

PARENT PACKET

Triple F Volleyball Club

Welcome to Triple F Volleyball Club!

We're beyond excited to have you join us for an incredible season of growth, competition, and community. This Parent Packet is your go-to guide for everything you need to know as we gear up for the year ahead. Inside, you'll find three essential sections that will help you navigate the season with confidence:

Who We Are – Learn about our mission, vision, and what sets our club apart.

What We Do – Get the details of each of our three programs: *Form*, *Fusion*, and *Force*.

How We Do It – Dive into our Player/Parent/Coach Handbook to understand the expectations, culture, and standards that shape our program.

Any questions regarding the information in this packet can be directed to McKenzie Kramer, who can be reached using the email and phone number below. Be sure to subscribe to the calendar on our website and follow us on Instagram for club wide updates!

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WHO WE ARE

General Information

Welcome to Triple F Volleyball Club

At Triple F, we are more than just a volleyball club—we are Knoxville's premier destination for athletic development and character growth. As a leading volleyball club in East Tennessee, we seek driven, skilled, and passionate athletes who are ready to push their limits and grow both on and off the court.

We offer **three programs** designed for athletes at every stage of their volleyball journey, providing a clear pathway from foundational development to elite-level performance. Our goal is to meet athletes where they are—and help them become who they are capable of becoming.

Triple F delivers elite youth volleyball training within a Christ-centered environment that empowers young women to grow in body, mind, and soul. We value teamwork, discipline, sportsmanship, and work ethic, and our experienced coaching staff is committed to helping each athlete reach her full potential.

OUR CORE VALUES

Faith. Family. Fundamentals.

OUR GOALS

1. A Family-Centered, Faith-Rooted Community
2. Elite Training Without Sacrificing Compassion
3. Fundamental-Based Training in a Modern World
4. Preparing Athletes for Life On and Off the Court

WHO WE ARE

General Information

A Family-Centered, Faith-Rooted Community

At Triple F, we are more than a volleyball club—we are a community.

In many programs, families are asked to stay at a distance, with limited access to practices or the day-to-day environment. We choose a different approach. We welcome families in. We encourage them to be present, to watch, to learn, and to experience the growth of their athletes firsthand. We believe development is not something that should happen behind closed doors, but something that should be shared.

We are intentional about building an environment where athletes feel supported not only by coaches, but by their families and community. This connection strengthens trust, accountability, and joy in the process.

At the core of Triple F is a commitment to faith and service. We are not exclusive—we are inclusive in how we serve others. Our focus is not who we serve, but how we serve: with excellence, humility, and love.

We believe that community comes first. When people feel seen, valued, and connected, athletes grow in deeper and more meaningful ways than sport alone can provide.

As Scripture reminds us:

“Let all that you do be done in love.” — 1 Corinthians 16:14

That principle guides how we coach, how we communicate, and how we build relationships within our program.

At Triple F, family is not separate from the process—it is part of it.

WHO WE ARE

General Information

Deliver Elite Training without Sacrificing Compassion

We believe athletes grow best in an environment that is both demanding and deeply supportive.

At Triple F, our coaching philosophy is simple: demanding, not demeaning. We hold athletes to high standards because we believe in their potential, while always ensuring they feel respected, valued, and supported in the process. Coaching is done with love, sometimes tough love, but always with the intention of helping athletes grow.

We also teach athletes to view challenges through a different lens—mistakes are not failure, they are feedback. Volleyball is a game of errors, and learning how to respond to those moments is what builds true confidence and maturity.

Through adversity, athletes develop resilience. They learn how to stay composed under pressure, respond rather than retreat, and keep moving forward after setbacks. These moments—handled the right way—become some of the most powerful teachers in both sport and life.

At Triple F, we believe the combination of high standards, compassionate coaching, and resilience-building experiences creates not only better athletes, but stronger individuals prepared for whatever comes next.

WHO WE ARE

General Information

Fundamental-Based Training in a Modern World

Today's athletes are growing up in an unprecedented information age. With TikTok, YouTube, and instant access to content, everything feels one search away. While information is more available than ever, true understanding and proper development still require experienced guidance.

That's why at Triple F, we emphasize expert-led, fundamental-based training rooted in understanding the why behind every skill—not just running athletes through drills to fill time. We believe athletes deserve more than repetition. They deserve teaching that is intentional, scientific, and clearly explained so they understand how and why skills translate to real competition.

