# 2023 - 2024 **GIRLS' CLUB SEASON** 15s - 18s GIRLS SEASON INFORMATION PACKET

## Welcome to MKE Sting

MKE Sting Volleyball Club is proud and honored to be the #1 Volleyball Club in Wisconsin and #24 nationally. Going into its 35th season, MKE Sting had another tremendous season in 2023, highlighted by another USA National Championship. This information packet includes the details for the upcoming season, including practice schedules, tournament schedules, coaching rosters, club dues, and other important information to help you find out why MKE Sting could be the club for you. Please remember that the information shared here is subject to change based on many factors beyond our control. We thank you for your interest in the MKE Sting family. We hope you will join us for the 2023-2024 season and many more!

# **CONTACT STING**

**General Questions** - info@milwaukeesting.com **Club Director - Dave Bayer** - dave@milwaukeesting.com **Girls Program Director - Janelle Katz** - janelle@milwaukeesting.com



"*Wisconsin's #1 Volleyball Club*" milwaukeesting.com @stingvb1988

# **PROGRAM HIGHLIGHTS** Season information for Girls 15s-18s teams



### MENTAL PERFORMANCE COACH

We are very fortunate to have Bizzy Gonring as our MPC. Bizzy will work with our teams in developing players' confidence, leadership and mental toughness. Coach Bizzy will continue to help build a strong, confident and positive culture where players can feel comfortable in challenging themselves to be the best they can be.



### **NEUROFUEL FOR ALL STING TEAMS**

Each Sting team will use NeuroFuel this season. NeuroFuel's mission is to provide athletes with a structured schedule of mental strength training content to maximize their potential. We want to ensure all our teams can reach their potential and are excited to get our coaches and athletes on board. We will introduce concepts of mental strength training and start our young athletes on a road to success!

### PERFORMANCE TRAINING WITH THE PROS

Players in our 15s - 16s - 17s - 18s can expect:

- Two team workouts per week.
- Three training locations = MSC, Mequon, or Waukesha.
- Unlimited training sessions with the AP app.
- Online Programs = workouts from home or on the road if needed.



### TIME TO HUDL UP MKE STING

Each Sting team will be provided with a HUDL Television account to live stream their matches to family and friends. Coaches, players, and families can download, edit, and share videos. Coaches and players will also have access to HUDL Assist for the use of stats to help team development and downloadable video for social media content.

## SILVER TEAMS GOING TO AAU NATIONAL CHAMPIONSHIPS

Our Sting Silver teams will take a new approach to their competition schedule in 2024. The silver teams will take on an AAU / JVA-themed competition schedule this season by attending the AAU Girls National Championships in Orlando, FL. Many other Badger region clubs choose to play a similar type of schedule. Here at Sting ... we do it better for our Silver teams with a lower price point, still getting the same benefits and resources that the gold-black-white teams receive. And what separates our Silver teams from other club's top teams is they get to practice and compete with our gold-black and white teams every week.



### **TRAINING WITH THE PROS**



Milwaukee Sting is proud to partner with the very successful NOEZYBUCKETS (NEB) training team. NEB is led by professional player Dustin Watten, who has assembled an impressive group of other professional volleyball players who will mentor our players and coaches this season with position-specific training: Liberos, Setters, Middles and Outsides. The NEB team will introduce and train the latest techniques in our sport through video and player clinics hosted at the MSC.



https://www.noezybuckets.com





**NEUROFUEL** 

# STING COLLEGE RECRUTING

### We help our players find the right fit!

When it comes to recruiting opportunities for players, MKE Sting is one of the hottest clubs in the country, making it happen for them! College coaches are always looking for hard-working, well-trained, and strong academic kids to improve their volleyball program. Coaches from all levels of the NCAA know that MKE Sting is a club where they need to watch our players to help them find those highquality players.

The class of 2023 gave us a total of eighteen studentathletes who are now competing at the college level. The class of 2024 is already at fourteen student-athletes ready for the next level, and our class of 2025 is at six studentathletes.

