Rhythm Volleyball Academy*

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

Rhythm will employ a “**Comprehensive and Collaborative**” training approach that provides all players with a structured, consistent 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 Comprehensive and Collaborative 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*
- *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

The 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.

At the 13s age division, RVA will be offering 4 teams:

#### **Teams:**

- 13 Elite + MC
- 13 Elite
- 13 Regional
- 13 Local

#### **Head Coaches**

- (1) Mary Catherine Smith
- (2) Christina Saenger
- (3) Grace Evans
- (4) TBA

#### **Assistant Coach**

Karyl Paul  
Sydney Dalton  
(Training Coach - TBA)

## Facility

(2139 Logistics Way - Building C, Murfreesboro TN)

In November of 2024, we opened the RVA Competition Center which is a 20,000 square foot facility exclusively dedicated for volleyball! 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 2nd 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](http://rhythmvolleyball.com) and as follows...

**13 Elite +, Elite, Regional and Local team placement tryout      9/27 & 9/28**

*\*we encourage players to attend both dates of tryouts but is not mandatory*

**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 "Whole 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.

13-1 Elite Plus will practice Tuesdays and Thursdays 7:00 - 9:00 and Sunday afternoons. 13-2 Elite will practice Monday and Wednesday and Sunday afternoons. These teams will travel locally, regionally and nationally to find "matched event competition." 13 Regional will practice twice a week, Mondays and Wednesdays 7:00 - 9:00. Teams will travel upwards of 4 hours for "matched competition." 14 Local will participate in "Master" Coach training led by [Quan Scott](#) on Winter Friday evenings and team practice on Sunday evenings.

**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 is a member club of the SEPL (joining K2, A5, Tsunami, TK and Bama Elite),** hosting Stop #3 of the league. The SEPL is a great opportunity for our teams to play against some of our region's top clubs consistently. 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. We are excited to introduce access to national recruiting resources unlike any other club in our area.

## **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. Club 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 Uniform Package and practice attire.
- Administrative Related Expenses – Those fees are shared in proper proportion depending on a team’s length of season.

## **Club Team Classifications:**

Rhythm uses a classification system which represents the necessary commitment for families and athletes. Those classifications are as follows:

**“Elite+” teams’ (12-1, 13-1, 14-2) goal is to flourish and excel against teams within the Mid South and be highly competitive outside of Mid South.** The club will only select athletes to be an Elite member if their commitment level, athleticism and volleyball aptitude justifies a position on a specific team. Elite players will also be participating in significant tournament endeavors, so players must prioritize activities that may distract them from bettering their team. These teams will have elite athletes who are exploring volleyball as their primary sport while participating in other extra curricular activities.

- 12-1, 13-1 and 14-2s will complete their season in Foley Alabama (May 30 and 31st)
- Practices three times weekly (starting in mid November)
- Has an assistant coach, 10 players on a team
- 10 events

**“Elite”** teams’ goal is to flourish and excel against teams within the state of Tennessee and be highly competitive at the club level outside of Mid South. The club will only select athletes to be an Elite member if their commitment level, athleticism and volleyball aptitude justifies a position on a specific team. Elite players will also be participating in significant tournament endeavors, so players must prioritize activities that may distract them from bettering their team. These teams will have athletes who may or may not be interested in playing collegiate volleyball but are focused on improving their skills for their upcoming school seasons.

- The 3rd level of RVA Teams will compete their seasons at SRVA Regionals (early May)
- Practices two times weekly (starting in mid November)
- Has a training coach, 10 players on a team
- 9 events

**“Regional”** teams will compete against teams within our Region while growing their competitive level and skill sets. Regional team members are those whose primary focus is enhancement of their level of play for future seasons. Many of our younger or new athletes to volleyball start as Regional team members until their skills, motivation or interest in the game leads them to a Elite, Elite + or National level of commitment. Our Regional teams benefit greatly with RVA’s Comprehensive and Collaborative Training Model to ensure quality training.

- 1 regional team per age 13-16. We will have one 12 Regional Team
- Season will conclude in Mid to late April
- Practices two times weekly (Monday and Wednesdays)
- 10 players on a team playing in 8 events.

**“Local”** teams - or “Training Teams” will compete against teams within our area while growing their competitive level and skill sets. Local team members are those whose primary focus is enhancement of their level of play for future seasons. The Local team is an entry level experience or one that is befitting for that athlete’s ability to make a larger commitment. Our Local teams benefit greatly with RVA’s Comprehensive and Collaborative Training Model to ensure quality training. It is crucial at this level, for RVA coaches “to meet” athletes’ abilities and challenge each member to grow them (in a positive and encouraging atmosphere). Team practices start in mid-January. WTP starts in December.