Our staff includes former and current collegiate coaches, former professional players, and current collegiate athletes. Not only do they understand the game—they have lived it at the highest levels. This experience allows them to demonstrate, teach, and correct with precision that cannot be replicated by theory alone.

Combined with our Long-Term Athlete Development (LTAD) model—which is a structured, progressive training approach focused on developing athleticism, movement quality, strength, and sport-specific skills over time—athletes receive a complete performance foundation. Our system is designed to meet all specific needs by considering the most important variables: sport, age, gender, position, ability, health history, and schedule.

Professional athletes are blessed to have access to the top strength and conditioning, sports medicine, and sports nutrition experts within their own organization. At Triple F Elite Sports Training, our mission is to provide the same industry-leading practices in a professional-level environment for youth and adult athletes to fully realize their athletic potential.

The result is a comprehensive training environment designed to develop faster, stronger, more explosive, and more confident athletes over the course of the season. Our goal is simple: athletes leave better than they arrived—in skill, understanding, and athletic ability.

WHO WE ARE

General Information

Prepare Athletes for the Next Level—On and Off the Court

Volleyball is a vehicle for far more than competition—it is a training ground for life.

Athletes learn how to communicate under pressure, work within a team, advocate for themselves and others, manage time, accept accountability, and respond to adversity. They learn how to compete with intensity while still lifting those around them.

Research continues to highlight the connection between athletics and leadership. Studies show that nearly 94% of women in C-suite leadership roles participated in sports growing up. The qualities developed through athletics—resilience, communication, teamwork, discipline, and confidence—are the same qualities that translate into success in every stage of life.

That's not coincidence—it's preparation.

At Triple F, we believe success in volleyball is only part of the picture. For some athletes, the next level may be varsity volleyball. For others, it may be college athletics. And for all athletes, it is life beyond the court.

We aim to equip athletes with the habits, mindset, and character necessary to succeed wherever their path leads. Through competition, training, mentorship, and community, athletes gain skills that extend far beyond the game and continue serving them long after their playing careers are over.

At Triple F, success is not only measured by wins and losses, but by the confidence, character, and leadership our athletes carry into the world.

WHO WE ARE

Our Leadership Team



Kevin O'Shea

COO, TRIPLE F ELITE SPORTS TRAINING

As COO, Kevin O'Shea brings the big-picture leadership that keeps Triple F aligned with our mission: Faith, Family, Fundamentals. A certified strength and conditioning coach, Kevin ensures our athletes are developing not just as players, but as strong, well-rounded individuals. He's the culture driver—focused on team unity, long-term growth, and delivering an elite experience that never compromises.

Brienna Laskowski

DIRECTOR OF PLAYER & COACH DEVELOPMENT

As the head coach at Maryville College, Brienna brings a powerful resume and unmatched energy to Triple F. A standout athlete at William Peace and former coach for nationally ranked Milwaukee Sting, she's now led the Scots to an average .600 win percentage in her first three seasons. At Triple F, Brienna is our master coach—tracking player growth, leading coach development, and driving extras like film sessions and recruiting seminars to give our athletes every competitive edge.



McKenzie Kramer

DIRECTOR OF OPERATIONS

McKenzie's career spans D1 volleyball, international play, and advanced education—earning degrees from both the University of Montana and Cal State Fresno, where she competed on full scholarship before playing professionally in Western Europe. At Triple F, she's the heartbeat of club operations—your go-to for communication, schedules, and club-wide events. Her mission: to keep the season running smoothly while making every family feel part of something bigger.



WHAT WE DO

FORM - Developmental Program

Informational Session: October 4th 5pm

Tryouts: October - See website for dates

Season Runs: November-April

Facility: TBD

For 12U-13U athletes ready to grow their game, our Developmental Program provides the perfect introduction to competitive volleyball. We call this program Form because these are the formative years where athletes build the foundation of their skills, confidence, work ethic, and love for the game. This program focuses on developing sound technique and game experience—without the heavy travel schedule. It's ideal for players preparing for middle school or high school teams, or for those who may eventually transition into our Hybrid or College Prep programs.

