

MEADOWDALE VOLLEYBALL

CLUB VOLLEYBALL OVERVIEW 2022



CLUB VOLLEYBALL OVERVIEW

- WHEN AND HOW TO GET STARTED IN VOLLEYBALL?
- WHAT IS CLUB VOLLEYBALL AND HOW DO I START?
- PUGET SOUND REGION “PSR” OF USA VOLLEYBALL
- THE CLUB SEASON
- COSTS
- TRYOUT PROCESS
- BEST PRACTICES/LANDMINES TO AVOID
- DO I HAVE TO PLAY CLUB – THE MEADOWDALE VOLLEYBALL POSITION

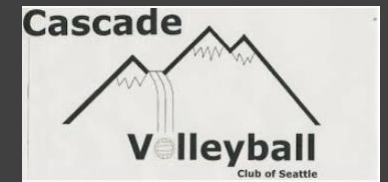
WHEN AND HOW DO I START?

- START WHEN YOU'RE READY BUT MANY START 3RD/4TH GRADE
 - ALDERWOOD BOYS AND GIRLS CLUB LEAGUE
 - GOOD WAY TO EXPOSE YOUR DAUGHTER
 - FIND A PARENT TO COACH AND GET A MEADOWDALE TEAM TOGETHER
 - LIGHTER BALL, 7' NET, SHORTER COURT

- WHEN IS IT BEST TO START CLUB
 - MANY START IN 5TH GRADE OR SO...
 - U12 AGE GROUP
 - LIGHTER BALL, 7' NET

WHAT IS CLUB?

- CLUBS ARE BUSINESSES
- MOST ARE NON-PROFIT
- ALL SHAPES AND SIZES
- QUANTITY OVER QUALITY
- U12-U18 – SOME HAVE ALL, SOME HAVE A HANDFUL
- REGIONAL VS NATIONAL
- LOCAL TOURNAMENTS
 - LA CONNER TO OLYMPIA



THE PSR

- PUGET SOUND REGION OF USA VOLLEYBALL
- LICENSING BODY, INSURANCE
- HOST POWER LEAGUE, REGIONALS
- GOVERNING BODY OF *MOST* CLUBS AND TOURNAMENTS
- COACHING STANDARDS
 - Background screening and Safe Sport training
- WWW.PSRVB.ORG
 - GREAT RESOURCE FOR INFO..
 - CLUB DIRECTORY WITH LINKS TO CLUBS BASED ON GEOGRAPHY



CLUB SEASON

- TRYOUTS:
 - U14 AND YOUNGER: BEGIN OCT 29TH
 - U15 AND OLDER: BEGIN NOV 20TH
- PRACTICES START DEC
- TOURNAMENTS JAN – JUNE/JULY
- REGIONAL TEAMS END IN MAY, NATIONAL TEAMS END IN JULY
- MOST PRACTICE 4-X HOURS PER WEEK, 2X PRACTICES PER WEEK
- NATIONAL CLUBS PRACTICE 6X HOURS PER WEEK, 2-3X PRACTICES PER WEEK
- MOST HAVE TOURNAMENT EVERY OTHER WEEKEND



USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2022-2023 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Aug	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Sept	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Oct	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Nov	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Dec	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Jan	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Feb	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Mar	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Apr	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
May	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
June	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015

¹ Players who were born on or after July 1, 2003 and a high school student in the twelfth (12th) grade or below during some part of the current academic year are eligible to compete in 18 & under.

USAV AGES

COSTS

- RANGE FROM \$1500 - \$6000
- REGIONAL CLUBS WITH NO TRAVEL AROUND \$1800-2600
- NATIONAL TRAVEL TEAMS INCLUDE HOTEL IN UP FRONT COST
- AIRFARE IS SEPARATE
- NATIONALS IN JUNE OFTEN AN ADDITIONAL COST
- COSTS GO TO GYM RENTAL, COACHING SALARIES, UNIFORM KITS, HOTEL, MEALS, ETC

TRYOUT PROCESS

- REGISTER WITH PSR - \$5
- SIGN-UP AND REGISTER WITH CLUB(S) - \$15-50
- ATTEND TRYOUT(S) – 2-3 HOUR
- RECEIVE OFFER(S) – GOOD FOR 72 HOURS
- SIGN OFFER OR DECLINE
- OFFER IS A BINDING AGREEMENT
- U14 AND UNDER – TRYOUTS BEGIN OCTOBER 29TH
- U15 AND OLDER – TRYOUTS BEGIN NOVEMBER 20TH

TIPS

- ATTEND MULTIPLE TRYOUTS – GOOD EXPERIENCE!
- GO WITH A BUDDY
- SOME CLUBS MAY ‘PRESSURE’ – DON’T FALL FOR IT. REPORT IT.
- ATTEND OPEN HOUSES
 - LEARN THEIR PHILOSOPHIES
 - UNDERSTAND COSTS THAT ARE INCLUDED AND NOT INCLUDED
 - HOW ARE PLAYING TIME DECISIONS MADE?
 - MULTI-SPORT ATHLETE?
- LEARN ABOUT THE COACH
- IF PRESENTED AN OFFER – ASK QUESTIONS
 - WHAT ROLE DO YOU SEE MY DAUGHTER PLAYING?
 - HOW WILL THAT ROLE BE DETERMINED?
 - HOW ARE PLAYING TIME DECISIONS MADE?
 - HOW ARE ABSENCES HANDLED?
 - Multi-Sport okay?
 - HOW MANY PLAYER ARE YOU KEEPING?

LANDMINES

- BE LEARY OF THE BUSINESSES. THEY NEED TO PAY THE BILLS
- UNDERSTAND HOW DECISIONS ARE MADE – OFTEN VARIES COACH TO COACH
- PAYING MORE IS RARELY CORRELATED TO A BETTER EXPERIENCE
- SOME CLUBS ARE HIT AND MISS AT BEST
- YOU HAVE 72 HOURS BUT SOME CLUBS WILL PRESSURE YOU ON THE SPOT
- IT'S ALL ABOUT THE COACH ULTIMATELY
- LOOK OUT FOR YELLERS. YELLERS ARE NOT GOOD COACHES

MEADOWDALE POSITION ON CLUB

- YOU DO NOT HAVE TO PLAY CLUB TO BE A PART OF THE HIGH SCHOOL PROGRAM
- WE ENCOURAGE YOU TO BE A MULTI-SPORT ATHLETE
- 12/13 VARSITY PLAYED CLUB IN 2022
- THE BEST WAY TO GET BETTER AT VOLLEYBALL IS TO PLAY VOLLEYBALL
- VOLLEYBALL IS THE #1 PARTICIPATED HIGH SCHOOL SPORT IN WASHINGTON AND USA
- MANY CLUBS ALSO OFFER TRAINING IN ADDITION TO TEAMS

Questions?

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