- 1 local team per age 13-16. We will have a Local Team under the age of 12.
- Dues include Winter Training Program (WTP) Friday nights 6:00- 8:00 and a 2-hour team training on Sunday nights. WTP is operated by RVA Lead Trainer, Quan Scott
- 10 players on a team playing in 4 events.



# RHYTHM

## VOLLEYBALL ACADEMY

### 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.*

#### Rhythm 13-1 Elite *plus* Team Fee Schedule

13 Elite +	<b>Commitment day 7/29</b>	10/1	12/1	2/1	Season Total
%	30%	30%	20%	20%	100%
\$	1065	1065	710	710	<b>\$3550</b>

#### Rhythm 13-2 Elite Team Fee Schedule

13 Elite	<b>Commitment day 8/1</b>	10/1	12/1	2/1	Season Total
%	30%	30%	20%	20%	100%
\$	\$795	\$795	\$530	\$530	<b>\$2650</b>

#### Rhythm 13-3 Regional & 13-4 Local Team Fee Schedule

13 Regional	<b>Commitment day 8/1</b>	10/1	12/1	2/1	Season Total
%	30%	30%	20%	20%	100%
\$	\$585	\$585	\$390	\$390	<b>\$1950</b>
13 Local	<b>Commitment day 10/1</b>	NA	12/1	2/1	Season Total
%	40%	NA	30%	30%	100%
\$	\$440	NA	\$330	\$330	<b>\$1100</b>



# RHYTHM

## VOLLEYBALL ACADEMY

### 13 Elite *Plus*: 1s' Team Tentative Schedule

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/13
SVT Invite (SRVA)	Cullman, AL <i>Omni Center</i>	1/10 & 1/11
Bama Battle (SRVA)	Huntsville, AL <i>Von Braun Convention Center</i>	1/24 & 1/25
A5's Beast of the Southeast Invite (SRVA)	Alpharetta, GA <i>A5 Sportsplex or Cobb Galleria</i>	1/31 & 2/1
Local Event	TBA	Late Feb/early March
Southeast Power League #3 (JVA)	TBD <i>Guntersville or Murfreesboro</i>	3/21 & 3/22
Local Event	TBA	April
Showdown in the Smokies (KIVA, Munciana, K2)	Knoxville/Sville/Gburg <i>Knoxville and Assorted Convention Centers</i>	4/25 & 4/26
USAV Regional Bid Qualifier	Atlanta, GA <i>Georgia World Congress Center</i>	TBA (May)
-----Post Season Schedule-----		
Summer Splash	Foley, AL <i>Foley Event Center</i>	5/30 & 5/31

*\* final decision to be made after location of SEPL #3 is determined*



# RHYTHM

## VOLLEYBALL ACADEMY

### 13 Elite: 2s' Team Tentative Schedule

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/13
SVT Invite (SRVA)	Cullman, AL <i>Omni Center</i>	1/10 & 1/11
Bama Battle (SRVA)	Huntsville, AL <i>Von Braun Convention Center</i>	1/24 & 1/25
Local Event (SRVA)	TBA	February
Southern Showdown (JVA)	Hoover, AL <i>Finley Center</i>	2/21 & 2/22
Local Event	TBA	March
Southeast Power League #3 (JVA)	TBA <i>Guntersville or Murfreesboro</i>	3/21 & 3/22
Local Event	TBA	April
SRVA Regional Championships	Atlanta, GA <i>Georgia World Congress Center</i>	TBA

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# RHYTHM

## VOLLEYBALL ACADEMY

### 13 Regional: 3s' Team Tentative Schedule

RVA (SRVA)	Murfreesboro, TN <i>RVA</i>	12/13
Southeast Power League #1 (JVA)	Knoxville, TN <i>Knoxville CC</i>	1/10 & 1/11
Southeast Power League #2 (JVA)	Atlanta, GA <i>Tsunami and TK Training Facilities</i>	1/24 & 1/25
Local Event	TBA	February
Southern Showdown (JVA)	Hoover, AL <i>Finley Center</i>	2/22 & 2/23
Local Event	TBA	March
Southeast Power League #3 (JVA)	TBA <i>Guntersville or Murfreesboro</i>	3/21 & 3/22
Commonwealth Cup	Madisonville, KY <i>Madisonville Sportscenter (12 courts)</i>	4/19 - 4/20

*\* final decision to be made after location of SEPL #3 is determined*



# RHYTHM

## VOLLEYBALL ACADEMY

### 13 Local:

Team Schedules will include 4 area events spanning the months of January, February, March and April