

FAQ About Club/Winter Volleyball

It is really necessary for my daughter to play in the winter?

Of course it is not a mandatory thing to do, but I strongly suggest it. One thing parents should consider is typically at this age group, there is a huge growth rate of a player's skill level in the off season. Those playing in the off season will most likely be well beyond the level of play of those who do not at next year's try outs. In order to keep up with the level of play of other teams and players, a girl should play in the winter season if possible. If your daughter is interested in other sports outside of volleyball, I encourage you to find a club that is of a smaller commitment level, be a part of an alternative type off season program or enroll her in various summer camps and clinics at minimum.

What is the cost and time commitment of playing out of season?

The club season runs from January through mid-May/June. Players & families need to be prepared that club volleyball is a commitment both throughout the week and on weekends. Most clubs practice twice a week. Tournaments are consistent all day or all weekend endeavors.

Club teams can range from 800.00 to 2000.00 per season. The cost depends on the number of tournaments the teams attends, the number of practices they have a week, and the level of play.

What are the levels of club volleyball?

The 3 main levels are Regional, American and National. The primary differences are: time, commitment, cost, and schedule.

The National programs are comprised of the most talented players who want to travel farther within Ohio or out of state. National teams compete in both single-day "in region" tournaments as well as multi-day tournaments in Ohio and beyond. They practice several times a week and some seasons continue into June. Clubs usually host one national team per age group if any at all.

American teams are the next level after national. They travel more than a typical regional team but usually stay within the state. Depending on the club, there can be more practice time throughout the week than an average team. Clubs usually host a single American team, if any at all.

Regional teams are the bulk of the level of the local JO teams. They usually stay within Ohio and travel roughly 1 to 2 hours max for a tournament. They practice on average 2 times a week and finish by mid-May. Clubs can host anywhere from 1-4 regional teams depending on the size of the club.

Why is playing club volleyball so expensive?

In short: gym rental, coaching salaries, club director costs, tournament fees and uniform costs. In addition, clubs have to pay several fees to the OVR to become official (coaching certifications, club sanctioned fees, registration fees etc). They have to pay a lot, so you have to pay a lot. Some are non-profit and some are businesses.

What is the Ohio Valley Region (OVR)?

The Ohio Valley Region is a non-profit regional association of USA Volleyball dedicated to the promotion and growth of volleyball. They offer competition for juniors and adults of all ages and levels, educational programs for officials, coaches, and club directors, High Performance teams for elite juniors, and much more. They are essentially the organization that oversees all the clubs and programs in Ohio.

What are the "BEST Clubs"?

To find the answer to that question you have to ask yourself what you ultimately want to achieve within the season. Some clubs have a family focused/fun playing vibe, some have a serious skill focused winning vibe. When looking for a club, look for a club that matches your budget, your schedule and your philosophy on club level volleyball. That will help you find what is best for you. Everyone looks for something different. I strongly encourage parents to meet and know who your daughters coach is before signing a season contract with a club. It is critical for you to find a coach that matches well with your daughter's personality in order for her to have a great experience. It can make or break your season!

How does the try out process work?

Try outs begin the first weekend after the end of the season and run for roughly 3 weekends. Each club has different times, dates and locations for try outs. Many of try outs require a fee of 10-20 dollars to attend and pre-registration/liability waivers signed. Usually athletes accepted into the club will be notified and offered a roster spot within 2-3 days of the tryout. If a player is invited to join, the player will have 10 days to accept or decline the offer to join before the invitation goes to another player on the waiting list. This gives girls who tried out and made a team one weekend, through the next weekend of try outs to decide. However, it is always best to try out for several clubs and have a plan on which clubs are your top choices.

How hard is it to make a team, will my daughter be able to earn a roster spot?

There are a lot of opportunities to play club volleyball but there are definitely girls left without roster spots after all the try outs are over. It is a competitive arena. Within 30 miles of Twinsburg there were 32, U13 teams hosted by 13 different clubs last season. That is roughly 320 roster spots to go around. What you have to remember it that there are a lot more than 32 school teams in within that 30 mile area. Earning a roster spot on a club might mean a commitment to driving upwards of 45 minutes to practices.

How many school players can play together on a juniors' team?

