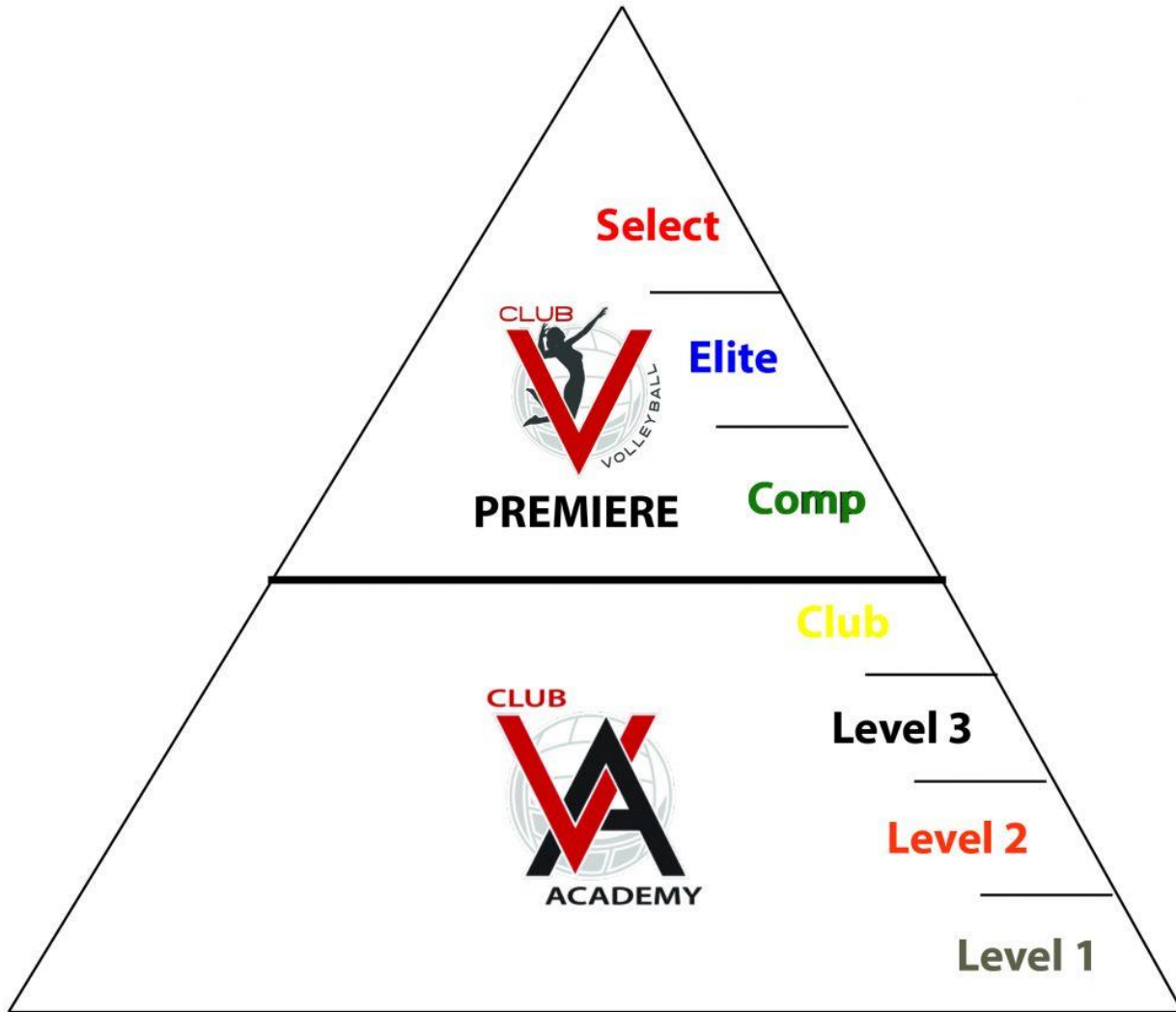


What teams are offered?

At Club V, we offer several types of teams to accommodate the development of each player. Each player has different needs and our focus is to help them grow from where they are to where they want to be. We have several different levels of competition, each with a different focus. At all levels, each player receives cutting edge instruction from educated coaches that care about their development and foster a positive and sportsmanlike environment. We have a training and management structure in place that ensures coaches are developing and each athlete is progressing.

