



JVA April Club of the Month



Team Sting
Birmingham, Alabama

[Website](#)

[Email](#)

Club Director Julie Myers-Dailey started Team Sting 7 years ago with one goal in mind: provide a quality club volleyball service that was affordable. The UAB alum saw the need for coaching education that would in turn raise the volleyball IQ in the Birmingham area. Currently in its seventh year, Team Sting has proven to be the Premier Club in Alabama. Starting out with just 4 teams comprised of 39 players in 2005, the club has grown to 20 teams and 206 players this season.

In the summer of 2009, Julie decided that the club had made strides to become one of the top clubs in its region, but she wanted to take the next step and strive to become one of the top clubs in the country. She knew it would be a struggle because there isn't a large volleyball population to pull from in Birmingham, so the key was going to be training. She approached [Sports Performance](#) Club Directors Rick and Cheryl Butler after watching nine of their teams compete at the [AAU National Championships](#) that summer. She was impressed with the way the players interacted on the court, how they walked into the gym, how they warmed-up for matches, and she knew she wanted her club to shadow Sports Performance for the training, discipline and commitment that she observed.

After making a trip up to Chicago to watch Sports Performance training and the gym culture, Julie was hooked. In 2009 Team Sting became a partner club with Sports Performance Volleyball Club out of Aurora, Illinois, and since then has helped Team Sting develop and become one of the rising clubs in the country.



Team Sting is extremely goal oriented and is constantly setting the bar high for its players, teams and organization. One of Team Sting's goals for its players is to teach the athlete that winning is learning how to set realistic goals and striving to achieve these goals, both in practice and in competition. Team Sting wants to provide their players with the opportunity to be in top physical condition to excel in volleyball. Last year, the club partnered with D1 Sports that runs pre-season conditioning for all of Team Sting teams. Players go

through various testing before the D1 Sports program and then they are retested at the end of the 6 weeks so the athletes can see their hard work pay off before practices have begun.

Another unique benefit that the club provides its players is free nutritional education. One of the club coaches is a Nutritionist and runs free nutritional clinics for the players and parents. Team Sting's website even features a [Health & Wellness section](#) that includes tips such as healthy recipes and tourney food ideas. The club emphasizes its dedication to the overall health and wellness of its athletes.



Last year, the club was fortunate enough to find an old YMCA that was very run down. The club's parents, coaching staff and administration volunteered their time and effort to clean up the facility and make it their home, which is now called, "THE MAC" (Metro Athletic Center). The club is overjoyed that its players now have a training facility with 2 courts, a locker room, meeting room, and workout room. Being able to have this facility has allowed Team Sting to start many new programs this year such as positional clinics during the fall, fall training for players who choose not to play high school or middle school volleyball, mini volleyball and Volleytots (the 17s and 18s teams volunteer their time to help), youth development session, private lessons and an adult 4 on 4 reverse coed league.

One program that the club is very proud of is its "GYM RATS" program that began this past December. Every weekday from 3:00-4:00 PM and Saturdays from 11:00 AM-1:00 PM the club opens its doors to any players wanting extra time in the gym. The players earn points per every hour they are in the gym. For 5 hours they receive a free Gym Rats Water Bottle, for 15 hours a Gym Rats T Shirt, for 25 hours a Gym Rats Hoodie and for all hours after 25 they get their name on the Team Sting Wall of Fame. The club's gyms are busting at the seams with players getting their extra time on the court in.

A program the Team Sting family takes very close to heart is the partnership with the parents of former players to reach out to the inner city schools and offer scholarships to inner city middle school and high school players. The club's first two seniors from this group are knee deep in the recruiting process and the clubs could not be more proud of these players. [Community involvement](#) is another way that Team Sting tries to give back to the people in Birmingham. Currently the club is helping to raise money for First Light Shelter, A Center for Homeless Women and Children located in the heart of downtown Birmingham.

This season, Team Sting offered a new club called the Metro Athletic Club on the east side of town. This club is geared toward middle school and high school athletes who participate in other sports or activities that keep them from being able to commit to a heavy practice and travel schedule. Each year Team Sting begins a new initiative that is always focused on providing more opportunity for juniors to play volleyball in the Birmingham area. With the strong commitment to achieving its goals and year after year accomplishing more and more, the JVA is anxious to see what the next achievement will be for Team Sting. One thing is certain, junior volleyball has been impacted greatly in the Birmingham area because of this club's vision and leadership.

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