With a full-time dedicated recruiting director, Sting's recruiting assistance will give players looking to explore those options the necessary support to make their dream of competing at the next level come true. Here is a snapshot of the programs our classes of 2023, 2024 and 2005 have committed to:



## **TRACI BUHR**

Sting College Recruiting Director traci@milwaukeesting.com



# PROGRAM HIGHLIGHTS Season information for Girls 15s-18s teams

### POSITION TRAINING WITH THE BADGERS

One of the many qualities that separates Sting from the rest of the regional clubs is the quality of our coaching staff. When our players come in for position training this season, they will learn from former Wisconsin Badger players who will be on staff as Sting Position Coaches.





Lauren Barnes Taylor Morey **Position Coach** Liberos Badger: 2019-2022

NSCONS Position Coach Liberos Badger: 2013-2015

Janelle Katz **Position Coach** Setters Badger: 2001-2005



ColleenBayer Position Coach Setters Badger: 1995-1998









Coaches are also available for private lessons and small group training for Sting players.







# GIRLS' PROGRAM

# Season information & tentative tournament schedules for Girls 17s-18s teams

#### 18 Gold - 18 Black - 18 White

- December late April Season
- Two team practices per week
  - Tuesdays, 5:15-7:15 pm
  - Thursdays, 5:15-7:15 pm
- One Position Training practice + AP

   Sundays, 11:00-12:30 pm+AP 12:30-1:00 pm
- 10-player roster with a possible max of 11
- Expert recruiting assistance if needed
- Neurofuel mental performance training
- AP Strength Training 2x per week
- NEB Training Mentors
- Multi-Sport athletes are encouraged

#### 17 Gold - 17 Black - 17 White

- December Early July Season
- Two team practices per week
   Tuesdays, 7:30-9:30 pm
  - Thursdays, 7:30-9:30 pm
- One Position Training practice + AP
   Sundays, 11:00-12:30 pm+AP 12:30-1:00 pm
- 10-player roster with a possible max of 11
- Expert recruiting assistance if needed
- Neurofuel mental performance training
- AP Strength Training 2x per week
- NEB Training Mentors
- Multi-Sport athletes are encouraged



We are so excited to share that our girl's 18 Gold and 17 Gold teams have been invited to compete in the 2024 Cornacchia World Cup, played in Pordenone, Italy, over Easter weekend. The teams will embark on a 10-day tour of Europe from March 24-April 2. Along with some sightseeing, the teams will also play friendly matches with European club teams to help them prepare for the U19 and U17 Cornacchia World Cup tournament. The trip will be fully funded through fundraising.

18 GOLD - 18 GOLD		
DATE	EVENT	LOCATION
Jan 13-14-15	Windy City Qualifier 18s	Schaumburg, IL
Jan 26-27-28	Northern Lights Qualifier 18s	Minneapolis, MN
Feb 17-18-19	Triple Crown NIT	Kansas City, MO
Mar 2-3	Badger Region Qualifier	Madison, WI
Mar 15-16-17	Mideast Qualifier 18s	Indianapolis, IN
Mar 24 - Apr 2	Europe Tour / Cornachia Cup	Prague, Austria, Maribor, Venice, Pordeone
Apr 11-12-13	Under Armour 18U National Championship	Louisville, KY
Apr 26-27-28	USA GJNCs	Baltimore, MD

18 BLACK - 18 WHITE - 18 BLACK - 18 WHITE - 18 BLACK - 18 WHITE		
DATE	EVENT	LOCATION
Jan 13-14-15	Windy City Qualifier 18s	Schaumburg, IL
Jan 26-27-28	Northern Lights Qualifier 18s	Minneapolis, MN
Feb 10-11	JVA MKE Jamboree	Milwaukee, WI
Feb 17-18-19	Presidents Day Classic	St. Louis, MO
Mar 2-3	Badger Region Qualifier	Madison, WI
Mar 15-16-17	Mideast Qualifier 18s	Indianapolis, IN
Mar 23-24	Badger Region Championships	Milwaukee, WI
Apr 13-14	PrepDig MillTown Challenge	Menomonee Falls, WI
Apr 26-27-28	USA GJNCs	Baltimore, MD