Club V Structure



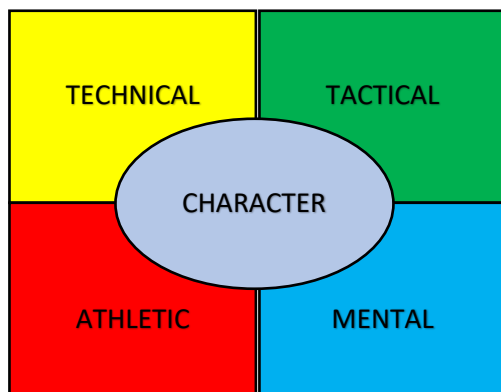
Club V Training

There is a trend in youth sports that puts the focus squarely on winning – in other words, scoring more points than the other team. Coaches, parents, and players scream at refs, yell at teammates, all for that elusive title of being better than someone else.

The problem is that you can play bad and still win and play well and still lose. At the end of the day, you can't control whether you win or lose. All you can do is do your very best and *the score will take care of itself*. If your best is better than the other team's best, you win. If it is not, you lose. Simple as that. So what is our focus? Developing character based athletes that compete at their highest level.

We focus on player development at all levels using character based training to develop kids into better people, athletes, students, and players. As of September 15th, 2017 we have sent 211 girls to play in college within 9 senior classes from all our 1's, 2's, 3's, and 4's teams. Why? College coaches need good people, athletes, students, and players and they look to the place where the athletes get that sort of attention and development. They need them to handle the intense rigor of being a collegiate student athlete.

We focus on developing players in each of the following ways:



- 1.) **Technical Training** – We work with college & Olympic coaches to teach the most current, correct technique. Our practices are fundamentally focused on improving technical aspects of each player.
- 2.) **Tactical Training** – Once technical understanding has begun, we move to game like situations to help players learn to implement their technique into tactical decisions.
- 3.) **Athletic Development** – We provide and hold the players accountable to eating healthy and doing the right workouts to help them increase their athleticism. Players are required to work out in our program. Players will work out before or after their practices as well as at home (we have a certified strength & conditioning coach that will have monthly workouts for the athletes).
- 4.) **Mental Development** – We help athletes learn to focus & execute under pressure as well as teach them sports psychology principles that allows them to develop and progress as a player faster.
- 5.) **Character Development** – At the core of all the training is an athlete's character. A character athlete is one whose behavior remains the same no matter the circumstance (ie. They do their best even when they are losing, they are supportive of their teammates when they are not playing, they work hard, are disciplined, etc...). We provide lessons and homework for the athletes to learn these life skills.

The **SELECT** Program (ages: U12 – U18)

Teams: 1-3 Select teams in each age group (depending on athletes' skill level & athleticism within the age group)

Players per team: 9-11 players on each team (goal is 10 to make practices competitive yet not too many to limit playtime)

Practices: 3 x per week; 2 hours on court and 1 hour of strength & conditioning/sports psychology/character training

Base Cost: \$2,000 for the season (November 27th – April 2017)

*12's & 13's SELECT base cost will be \$1,700 (Practices will be 2 x week for 3 hours).

Tournaments: UCVA Power League (12/13's will play in AAU Open) + 2 Junior National Qualifiers (JNQ)

Uniforms: 2 Jerseys, 1 Spandex, Warm ups (top & bottom), bag, 3 practice t's

Travel Cost: \$275 per JNQ (this fee does not cover players travel or hotel – this is to cover the tournament fee and coaches travel and accommodations)

Team Names: Black, Red, & White

Team Overview

Recommended for players who desire to play collegiate volleyball

These teams are nationally competitive and operate according to the rules of performance-based playing time. **The "Performance-Based" coaching guideline requires that players be fully committed to attending all practices and tournaments while adhering to all team and club rules.** The athlete's performance and attitude on and off the court will determine their play time in tournaments. The evaluation of player performance for the determination of playing time, as well as team strategy decisions, is entirely up to the discretion of the coaching staff. These guidelines are used to keep teams nationally competitive and to achieve team goals. Coaches will provide a fair and impartial environment for each player to earn playing time. Coaches will not discuss playing time as it relates to other players, and will not discuss strategy and techniques with any parent or player. Players must be committed to attending ALL practices, ALL 5 Power League tournaments, and ALL out of state tournaments that have been decided by the team at the parent meeting.

National Tournaments

Select Teams are required to attend 2 national tournaments (17's & 18's will attend 2 JNQ's (or can choose the Las Vegas Classic). Teams may decide to travel to more than they're required, however, it must be decided at the beginning of the year and done by a unanimous vote. Select Teams will be attending 2 of the following tournaments:

- Colorado Crossroads (Denver, CO) - Stay and Play
- *Las Vegas Classic (Las Vegas, NV) - 17's & 18's Only*
- Southern California Qualifier (Las Vegas, NV)
- Far Westerns National Qualifier (Reno, NV)

Tryout Format

Teams will be finalized for the Select Teams right after the tryout. Players trying out for Select Teams who do not make an Select Team can be placed on an Elite Team or lower. Official team practices will start on November 27th.