The short answer...3. That is according to the %50 Non-Interscholastic Program rule made by OHSAA (Ohio High School Athletic Assoc.) This is the rule if you play in a club registered with the OVR or not. It applies to any off season team.

I heard my daughter's school coach is coaching club; can my daughter play for her/him?

A straightforward summary of OHSAA policy is:

The OHSAA (and other high school athletic associations) regulations for non-interscholastic participation prohibit coaches from instructing athletes from their school in the off-season. A high school coach (Varsity, JV, or Freshman) may not coach athletes that played at their high school during their club season. A middle school coach (7th or 8th grades) may not coach athletes that participated in their middle program.

High school coaches that had no involvement at their middle school program may coach athletes that participated on their middle school teams. Middle school coaches that had no involvement with their high school program may coach athletes from their high school program.

If my daughter wants to play within the OVR, what age group does she try out for?

14 & Under	Teams with players born on or after September 1, 1997	Teams with players who are in the 8th grade or below during the current academic year
13 & Under	Teams with players born on or after September 1, 1998	Teams with players who are in the 7th grade or below during the current academic year
12 & Under	Teams with players born on or after September 1, 1999	Teams with players who are in the 6th grade or below during the current academic year

Are there other options outside of the OVR/Club experience?

There are other options, but they are not sanctioned OVR clubs and events. This simply means that those programs cannot play in OVR sanctioned tournaments. The 4 area non OVR options are: JVC (Junior Volleyball College), JVL (Junior Volleyball League, Eastside DIVA program & private coaching. Solely relying on private coaching however does not give your player the team and game experience to truly help her grow as a player.

What about IEV? I heard about that and it is not listed as a non-JO option.

IEV is a program ran by Sports Impact of Christ Community Chapel. It is a competitive club level program for 7th and 8th graders that is self contained, it is not part of the OVR system. The team at Christ Community Chapel is still in the process of planning for IEV. At this time they do not know what it will look like or if it will be able to be offered at all. They are looking for coaches. If you are willing to coach at IEV, please contact Pam Fair at pam.fair@ccchapel.com

What is JVC & JVL?

JVC is through AVC Volleyball. It is an open program without try outs, anyone interested can be a part of it. The Junior Volleyball College provides a blend of instruction and competition throughout the entire year. The program offers instruction and competition twice a week and is a lower cost alternative to AVC club volleyball. JVC is \$300.00 per quarter. Members receive additional benefits including free or discounted volleyball camps and clinics plus other privileges. The AVC Junior Volleyball League (JVL) is a league for junior girls. It is an alternative and a supplement to a USA Volleyball Club. The league provides an opportunity for junior girls to play volleyball in the off season and receive some skill building instruction. The Youth Volleyball League is geared towards youths who cannot make the time or financial commitment that a USA Volleyball Club requires. JVL

will run similar to a little league soccer or softball league, but for volleyball. Junior girls simply sign up, pay a registration fee, and show up to play; there are no try outs. It is open to every one of every skill level. Each girl will be placed on a team of girls of same age or skill. Games will be held once a week after a short practice with the coach. JVL is \$125 per 3 month session. Last season AVC was not able to host these programs do to limited court time. Please check with their site to see if they plan on offering them in winter.

What is Eastside DIVA?

The DIVA program was created by Eastside Cleveland Juniors in 2010 to help provide opportunities to players looking to make less of a commitment to the demanding sport of Junior Olympic Volleyball. DIVA stands for Developmental and Instructional Volleyball Academy. In its first year Eastside hosted 5 teams in the DIVA program. This is perfect level of play for the improving athlete to prepare themselves for grade school, junior high and junior Olympic play. We expect several of our 2010 DIVAs to make Junior Olympic teams this year. This program is open to all 3rd-9th graders.

The DIVA's will practice twice a week and compete in 5 tournaments at Eastside Volleyball Club. Practices will be Fridays from 5-7 and Sundays throughout the day. When we get to February and Eastside Volleyball Club begins to host tournaments, practices will happen either Saturday or Sundays. The DIVA's will be practicing this year with the Eastside Cleveland Juniors teams on Sundays. Tournament dates are 2/19, 3/12, 4/9, 5/14 and one TBA. The DIVAS will play against the other DIVA teams and teams from Eastside's Junior Olympic Program. These tournaments typically last from 9am- 3pm. The cost of the program is \$475.