17 GOLD - 17 GOLD			
DATE	EVENT	LOCATION	
Jan 20-21	PrepDig Resolution	Appleton, WI	
Jan 26-27-28	Northern Lights Qualifier	Minneapolis, MN	
Feb 3-4	Central Zone	Indianapolis, IN	
Feb 17-18-19	Triple Crown NIT	Kansas City, MO	
Mar 2-3	Badger Region Qualifier	Madison, WI	
Mar 15-16-17	Mideast Qualifier 18s	Indianapolis, IN	
Mar 24 - Apr 2	Europe Tour / Cornachia Cup	Prague, Austria, Maribor, Venice, Pordeone	
Apr 19-20-21	Lonestar Classic Qualifier	Dallas TX	
Apr 22 - May 1	Recovery Period		
May 18-19	Indy Cup	Plainfield, IN	
Jun 8-9	PrepDig Gauntlet	Menomonee Falls, WI	
Jun 22	Pre-National Tailgater	Menomonee Falls, WI	
Jul *2-3-4-5-6	USA GJNCs	Las Vegas, NV	

17 BLACK - 17 WHITE - 17 BLACK - 17 WHITE - 17 BLACK - 17 WHITE		
DATE EVENT LOCATION		LOCATION
Jan 20-21	PrepDig Resolution	Appleton, WI
Jan 26-27-28	Northern Lights Qualifier	Minneapolis, MN
Feb 3-4	Central Zone	Indianapolis, IN
Feb 17-18-19	Presidents Day Classic	St. Louis, MO
Mar 2-3	Badger Region Qualifier	Madison, WI
Mar 15-16-17	Mideast Qualifier	Indianapolis, IN
Mar 23-24	Badger Region Championships	Milwaukee, WI
Apr 6-7-8	Show Me Qualifier	Kansas City, MO
Apr 9 - 20	Recovery Period	
May 18-19	Indy Cup	Plainfield, IN
Jun 1-2	1st Alliance Spring Classic (17 White)	Bedford Park IL
Jun 8-9	PrepDig Gauntlet (17 Black)	Menomonee Falls, WI
Jun 22	Pre-National Tailgater	Menomonee Falls, WI
Jul *2-3-4-5-6	USA GJNCs	Las Vegas, NV

# GIRLS' PROGRAM

Season information & tentative tournament schedules for Girls 15s-16s teams

#### 16 Cold - 16 Black - 16 White - 16 Silver

- December Early July Season
- Two team practices per week • • Tue. & Thur. 7:30-9:30 pm
- One Position Training practice + AP • Sun., 11:00-12:30 pm / AP 12:30-1:00 pm
- 10-player roster with a possible max of 11
- Expert recruiting assistance
- Neurofuel mental performance training
- AP Strength Training 2x per week
- NEB Training Mentors

Multi-Sport athletes are encouraged

#### 15 Gold - 15 Black - 15 White - 15 Silver

- December Early July Season
- Two team practices per week • Tue. & Thur. 7:30-9:30 pm
- One Position Training practice + AP • Sun., 12:30-2:00 pm / AP 12:00-12:30 pm
- 10-player roster with a possible max of 11
- Expert recruiting assistance
- Neurofuel mental performance training
- AP Strength Training 2x per week
- NEB Training Mentors
- Multi-Sport athletes are encouraged

16 GOLD - 16 BLACK - 16 GOLD - 16 BLACK - 16 GOLD - 16 BLACK		
DATE	EVENT	LOCATION
Jan 20-21	PrepDig Resolution	Appleton, WI
Feb 3-4	Central Zone	Indianapolis, IN
Feb 17-18-19	Triple Crown NIT	Kansas City, MO
Mar 2-3	Badger Region Qualifier	Madison, WI
Mar 15-16-17	Mideast Qualifier	Indianapolis, IN
Mar 22-23-24	Northern Lights Qualifier	Minneapolis, MN
Mar 25 - Apr 5	Recovery Period	
Apr 26-27-28	Northeast Qualifier	Philadelphia, PA
May 18-19	Indy Cup	Plainfield, IN
Jun 8-9	PrepDig Gauntlet	Menomonee Falls, WI
Jun 22	Pre-National Tailgater	Menomonee Falls, WI
Jul *2-3-4-5-6	USA GJNCs	Las Vegas, NV