Frequently Asked Questions

1. What if I don't make a Select Team?

You will be placed on either an Elite, Comp or Club Team.

1. I am not sure if I should try out for the Select Program because I don't know where I compare competitively.

Try out anyways! There is no harm in trying out and trying to make the most competitive team possible. Athletes that make Select Teams have a solid skill base and high athletic abilities.

1. I can't commit to 3 x week practice but I want to play for a SELECT team.

Unfortunately, SELECT TEAMS are reserved for the most skilled, athletic and committed players. Thus, you will be placed on an Elite team to accommodate your schedule.

1. When would we practice?

Either a Monday/Wednesday/Friday or Tuesday/Thursday/Friday practice schedule.

**If Friday's are unavailable, then practices will be held early Saturday mornings.*

The ELITE Program (ages: U12 – U17)

Teams: 1-3 Elite teams in each age group (depending on athletes' skill level & athleticism within the age group)

Players per team: 9-11 players on each team (goal is 10 to make practices competitive yet not too many to limit playtime)

Practices: 2 x per week; 2 hours on court and 1 hour of strength & conditioning/sports psychology/character training

Base Cost: \$1,700 for the season (November 27th – April 2017)

*12's & 13's ELITE base cost will be \$1,450 (Practices will be 2 x week for 2.5 hours).

Tournaments: 5 AAU Tournaments + 1 Junior National Qualifier (JNQ)

Uniforms: 2 Jerseys, 1 Spandex, Warm ups (top & bottom), bag, 2 practice t's

Travel Cost: \$275 per JNQ (this fee does not cover players travel or hotel – this is to cover the tournament fee and coaches travel and accommodations).

Team Names: Colossus, Rogue, Mystique

Team Overview

Recommended for players who desire to play collegiate or high school varsity volleyball

These teams are regionally competitive and operate according to the rules of performance-based playing time. **The "Performance-Based" coaching guideline requires that players be fully committed to attending all practices and tournaments while adhering to all team and club rules.** The athletes' performance and attitude on and off the court will determine their play time in tournaments. The evaluation of player performance for the determination of playing time, as well as team strategy decisions, is entirely up to the discretion of the coaching staff. These guidelines are used to keep teams nationally competitive and to achieve team goals. Coaches will provide a fair and impartial environment for each player to earn playing time. Coaches will not discuss playing time as it relates to other players, and will not discuss strategy and techniques with any parent or player. Players must be committed to attending ALL practices, ALL 5 Power League tournaments, and ALL out of state tournaments that have been decided by the team at the parent meeting.

National Tournaments

Each elite team will be required to travel to at least one National Tournament/Qualifier. Teams may decide to travel to more than they're required, however, it must be decided at the beginning of the year and done by a unanimous vote. Elite Teams will be attending 1 of the following tournaments:

- Colorado Crossroads (Denver, CO) - Stay and Play
- Las Vegas Classic (Las Vegas, NV) - 17's & 18's Only
- Southern California Qualifier (Las Vegas, NV)
- Far Westerns National Qualifier (Reno, NV)

Tryouts

Teams will be finalized for the Elite Teams right after the tryout. Players trying out for Elite Teams who do not make an Elite Team can be placed on a Comp or Club Team. Team practices will begin on November 27th.

Frequently Asked Questions

1. What if I don't make an Elite Team?

You will be placed on a Comp or Club team, depending on skill, athleticism, and commitment.

1. I am not sure if I should try out for the Elite Program because I don't know where I compare competitively.

Try out anyways! There is no harm in trying out and trying to make the most competitive team possible.

1. I want to play on an Elite Team but I don't want to travel.

Unfortunately, ELITE TEAMS are required to travel to at least one out of state tournament. Thus, you will be placed on a comp team to accommodate your needs.

1. Why do we have to travel?

By competing against different clubs from different states, it exposes athletes to an entirely new level of volleyball which helps them to develop faster and compete at higher, more competitive levels.

1. When would we practice?

Either a Monday/Wednesday or Tuesday/Thursday AND one Friday night a month for Friday Night Lights.

The COMP Program (ages: U12 – U16)

Teams: 1-3 Comp teams in each age group (depending on athletes' skill level & athleticism within the age group)

Players per team: 9-11 players on each team (goal is 10 to make practices competitive yet not too many to limit playtime)

Practices: 2 x per week; 2 hours on court and 1/2 hour of strength & conditioning/sports psychology/character training

Base Cost: \$1,450 for the season (November 27th – April 2017)

*12's & 13's COMP base cost will be \$1,000 (Practices will be 2 x week for 2.5 hours).

