



Faith

Family

Fundamentals



TRIPLE F VOLLEYBALL

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A PLACE FOR EVERY ATHLETE, EVERY STAGE, AND EVERY GOAL.

McKenzie Kramer: (951) 401-3343

Our Vision

Success at Triple F is not measured solely by wins and losses, but by the quality of young people we help develop.

- ➔ **Faith-Centered, Family Rooted Environment**
- ➔ **Deliver Elite Training without Sacrificing Compassion**
- ➔ **Fundamental-Based Training in a Modern World**
- ➔ **Prepare Athletes for the Next Level: On and Off the Court**



Program Breakdown

BENEFITS	FORM	FUSION	FORCE
Training & Competition			
- 2 Team Practices per Week	✓	✓	✓
- 2 Positional Training Sessions per Month		✓	✓
- Local Tournament Schedule — 6 Tournaments	✓		
- Regional Tournament Schedule — 8 Tournaments		✓	
- National Tournament Schedule — 10 Tournaments			✓
LTAD (Triple F Training)			
- 2 Athletic Development Sessions per Week		✓	✓
- LTAD Membership Included			✓
- 2 Athletic Assessments			✓
- Unlimited Group Training Sessions			✓
- Unlimited Access to Triple F During Operating Hours			✓
- Access to Triple F Sports Medicine Team via App			✓
- Unlimited Access to Recovery Equipment			✓
- Training & Recovery Access at Triple F Knoxville and Triple F Blount			✓

Tournament Schedule

*Indicates Stay to Play tournament, more details at Commitment Night

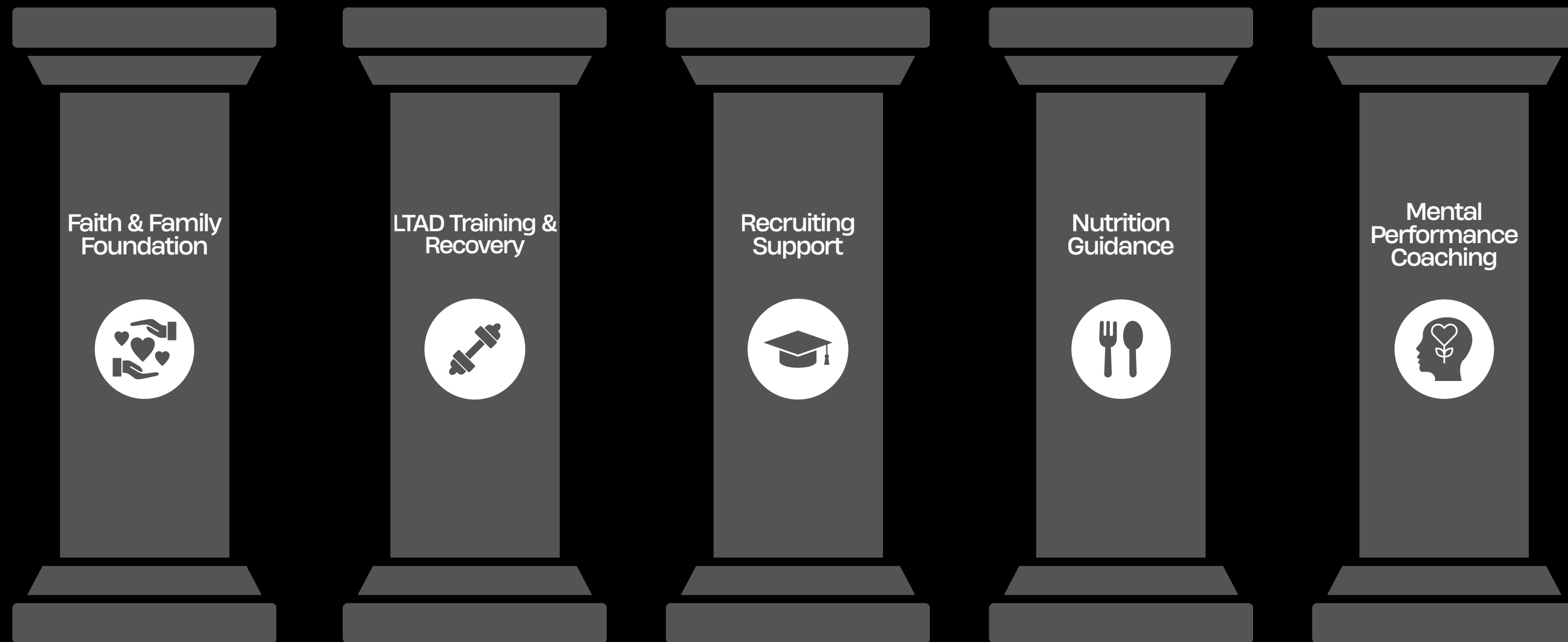
	Date	Tournament Name	Location	FORM	FUSION	FORCE
January	January 9-10	Triple F Hosted Scrimmage	Knoxville, TN	✓	✓	✓
	January 23-24	K2 Club Clash	Knoxville, TN	✓	✓	
	January 23-24	K2 Elite Tournament	Sevierville, TN			✓
February	February 13-15	UA President's Day Invitational	Knoxville/Sevierville, TN	✓	✓	✓
	February 20-21	Nashville AAU Super Regional	Franklin, TN		✓	✓
March	March 5-7	Bluegrass	Louisville, KY		✓	✓
	March 12-14	MEQ	St. Louis, MO			✓
	March 19-21	MEQ	Indianapolis, IN			✓
	March 20-21	Peak Challenge	Gatlinburg, TN	✓	✓	
April	April 9-11	High Tide Invitational	Myrtle Beach, SC			✓
	April 10-11	Rocky Top Bash	Gatlinburg, TN	✓		
	April 17-18	LOVB Hub City Classic	Spartanburg, SC		✓	
	April 24-25	UA Showdown in the Smokies	Sevierville/Knoxville/Gatlinburg	✓	✓	✓
June	June 5-6	Southern Exposure	Atlanta, GA			✓
	June 13 – July 7	AAU Nationals	Orlando, FL			✓