DATE	EVENT	LOCATION
Jan 20-21	PrepDig Resolution	Appleton, WI
Feb 3-4	Central Zone	Indianapolis, IN
Feb 17-18-19	Presidents Day Classic	St. Louis, MO
Mar 2-3	Badger Region Qualifier	Madison, WI
Mar 15-16-17	Mideast Qualifier	St. Louis, MO
Mar 22-23-24	Northern Lights Qualifier	Minneapolis, MN
Mar 25 - Apr 5	Recovery Period	
Apr 26-27-28	Northeast Qualifier	Philadelphia, PA
May 18-19	Indy Cup	Plainfield, IN
Jun 1-2	1st Alliance Spring Classic	Bedford Park IL
Jun 22	Pre-National Tailgater	Menomonee Falls, WI
Jul *2-3-4-5-6	USA GJNCs	Las Vegas, NV

16 WHITE - 16 WHITE

15 GOLD - 15 BLACK - 15 GOLD - 15 BLACK - 15 GOLD - 15 BLACK		15 WHITE -	15 WHITE - 15 WHITE - 15 WHITE -	15 WHITE - 15 W	
DATE	EVENT	LOCATION	DATE	EVENT	LOCATIO
Jan 12-13	Winter Classic	Milwaukee, WI	Jan 12-13	PrepDig Resolution	Appleton, V
Feb 3-4	Central Zone	Indianapolis, IN	Feb 3-4	Central Zone	Indianapolis
Feb 17-18-19	Triple Crown NIT	Kansas City, MO	Feb 17-18-19	Presidents Day Classic	St. Louis, M
Mar 2-3	Badger Region Qualifier	Madison, WI	Mar 2-3	Badger Region Qualifier	Madison, W
Mar 22-23-24	Mideast Qualifier	St. Louis, MO	Mar 22-23-24	Mideast Qualifier	St. Louis, M
Mar 29-30-31	Windy City Qualifier	Chicago, IL	Mar 29-30-31	Windy City Qualifier	Chicago, I
Apr 19-20-21	Northeast Qualifier	Philadelphia, PA	Apr 19-20-21	Northeast Qualifier	Philadelphia
Apr 23 - May 1	Recovery Period		Apr 23 - May 1	Recovery Period	
May 18-19	Indy Cup	Plainfield, IN	May 18-19	Indy Cup	Plainfield, I
Jun 8-9	PrepDig Gauntlet	Menomonee Falls, WI	Jun 1-2	1st Alliance Spring Classic	Bedford Parl
Jun 22	Pre-National Tailgater	Menomonee Falls, WI	Jun 22	Pre-National Tailgater	Menomonee Fa
Jul *7-8-9-10-11	USA GJNCs	Las Vegas, NV	Jul *7-8-9-10-1	1 USA GJNCs	Las Vegas,

16 SILVER - 15 SILVER - 16 SILVER - 15 SILVER - 16 SILVER - 15 SILVER		
DATE	EVENT	LOCATION
Jan 12-13	PrepDig Resolution	Appleton, WI
Feb 3	Winter Luau	Menomonee Falls, WI
Feb 10-11	JVA MKE Jamboree	Milwaukee, WI
Mar 2-3	PrepDig Champions Cup	Appleton, WI
Mar 9-10	Rockin Rockford AAU Grand Prix	Rockford, IL
Mar 16-17	Badger Region Championships	Milwaukee, WI
Mar 18-27	Recovery Period	
Apr 20-21	Spring City AAU Grand Prix	Waukesha, WI
Apr 27-28	Eastside AAU Super Regional	Peoria, IL
May 18-19	Eastside Smackdown AAU Super Regional	Peoria, IL
Jun 1-2	1st Alliance Spring Classic	Bedford Park IL
June 20-24	AAU Girls National Championships	Orlando, FL

# **GIRLS' PROGRAM** Financial information for 15s-18s teams

#### ANNUAL CLUB FUNDRAISER

The annual Milwaukee Sting Raffle and Beer Tasting Fundraiser is back! Each family will receive five tickets to the event. This popular and fun event is always a good time for the Sting parents and friends of the program. There are lots of basket raffles and cash prizes for the attendees to win. The 2024 date will be announced after tryouts.

