

High Voltage Volleyball Club
Where You Learn to Love Volleyball



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<http://www.highvoltagevc.org/>

Philosophy

The High Voltage Volleyball Club is a volleyball skills training club established nearly 20 years ago. It is a club for female athletes at every skill level that desire to be better volleyball players. We at HVVC believe a person can also be strengthened both mentally and spiritually by using their given abilities to do their very best! We have an experienced coaching staff and seasoned administrative team that have a common goal to help and serve athletes in the western areas of the Twin Cities, in a supportive, Christian environment.

Try-outs

Try-outs are used to evaluate each girl's individual volleyball skills as well as the ability to play on a team. Coaches evaluate all aspects of the game which include passing, setting, hitting, blocking, team competition as well as coachability. Try-outs are run for a two hour span to assist in covering the wide range of ability within these age groups. Girls are placed on teams to the best of our ability based on volleyball talent, age and the social and emotional development of each girl. Some girls may move up to another age level if their talents are clearly reviewed by the coaches to fit with an older age group. There may also be instances where HVVC cannot place every girl on a team due to position alignment or total number of girls per age group. If this instance arises, HVVC may choose to not select a girl to the program.

Each year, we evaluate every girl that comes to High Voltage Volleyball Club for try-outs. Girls need to come prepared to show their volleyball talent. Try-outs are exactly what it is stated: a try-out. Girls that have made certain teams in the past should not assume that they will automatically make the same level next year or stay with the same group of girls as the previous years. Teams are not preselected before try-outs. Each girl is evaluated per skills and sheets are available for parents to see if questions arise regarding their daughters placement on a team.

Team Selections

Teams are selected based upon the following criteria after many meetings by the coaching staff at HVVC

- 1) Girls volleyball skill level
- 2) Team needs at certain positions
- 3) Ability for each girl to advance in volleyball skills

Teams Defined

1's Teams – These teams are comprised of athletes that have the highest skill level for that age group. This team is designed to go to each tournament to compete and win that tournament. **Playing time is not equal on a 1's team as this team is designed to be competitive.** These are the teams that would be eligible to compete in high level tournaments such as the National Qualifier, President's Day Festival, etc.

2's & 3's Teams – These teams are comprised of athletes that have the potential to develop into a great volleyball athlete but need more time to develop specific skills. Playing time is equal on a 2 & 3's team as this level is used to develop individual skills and team play. These teams would not travel nor attend tournaments such as the National Qualifier.

Teams Fees

*Fees may adjust based on total tournament and practice totals

10's & 11's Teams...\$450

* Includes: Team Jersey, USAV Membership Fee, 1+ Coach, Up to 12 Practices,
4 Tournaments/Playdates, 2 - 1 1/2 hour Skills Training Camps.

12-14 - 2's & 3's Teams...\$575

* Includes: Team Jersey, USAV Membership Fee, 1+ Coach, Up to 16 Practices,
6 Tournaments/Playdates, 2 - 1 1/2 hour Skills Training Camps.

12-14 - 1's Teams...\$875

* Includes: Team Jersey, Warm-up Jacket, USAV Membership Fee, 1-2 Coaches, Up to
24 Practices, 10 Tournaments considering: Northern Lights Qualifier, President's Day, NCR Tournament,
and 4 other tournaments.

15-18 - 2 & 3's Teams...\$700

* Includes: Team Jersey, USAV Membership Fee, 1+ Coach, up to 20 Practices,
8 Tournaments considering: NCR Tournament, President's Day Festival, NCR Spring Fling and 5 other
tournaments.

15-18 - 1's Teams...\$990

* Includes: Team Jersey, Warm-up Jacket, USAV Membership Fee, 1-2 Coaches, Up to
30 Practices, 12 Tournaments considering: Northern Lights Qualifier, President's Day Festival, NCR

Tournament, Molten Cup Series and 2 other tournaments

Practice and Tournament Philosophy

HVVC deeply believes in the priority of God, Family, School and then volleyball. If a priority arises that means a girl cannot attend practice or a tournament please give your coach 24 hour notice. Playing time will not be affected if a priority before volleyball causes a girl to miss a team event. At the same time, please acknowledge that this is a team sport and the team is relying on each girl to contribute to the team. Please work with your daughter to manage their time throughout the season to ensure they are able to attend all team events. Conflicts such as homework, a test, etc., can be avoided if time is managed well.

School is a priority as stated above, which also means that if your daughter plays school sports and there is a conflict with volleyball it is HVVC stance that it is the families' discussion to choose what event their daughter attends. As stated above, playing time will not be affected if a girl cannot attend a team event due to a school sporting event.

Practice and Tournament Expectations

1. Girls are required to be on time to all team functions. If an issue occurs please give your coach 24 hours to adjust their team plans.
2. Transportation is not provided to practices or tournaments all players need to find their way to and from.
3. Girls are to have the correct equipment to participate in practice and tournaments: (shoes, knee pads, hair ties, etc.)
4. Sometimes a coach may not be able to attend practice or a tournament. HVVC will provide a substitute coach or reschedule based on what is best for the team.
5. If weather or facilities cause a change to a practice or tournament, the website will be updated with information by 2 PM for a practice and the night before for a tournament.

Officiating

All girls are required to complete officiating classes. Details per year will be provided by HVVC.

Player, Coaches and Parent Expectations

We at HVVC acknowledge that conflict may arise throughout the season. Below are some guidelines to follow.

1. Remember who we are representing at all times. We are a Christian based club and part of our mission is to reflect the light and love of Jesus. Please treat each other with respect within our club as well as other team's players and parents as we travel to tournaments. You may be the only glimpse people have of Jesus so be a good witness.
2. We ask that if an issue arises you talk to your coach immediately. The coach will then let the club director know of the issue. In addition, the coach may want to sit down with you and the club director to resolve the issue. We do ask if the girls are old enough (normally 14+) that they first bring the issue up with their coach before involving you as parents. If the matter still remains unresolved, we will schedule a meeting with you, your daughter, the coach and a board member to bring a resolution.
3. Please do not ever talk to a coach about an issue at the end of a game or tournament. Please take the time to think through what message you want to land before reaching out to a coach. Typically by waiting, cooler heads prevail.
4. Players are to treat each other with respect at all times. Bullying, harassment or any other aggressive behavior will not be tolerated and will be handled accordingly. If the issue does not resolve itself after being addressed, the club holds the right to dismiss those players without a refund.
5. Coaches are to encourage, develop and advance the girls in their volleyball development. Any reports of a coach demeaning players will be addressed immediately by HVVC's board.

Board Member

Terry and Carrie Maass

Joelle Grimsley

Laurie Evans

Co-Directors

Director of Coaches

Board Member & Coach

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