A More Intentional Practice Schedule

- Team practices start 11/30;
- Follow school calendar;
 - Two weeks off practice in Dec
 - One week off practice in March
 - Two weeks off practice in May
 - One practice off after 3-4 day tournament
- Tournament play starts late Jan
- Quality over quantity tournament selection
- No tournaments in May
- **Breaks filled with club or team events**

The Triple F Difference

We believe athletes deserve more than practices and tournaments.
Our five pillars provide the support, resources, and opportunities to develop the whole athlete.

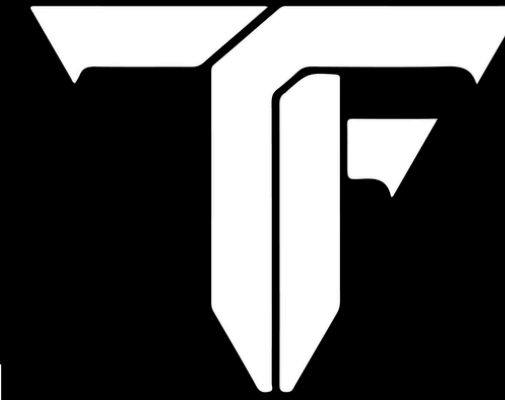


Program Breakdown Continued



BENEFITS	FORM	FUSION	FORCE
Faith & Family			
- Faith & Family Seminar with Allison Rager	✓	✓	✓
- Coach/Athlete-Led Bible Studies	✓	✓	✓
- Grace, Grit, Goals Devotional & Study Guide	✓	✓	✓
- Admission to All Club-Wide Events (Signing Day, Senior Night, Club Banquet, etc)	✓	✓	✓
Education & Resources			
- Recruiting Seminars & Panels	✓	✓	✓
- Recruiting Coordinator Eric Boden Office Hours			✓
- Small-Group Recruiting Workshops with Eric Boden			✓
- Nutrition Seminars	✓	✓	✓
- Nutritionist Britt Maughan Office Hours			✓
- Small-Group Workshops with Britt Maughan			✓
- Mental Performance Seminars	✓	✓	✓
- Mental Performance Coach Office Hours			✓
- Small-Group Mental Performance Workshops			✓





Program Breakdown Continued

BENEFITS	FORM	FUSION	FORCE
Apparel & Gear			
- Sleeveless Jersey	✓	✓	✓
- Short-Sleeve Jersey	✓	✓	✓
- Long-Sleeve Jersey			✓
- 2 Practice Shirts	✓	✓	✓
- Additional Practice Shirt			✓
- Long-Sleeve Warm-Up Top			✓
- Hoodie	✓	✓	✓
- Sweatpants		✓	✓
- Backpack	✓	✓	✓

Our Staff

Experience that matters. People who care.

1. PLAYERS WHO HAVE BEEN THERE

Our staff is made up of current and former volleyball players — including collegiate and professional athletes. They've lived the game from the athlete's perspective, which allows them to teach with a deeper understanding of what it takes to compete, develop, and succeed. They can explain the game, demonstrate the technique, and connect the “why,” to the “how,” in a way athletes understand.

We don't just study the game. We've played it. We can walk the talk.

2. COACHES & PROFESSIONALS

Our coaches bring experience across NCAA Division I, II and III, high school, and middle school volleyball, giving our athletes access to a wide range of coaching perspectives and experiences. But our staff's professional experience extends beyond the court — including careers in management, sales, education, human resources, business, and more.

That experience shows up in how we operate: organized, prepared, accountable, professional, and intentional in everything we do.

3. GOOD PEOPLE

At Triple F, you're not just joining a club — you're joining a community. You're not just gaining teammates — you're building friendships and, hopefully, lifelong sisters. And you're not just getting coaches — you're gaining mentors and role models.

Our coaches care about the person behind the jersey. They invest in athletes beyond wins and losses, celebrate their growth, challenge them when they need it, and strive to leave every athlete better than they found them.

Please visit our website to read individual bios.

Cost Breakdown

FORM	FUSION	FORCE
\$2100 if paid upfront	\$3500 if paid upfront	\$4900 if paid upfront
OR \$480/month Nov-March	OR \$640/month Nov-April	OR \$750/month Nov-May
Both programs can be upgraded to include a Full LTAD Membership. Please contact Kevin O'Shea for details.		

Not interested in club?

Triple F offers year-round training opportunities open to all athletes, giving athletes the chance to stay involved, continue developing, and experience the Triple F environment without the commitment of a travel team or full club season.

Fundamentals-based training designed to build strong technical foundations and develop confident, well-rounded athletes.

- \$50 per 1.5-hour session
- 4-5 sessions offered per month, typically Fridays & Sundays
- Sessions organized by age and skill level
- Open to club and non-club athletes
- Focused on fundamentals, technique, and individual development

To sign up please text (951) 401-3343