#### **RAISE RIGHT FUNDRAISER**

Milwaukee Sting offers Scrip as a fundraising option for our families. Shopping with Scrip retailers is a great way to put money into your Sting account by shopping for things you buy regularly (gas, grocery, clothing). For every Gift Card you purchase through scrip, a rebate is generated, sometimes for as little as 1% for as much as 12% or more of the refund. Families will get 90% credited to their account, while Sting will keep 10% for administrative purposes.

#### CONCESSIONS CREW FUNDRAISER

We also have opportunities for players to earn money for their dues by working our concessions during our hosted events. During the season, our teams will be assigned to work one shift of concessions, where the money earned will go to the team parent to be used for team meals while on the road. But there are plenty of individual opportunities for players to come in and work on their off days.

#### **PAYMENT PLANS**

Sting families have several choices for payment plans that they can choose to fit their needs best. Standard payment plans are set up with four options after their initial down payment of 25% is made on the player-parent meeting night:

- Pay in Full
- 4 month Jan, Feb, Mar, Apr
- 6 month Jan, Feb, Mar, Apr, May, Jun
- 8 month Dec, Jan, Feb, Mar, Apr, May, Jun, Jul

We also offer a fifth option for a "custom" payment program for families that need extra assistance. MKE Sting ALWAYS works out a way for families to make payments if Sting is really where they want to be! All payments can be made by cash, check, credit card, or automatic payment withdrawal.



2023-2024 Club	<b>Dues</b>
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18 Gold = \$3300	17 Gold =\$3900
18 Black = \$3300	17 Black = \$3900
18 White = \$3300	17 White = \$3800

16 Gold = \$3900	15 Gold = \$3900
16 Black = \$3900	15 Black = \$3900
16 White = \$3800	15 White = \$3800
16 Silver = \$3200	15 Silver = \$3200

Don't compare the Sting National Program costs to other Badger Region clubs ... Compare it to other Top 25 National Clubs!



# **GIRLS' PROGRAM** General Questions for the Upcoming Club Season

### CAN I PLAY MULTIPLE SPORTS AND PLAY FOR STING?

YES, NO PROBLEM! We actually encourage the multi-sport athlete at Sting. Our coaches and admin will always have your back when it comes to school sports. All we ask is that you communicate schedules with your coach early enough for them to plan adjustments. New for this season, we have shifted one of our weeknight practices to Sunday afternoons for some teams to help with the busy schedules that a multi-sport family has to deal with.

### WHAT CAN MY CHILD EXPECT IN TERMS OF PLAYING TIME?

Sting does not offer any guarantee of playing time to any athlete. Our purpose is to compete and be successful at the highest levels regionally and nationally. While our coaches will do their best to get all team members on the court to get valuable competitive experience, our coaches' priority at tournaments is making decisions that are in the best interest of the team as a whole and its success. Playing time is determined by many factors, including overall skill level, attitude, attendance, respect for coaches and teammates, hustle, and match dynamics. Many coaches will also utilize practice and match statistics to help make playing time decisions. All athletes will have equal opportunity to play, compete, learn, and improve during all practice sessions, assuming their attendance at practices is consistent.

### HOW MANY PLAYERS ARE ON A TEAM?

Our goal is to build each team's roster with 10 student-athletes. However, depending on personnel and/or incoming injuries, it is possible for a roster scenario of up to 11 student-athletes. This will not affect our focus on player development, and it will allow us to create more opportunities for competition needed for team development.

### WHAT IS THE DIFFERENCE BETWEEN YOUR NATIONAL AND SILVER TEAMS?

Our Sting Silver teams will change their approach to their competition schedules this season. As many of the other local Badger Region clubs choose to do, our Sting Silver teams will play a JVA/AAU tournament schedule and attend the AAU Jr Girls Championships in Orlando, FL at the end of the season. Everything else will remain the same for our Silver teams, like practicing side-by-side with our gold-black-white teams and all the same resources that those teams receive. Our Sting Silver Club dues are also less than other local clubs that choose to play a similar schedule.

#### WHY SHOULD I CONSIDER A STING White OR Silver team OFFER OVER ANOTHER CLUB'S #1 TEAM?

**#1** - Our Coaching Staff is the BEST! Sting White and Silver coaches are knowledgeable, passionate, and dedicated. They choose to coach at Sting and spurn other clubs' coaching offers for their top teams because they want to be part of an incredible staff where they get excellent training and are well-supported.