Tournaments: 4 AAU Tournaments

Uniforms: 2 Jerseys, 1 Spandex, Warm ups (hoodie & pants), bag, 2 practice t's

Team Names: Relentless, Fierce, Savage

Team Overview

Recommended for players who desire to participate in High School and Junior High School volleyball

Competitive Development teams emphasize learning before winning. Playing time and position are balanced between each player's need to learn a skill or position and that player's ability to contribute to winning. This allows for every player to play part of every match, although play time is not equally distributed. Strong competition provides the context for players to learn and develop.

Competitive Development teams will lose more matches than Performance Based teams primarily because they are designed to emphasize development of players rather than emphasizing only winning. However, coaches will balance player's strengths and weaknesses for the team to have a stable level of performance. Thus, playing time is not equally distributed. The competitive development coaching strategy enables us to give play time to players who, if managed under the performance-based guidelines used by Select and Elite Teams, would not play in many matches.

Competitive development teams play a less demanding schedule to allow players to participate in school activities. Players who show a poor attendance record to practices should only expect to play in positions with an amount of playing time that benefits the team, not the individual. These teams will play in the AAU League and play in 5 Tournaments.

Tryouts

Teams will be finalized for Comp Teams right after the tryout. Players trying out for Elite Teams who do not make an Elite Team can be placed on a Comp Team. Team practices will begin on November 27th.

Frequently Asked Questions

1. What if I don't make a Comp Team?

You will be placed on a club team or join the CVA, depending on skill, athleticism, and commitment.

1. I am not sure if I should try out for the Comp Program because I don't know where I compare competitively.

Try out anyways! There is no harm in trying out and trying to make the most competitive team possible.

1. What are some of the qualifications to making a Comp Team compared to a Club Team?

At all levels, we always focus on skill development. However, Comp Teams require that certain skills be mastered in order to make teams competitive against other clubs. For an exact list of required skills, please take a look at the skills being taught at the Club Program level. An athlete's ability to make a Premiere Team is dependent on their ability to execute those skills in a competitive setting.

1. When would we practice?

Either a Monday/Wednesday or Tuesday/Thursday.

The Team Academy (Club) Program (ages: U11 – U15)

Teams: 1-3 teams in each age group

Players per team: 8-10 players on each team (goal is 10 to make practices competitive yet not too many to limit playtime)

Practices: 2 x per week; 1.5 hours on court

Base Cost: \$750 for the season

Tournaments: 3 AAU Tournaments

Uniforms: 1 Jersey, 1 Spandex, bag, 2 practice t's

Team Overview

Recommended for players who desire to participate on a team who have graduated the Academy

Club Development teams emphasize learning before winning. Playing time and position are balanced between each player's need to learn a skill or position and that player's ability to contribute to winning. This allows for every player to play part of every match, although play time is not equally distributed. Strong competition provides the context for players to learn and develop.

Club Development teams will lose more matches than Performance Based teams primarily because they are designed to emphasize development of players rather than emphasizing only winning. However, coaches will balance player's strengths and weaknesses for the team to have a stable level of performance. Thus, playing time is not equally distributed. The competitive development coaching strategy enables us to give play time to players who, if managed under the performance-based guidelines used by Select and Elite Teams, would not play in many matches.

Competitive development teams play a less demanding schedule to allow players to participate in school activities. Players who show a poor attendance record to practices should only expect to play in positions with an amount of playing time that benefits the team, not the individual. These teams will play in the AAU Open League and play in 6 Tournaments.

Tryouts

Teams will be finalized for Club Teams right after the tryout. Players trying out for Club Teams who do not make a Club Team will be placed in the Club V Academy. Official team practices will begin November 27th.

Frequently Asked Questions

2. What if I don't make a Club Team?

You will be placed in the Club V Academy according to the level of your ability to continue working on developing skills.

2. I am not sure if I should try out for the Club Program because I don't know where I compare competitively.

Try out anyways! There is no harm in trying out and trying to make the most competitive team possible.

2. What are some of the qualifications to making a Club Team compared to the Club V Academy?

At all levels, we always focus on skill development. However, Club Teams require that certain skills be mastered in order to make teams competitive against other clubs. For an exact list of required skills, please take a look at the skills being taught at the Club V Academy at each level. An athlete's ability to make a Premiere Team is dependent on their ability to execute those skills in a competitive setting.

2. When would we practice?

Either a Monday/Wednesday or Tuesday/Thursday.