



### *New to Club Volleyball?*

Read on to find out what Club Volleyball is about . . .

Club Volleyball is a competitive experience for junior athletes. There are over 100 volleyball clubs in the Rocky Mountain Region. These clubs are members of and are governed by USA Volleyball.

#### **Who plays club volleyball?**

In the state of Colorado, more girls compete in the sport of volleyball than in any other sport. Girls start playing as young as 10 years of age. The younger players play for three main reasons:

1. They like the sport
2. Their friends are playing on the team
3. They possess some skill and want to learn more

The older teams, primarily comprised of high school girls, typically play on their high school team. These athletes play for several reasons:

1. They love the sport
2. They plan to play in college
3. They are highly skilled and want to compete at the next level
4. They want to increase the chances of making their high school team.

A few clubs field teams for boys. Check out 303 Volleyball Club and Front Range VBC.

### **Why do girls like volleyball?**

Volleyball is the ultimate team sport: all six players must communicate and work together in order to succeed

Non-contact sport

Opportunity to compete

Plenty of college scholarships are available

Fun!

Great means for staying fit

Volleyball is a challenging sport to learn and even more challenging to master

### **How to find a club?**

Ask your P.E. teacher/school volleyball coach

Ask the local high school volleyball coach

Google: volleyball clubs for girls in Colorado

Go to the Rocky Mountain Region USA Volleyball web site

([www.rmrvolleyball.org](http://www.rmrvolleyball.org)) to view the list of clubs. Click on Juniors then scroll down to Clubs and Directors

### **What do I look for in a club?**

Experienced coaches

Club philosophy that matches your philosophy

Organized management

Word of mouth reputation

Convenient location

Practice and competitive schedule is challenging yet reasonable

### **The club season**

The format for tryouts has changed in recent years. Most clubs hold tryouts starting July 5<sup>th</sup>. Some clubs do not hold tryouts at all.

Practices typically begin just after the high school season ends. The regular Rocky Mountain Region competitive season begins in January and ends in May. The Junior Olympic Championships are held at the end of June through early July.

### **Time Commitment**

The commitment to club sports is a significant time commitment that requires time management. The number of practice hours starts at 4 per week and goes as high as 10 hours per week. In addition, there are clinics, individual training sessions, physical training, team bonding

events, tournaments and travel to and from these events. The strong team factor demands player attendance at all practices and tournaments.

The Rocky Mountain Region of USA Volleyball hosts Power Tournaments on Sundays. These tournaments begin at 8:00 AM and end around 4:00 PM. Sites are located as far north as Greeley and Ft. Collins, South as far as Pueblo, East as far as Ft. Morgan/Sterling, West to Grand Junction. Most sites are in Colorado Springs. Teams typically compete every other Sunday at a Power Tournament.

### **Traveling teams and local teams**

Some clubs offer opportunities to be on a traveling team while others offer local competition only.

National Qualifying Tournaments are held in California, Texas, Washington, Denver, Spokane, Indianapolis, Atlanta, Reno, Minneapolis and Philadelphia. The top finishers secure a bid to the Junior Olympic Championships which are held in June/July. College coaches do 95% of their recruiting at the National Tournaments.

### **Cost of club volleyball**

The price for playing club volleyball varies from club to club. Recreational clubs are priced as low as \$800 per season. These clubs usually do not travel out of state and have limited practice. The most expensive clubs in Colorado can cost as much as \$10,000 per season. This fee would not include travel outside of Colorado.

### **Why play club volleyball?**

1. increase the chance of making your high school team
2. provide a chance to compete with clubs from other states
3. opportunity to compete on a college team
4. enable the very best athletes to compete on the Olympic team
5. learn life lessons too numerous to list
6. joy of working as a team to accomplish common goals

### **What sets Flatirons Volleyball Club apart from other clubs?**

Flatirons Volleyball Club was founded by educators. Our philosophy is to teach volleyball skills by hiring the strong, experienced coaches to provide professional training.

**What does Flatirons Volleyball Club look for at tryouts?**

Coaches look for athletic girls who enjoy the challenge of the sport of volleyball and want to work hard in order to compete on a high level team. They look for team players who show the ability to communicate in a positive manner. Hustle and willingness to move to the ball are extremely valuable skills. Aggressiveness and quick decision making are traits that coaches appreciate. In addition, the ability to perform volleyball skills is a plus but not the most important asset.

Tryouts are open to girls who want to learn and compete with the best players in the state.

Additional information: [www.flatironsvbc.org](http://www.flatironsvbc.org)