



## JVA January Club of the Month



Home of  
**HOUSTON Juniors**

Houston Juniors Volleyball Club  
F.A.S.T. Complex, Houston, TX

[Website](#)

Phone (832)678-4670

Our January award winning club has established itself as a volleyball force in the Houston area, as well as nationally. Houston Juniors was founded in 1985, and in 2011 it combined with Texas Pride to form the new Houston Juniors Volleyball Club under the direction of Stephanie Rhodes (Club Director), Jeff Ham (Facility/Head Training Director), Kara Pratt (Recruiting and League Director) and Tara Cross-Battle (Head Training Director/Camp & Clinic Director).

Houston Juniors is home to over 300 athletes on 27 travel volleyball teams and 3 developmental teams. Last year, 5 teams qualified for Junior Nationals (tied for first in Houston). The club puts a big emphasis on its players' recruiting processes by providing recruiting education and having a Recruiting Coordinator on staff to help facilitate the process with college coaches and their players. For this reason, 20 players in the 2012, 2013 and 2014 classes are already committed to play at the NCAA Division 1, Division 2 and Division 3 levels. Younger age groups are reached through the club's Junior Mints and Falleyball developmental program for 3<sup>rd</sup>-6<sup>th</sup> graders. During the summer months, Houston Juniors is home to summer league and numerous training programs for players in 3rd grade and up. High school teams can obtain "team" training over the summer at their own courts or at the F.A.S.T. facility.



In an effort to develop an all-around athlete that can compete at the collegiate level, Houston Juniors provides Sports Performance Training that includes strength, agility, and jump training, and flexibility through YOGA. In addition, the club provides mandatory DS/Libero/Setter training on a weekly basis, as well as a 10 hour introductory camp for the club's system. Practices are scripted by Head Training Directors, Jeff Ham and 4-time Olympian Tara Cross-Battle, as well as the age group master coaches, Kara Pratt and Lauren Rhodes. Master Coaches work with each team on a weekly basis to strive to provide the highest level of training in the Houston area.



The F.A.S.T. Complex in northwest Houston is the home of Houston Juniors Volleyball. The facility is over 53,000 square feet and boasts over 300 parking spaces, along with 8 full courts constructed with 2 layers of plywood, 2 layers of sports padding and over 4,000 rubber shocks per court, all topped with Sport Court. The rubber shocks provide a surface that is softer in an effort to minimize injuries and wear-and-tear on the athlete's body. The facility also has a large concession stand and a full service retail shop stocked with made to order t-shirts, custom embroidery, uniforms and volleyball equipment.



Houston Juniors is one of the proud partners of the [Houston Power League](#) (a multi-weekend event for Houston area teams ages 12 through 15) and the Under Armour Cross Court Classic for all age groups. Last year over 450 teams participated in the 2-day event. Additionally, the F.A.S.T. Complex sponsors 10+ tournaments annually in various age groups. In addition to the juniors tournaments hosted, F.A.S.T. Complex hosts one of the largest NCAA Division 1 collegiate tournaments that will be run at the Reliant Center during the 2012 JVA World Challenge.



A monthly [newsletter](#) is one of the ways Houston Juniors communicates with its' member families. "Inside Houston Juniors and F.A.S.T Complex" highlights important up-coming dates, player commitments, team accomplishments, and other interesting and inspirational news to share with its' volleyball community. The club likes to feature an article about one of its players on the home page as a way to recognize above and beyond achievements outside of club volleyball. Currently, there is an article about one its own 14 Elite players who took a mission trip to the Dominican Republic to help teach volleyball to the youth. A sense of family, community and teamwork is definitely a high priority for Houston Juniors and its mission statement speaks volumes to the volleyball community and fellow JVA members by stating "teamwork is viewed as a way of life."

Interested in nominating your club for JVA Club of the Month? [Here's how.](#)