**#2** - Iron Sharpens Iron! Our gym's level of collaboration and competition is unmatched here in Wisconsin. Our players get the opportunity to learn from multiple Sting coaches through position training and combined practices. No other club in the region can match the competition our teams provide to push each other to get better and foster a positive, challenging environment for player development.

# **GIRLS' PROGRAM** Tryout Questions for the Upcoming Club Season

#### HOW DO TRYOUTS WORK AND WHAT IS THE PROCESS?

Players will ARRIVE at the MSC for check in 30-45 min before their tryout time begins. Check-in includes providing us with your name, a copy of your Badger Region membership card, picking up tryout t-shirt and taking a photo to be associated with your tryout number number. **REMINDER** - No paperwork is needed IF you have pre-registered for tryouts online. Tryouts will breakdown like this: (1) Warm-ups (2) Combined position groups (3) Competition evaluation. Players will then be gathered for a quick debrief and instructions on what happens next.

#### WILL I KNOW WHICH TEAM I MADE AFTER TRYOUTS?

Yes, all team offers are made on the day of tryouts. At the end of the tryout, the player will be directed to a whiteboard to search for their tryout number. If the player's tryout number is listed under a team offer group, they will get their parent(s) and bring them back into the gym for a quick meeting. The official team offer will then be handed directly to the player, and "next steps" information will be shared with the player and parent(s). If a player sees their tryout number listed under the next-up group, they too, will get their parent(s) and bring them back to the gym for a quick meeting. The next-up group are players who could move up into team offers if any declines occur. Players can monitor accept/decline movement on the website. If there are any declined offers, the next-up players could be contacted by Sting Admin before the region acceptance period ends on Monday at 7:00 pm.

#### WHAT SHOULD I BRING TO TRYOUTS?

Make sure you walk into the MSC that day with (1) Confidence (2) Lots of energy (3) A growth mindset (4) A BIG smile! Players with the exude energy and a positive mindset usually are the ones who tend to perform better in a tryout situation. All pre-registered players DO NOT need to bring paperwork to check in like other clubs in the area. All waivers, medical release and concussion paperwork for MKE Sting is taken care of online. You only need to bring a printed copy of your USAV Badger Region membership card. Lastly ... bring along a water bottle , knee pads, proper attire, court, shoes and hand sanitizer.

#### WHAT HAPPENS IF MY DAUGHTER DOESN'T MAKE A TEAM?

Skills can change significantly from year to year. Not making a team this year doesn't preclude any athlete from trying out for a MKE Sting team the following year. Similarly, if an athlete chooses to play for a different club they are always able to come tryout the following year and would be welcomed back to the club if they earned a spot.

#### DO I NEED TO ATTEND TUNE-UP SESSIONS TO TRYOUT FOR STING?

No you do not. However , our club tune ups sessions are great sneak-peak to the level of competition in our gym. It also give you an early opportunity to be seen by our coaches prior to the tryout.

#### What age division should I register for?

- Look where your DOB falls on the USAV Age Definition Chart to find out what age division you should attend for Sting tryouts.
- If your DOB matches your current grade level, you are good to go!
- If your DOB shows that you need to try out for a grade level lower than your current grade, then try out for your current grade level.
- If your DOB shows that you need to try out for a grade level higher than your current grade level, then tryout for the grade level higher.



# FINAL 2023 RANKINGS AMONG CLUBS IN WISCONSIN

MOST WI CLUB TEAMS QUALIFIED FOR USA GJNCS IN 2023



CLASS OF 2023 TOTAL SENIORS MOVING ON TO COLLEGE VOLLEYBALL



## FINAL 2023 NATIONAL RANKINGS

17S = 1ST = STING 17 GOLD 16S = 1ST = STING 16 GOLD 15S = 1ST = STING 15 GOLD 14S = 1ST = STING 14 BLACK 13S = 1ST = STING 13 GOLD



18S = 1ST = STING 18 GOLD 17S = 1ST = STING 17 GOLD 16S = 1ST = STING 16 GOLD 15S = 1ST = STING 15 GOLD 13S = 1ST = STING 13 GOLD









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# **MERELATIONSHIP**

WISCONSIN



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COACHES



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