

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 18s age division, RVA will be offering 2 teams

Teams:

- 18 National Jeff
- 18 National Macie

Head Coaches

- (1) Jeff Wismer
- (2) Macie Pringle

Assistant Coach

Makenzie Jordan
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 and as follows...

18 National team placement tryout 7/26 & 7/27

**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.

18 National teams will practice Tuesdays and Thursdays 5:00 - 7:00 and Sunday afternoons. These teams will travel locally, regionally and nationally to find "matched event competition." Teams will travel upwards of 5 hours for "matched competition" and should plan for at least your event that could require a plane flight.

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.



T
N

RHYTHM

VOLLEYBALL ACADEMY

U
S

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 Team Classifications (18s only):

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

“National” goal is **to establish themselves as one of the preeminent teams in Mid South and be highly competitive at national level of play.** Athletes who are selected to be members of this level program are highly motivated, gifted athletically and are committed to taking the essential steps towards becoming a productive teammate at each practice and tournament. These athletes are those who are able to successfully balance their scholastic requirements with the demands of the club volleyball. Another objective for this level is to expose our players to collegiate networks and coaches in the hopes of finding suitable post-high school playing experiences if the athlete desires.

- Competes through April
- Practices three times weekly
- Has assistant coach and rostered 10-11 players on these teams
- 8 events for 18 Jeff and 18 Macie.



RHYTHM

VOLLEYBALL ACADEMY

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 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 18 National Team Fee Schedule					
18 National Jeff	Commitment day 7/29	10/1	12/1	2/1	Season Total
%	30%	30%	20%	20%	100%
\$	\$1065	\$1065	\$710	\$710	\$3550

18 National Macie	Commitment day 7/29	10/1	12/1	2/1	Season Total
%	30%	30%	20%	20%	100%
\$	\$1065	\$1065	\$710	\$710	\$3550



RHYTHM

VOLLEYBALL ACADEMY

18 National: 1s' Team Tentative Schedule

RVA (SRVA)	Murfreesboro, TN <i>RVA Competition Center</i>	12/13
SVT Invite (SRVA)	Cullman, AL <i>Omni Center</i>	1/10 & 1/11
Central Zone Invitational	Indianapolis, IN <i>Indiana Convention Center</i>	1/24 & 1/25
Triple Crown National Invite Tournament	Kansas City, MO <i>Kansas City Convention Center</i>	2/14 - 2/16 (3 days)
USAV Qualifier: Southeast	College Park, GA <i>Georgia International Convention Center</i>	2/20 - 2/22 (3 days)
Adidas Blue Grass	Louisville, KY <i>Kentucky Expo Center</i>	3/6 & 3/7
USAV Qualifier: Mideast	Indianapolis, IN <i>America's Center</i>	3/20 - 3/22 (3 days)
Year end event	TBA	April



RHYTHM

VOLLEYBALL ACADEMY

18 National: 2s' Team Tentative Schedule

RVA (SRVA)	Murfreesboro, TN <i>RVA Competition Center</i>	12/13
SVT Invite (SRVA)	Cullman, AL <i>Omni Center</i>	1/10 & 1/11
Central Zone Invitational	Indianapolis, IN <i>Indiana Convention Center</i>	1/24 & 1/25
President's Day Classic	St. Louis, MO <i>America's Center</i>	2/14 - 2/16 (3 days)
USAV Qualifier: Southeast	College Park, GA <i>Georgia International Convention Center</i>	2/20 - 2/22 (3 days)
Adidas Blue Grass	Louisville, KY Kentucky Expo Center	3/6 & 3/7
USAV Qualifier: Mideast	Indianapolis, IN <i>America's Center</i>	3/20 - 3/22 (3 days)
Year end event	TBA	April