- 8 practices per month
- Local competition schedule- 6 tournaments: all entry fees included

Events & Mentorship

- Optional Bible studies for personal growth and team connection
- Optional educational seminars (topics include: nutrition, LTAD, recovery, recruiting, etc.)
- Admission to all club-wide events:
 - Monthly club/team bonding
 - Commitment Night
 - Club Hosted Tournament
 - Club-Wide Post-Season Banquet

Uniform & Gear Package

- (2) Game Jerseys
- (2) Practice Tops
- (1) Hoodie
- (1) Backpack

Optional Add-Ons

- Strength and conditioning package- \$150/month OR \$700 upfront
- All skills clinics (\$30/clinic)

Note: Travel expenses (lodging, airfare, fuel, food), transportation to practices and tournaments, and USAV/AAU membership fees are not included in club dues and are the responsibility of the Player and Parent.

WHAT WE DO

***FUSION* - Hybrid Program**

Informational Session: October 4th 5pm
Tryouts: October - See website for dates
Season Runs: November-April
Facility: TBD

Our Hybrid Program is a standalone pathway for athletes seeking a high-level volleyball experience with a more balanced and flexible schedule. We call this program Fusion because it blends competitive volleyball, advanced training, and athlete development with the flexibility families need. Fusion brings together the best aspects of performance and balance, creating an environment where athletes can continue to grow, compete, and enjoy the game while managing other commitments. The program emphasizes strong training, competitive play, and overall athlete development through a regional tournament schedule designed to fit family and school priorities.

Hybrid teams will include:

- Any second teams formed within the 17U, 16U, 15U and 14U age groups
- First 13U team

Training & Development

- 8–10 practices per month (2 nights of team practice + 1 night of positional training each week)

Recruiting & Mentorship

- Optional educational seminars (topics include: nutrition, LTAD, recovery, recruiting, etc.)
- Optional Bible studies for personal growth and team connection

Competition & Events

- Regional competition schedule- 8 tournaments: all entry fees included
- Admission to all club-wide events:
 - Monthly club/team bonding
 - Commitment Night
 - Club Hosted Tournament
 - Club-Wide Post-Season Banquet

Uniform & Gear Package

- (3) Game Jerseys
- (3) Practice Tops
- (1) Full Sweatsuit (Hoodie + Pants)
- (1) Backpack

Note: Travel expenses (lodging, airfare, fuel, food), transportation to practices and tournaments, and USAV/AAU membership fees are not included in club dues and are the responsibility of the Player and Parent.

WHAT WE DO

FORCE - College Prep Program

Informational Session: October 4th 5pm
Tryouts: October - See website for dates
Season Runs: November-June
Facility: Triple F Elite Sports Training

Our College Prep Program is designed for athletes seeking the highest level of training, competition, and long-term development. We call this program Force because it brings together driven athletes who are committed to pushing their limits and maximizing their potential. Built around a high-performance, college-style environment, Force provides the most comprehensive training experience at Triple F, combining elite coaching, advanced skill development, strength and athletic performance training, and high-level competition. Athletes train like collegiate players, preparing them for success at the next stage of their journey—whatever that may be. Teams include all first teams made 14U-18U.

Training & Development

- 8–10 practices per month (2 nights of team practice + 1 night of positional training each week)
- Unlimited participation in strength & performance training sessions led by certified trainers
- Pre-, mid-, and post-season athletic testing to track progress
- Access to on-site recovery amenities, including sauna and cold plunge tubs
- On-site physical therapy support for injury prevention and recovery
- Basic sports nutrition guidance to help athletes fuel for performance

Recruiting & Mentorship

- Recruiting support to guide athletes and families through the college process
- Coach-led film sessions to build court awareness and game IQ
- Optional Bible studies for personal growth and team connection

Competition & Events

- Regular season and post-season tournament entry fees included
- Admission to all club-wide events:
 - Monthly club/team bonding
 - Commitment Night
 - Club Hosted Tournament
 - Club-Wide Post-Season Banquet

Uniform & Gear Package

- (3) Game Jerseys
- (3) Practice Tops
- (1) Long-Sleeve Warm-Up Top
- (1) Full Sweatsuit (Hoodie + Pants)
- (1) Backpack

Note: Travel expenses (lodging, airfare, fuel, food), transportation to practices and tournaments, and USAV/AAU membership fees are not included in club dues and are the responsibility of the Player and Parent.