

South Tiger Volleyball

2024 - 2025 Off-Season Volleyball Information

Hey Tiger Volleyball Players and Families!

There are many opportunities to continue developing as a volleyball player. Some of the opportunities include competitive club volleyball teams, summer volleyball camps, skills clinics and open gyms. This handout includes a sampling of those opportunities in the area. To learn more about the opportunities, dates, times, and costs, go to their individual websites.

These opportunities are not mandatory to participating in the South High volleyball program. Though, those that invest time and energy in the off-season are more likely to improve their skills and it will be evident at tryouts. There are a variety of ways to practice volleyball that range from low-cost to high cost, and short periods of time to multi-month long seasons.

Stay tuned to the email list and IG (@southtigervolleyball) for updates about summer opportunities, and tryout dates. Remind your 7th-8th grade friends that volleyball starts in the summer!

- South Volleyball Coaches



Club Volleyball

There are many clubs in the area. Most teams practice twice a week and have competitions on the weekends. There is a wide range in competition and cost. Tryouts are competitive and most have a tryout fee. Teams are split by age level, some clubs have multiple teams at each age level. Check each website for more details and to double check dates & times.

CITY CLUBS

Impact Volleyball: St. Paul Highland Park Area

Website: playimpactvolleyball.com

Cost: \$1350 - \$1550

Tryouts: Tryouts fee is \$50, at Highland Park Senior High School

- 11U - 14U: October 27th, 10:00am - 2:00pm
- 15U & 16U: November 10th, 10:00am - 2:00pm
- 17U & 18U: November 10th 3:00pm - 6:30pm

Contact: Call Director Dan Wolff at 651-226-9625 or email at impactvolleyballmn@gmail.com

Minneapolis Vibe: Minneapolis Area

Website: minneapolisvibe.org/

Cost: \$1,800

Tryouts: Pre-registration encouraged and tryout fee is \$20, at Susan B. Anthony Middle School

- 13U & 14U: Sunday, October 27th, 10:00 am - 12:00 pm
- 15U & 16U: Sunday, November 10th, 10:00 am - 12:00 pm

Contact: A Yang at minneapolisvibe@gmail.com with any questions.

FARTHER AWAY CLUBS

Bloomington Volleyball Club

Website: bvcvolleyball.com

Cost: \$1995 - \$2195

Tryouts: must pre-register online, \$50 nonrefundable tryout fee, location: Oak Grove Middle School (door 5)

- 13U & 14U: Mon., October 28th & Tues., October 29th from 7:30 - 9:30pm
- 15U: Mon., November 11th & Tues., November 12th from 8:30pm to 10:00pm
- 16U: Wed., November 13th & Thurs., November 14th from 8:30pm to 10:00pm
- 17U/18U: Wed., November 13th & Thurs., November 14th from 8:30pm to 10:00pm

Contact: Call Todd Anderson @ 952-237-6560 or email at bloomingtonvolleyballclub@gmail.com

Vital Volleyball Club: Eden Prairie

Website: vitalvolleyball.com

Cost: \$3,400 - \$6,670

Tryouts: Initial tryout date/time listed below, continued evaluation if selected.

Girls 11-14s – Sunday, October 27th 2024

All14s : 9am-11am : 8:30am check-in

All 11-13s : 10:30am-12:30pm : 10am check-in

Girls 15-18s – Sunday, November 10th 2024

15s : 8am-10:30am (7:30am check-in)

18s : 8-8:15am (check out only)

16s : 9:30am-12pm (9:00am check-in)

17s : 11am-1:30pm (10:30am check-in)

Contact: Ryan Stuntz, 310.936.9634, ryan.stuntz@vitalvolleyball.com

Club 43: Hopkins Area

Website: club43volleyball.com

Cost: \$3,000 - 6,295

Tryouts: \$25 non-refundable tryout fee, register & complete waivers online

- 13U/14U: Sunday, October 27th, 8:30 am - 10:30 am
- 15U: Sunday, November 10th, 12:00 pm - 2:00 pm
- 16U: Sunday, November 10th, 9 am - 11:00 am
- 17U: Sunday, November 10th, 9:00 am - 11:00 am
- 18U: Contact Director Annie Glavan for more information

Contact: Director Annie Adamczak-Glavan – annieglavan@club43volleyball.com or 952-200-4501

MN Freeze: Edina (faith-based club: Christian)

Website: freezevolleyball.com

Cost: \$2850 - \$4250

Tryouts: \$45 fee - Registration must be completed online before tryout date.

- 13U - 14U: Sunday, October 27th, 9 am @ H4 Sports Academy in Edina
- 15U - 18U: Sunday, November 10th, 9 am @ H4 Sports Academy in Edina

Contact: info@freezevolleyball.com

Midwest United: Chanhassen (faith-based club: Christian)

Website: midwestunitedvbc.com

Cost: \$3500 - \$4500

Tryouts: See website for more info & registration links

- 14 & Under, Sunday, October 27th, 2-4pm @ Southwest Christian HS
- 15, Sunday, November 10th, 12 pm - 2:30 pm @ Southwest Christian HS
- 16-18, Sunday, November 10th, 2:30 pm - 5 pm @ Southwest Christian HS

Contact: midwestunitedvbc@gmail.com

Crossfire: Champlin Park (faith-based club: Christian)

Website: gocrossfire.org

Cost: \$1950 - \$5,500

Tryouts: \$60 Fee for Pre-registered or \$75 day of Short Season - Saturday, November 16, 2024

- 7:30am: 15U Short Season
- 11:00am: 16U Short Season
- 3:00pm: 17U/18U Short Season

Elite Team Tryouts - Sunday, November 10, 2024

- 7:30am: 15U Elite
- 11:00am: 16U Elite
- 3:00pm: 17U/18U Elite

Contact: info@gocrossfire.org

Edina Volleyball Association

Currently only open to players that live in Edina School District, non-residents can join the waitlist to see if spots become available, it's likely.

Website: edinavolleyball.org

Cost: \$1250

Tryouts: Must pre-register online, check website for link.

- 7th graders: Tuesday 11/19 8:30-10:00 & Thursday 11/21 8:30-10:00
 - 8th graders: Monday 11/18 8:30-10:00 & Thursday 11/21 8:30-10:00
 - 9th graders: Monday 11/18 8:30-10:00 & Thursday 11/21 8:30-10:00 (if needed)
 - 10th graders: TBD - if there's enough interest
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PREMIERE VOLLEYBALL CLUBS:

More expensive (~\$4475 - \$7000), highly competitive, travel outside of MN, and play every other weekend or more. These clubs may prefer an athlete that is focused solely on volleyball especially at 15, 16, 17 and 18 year old level. Tournaments often go through the end of May and some teams even play into June. See links for tryout info & program fees.

- [Northern Lights: Burnsville](#)
 - [M1 Volleyball: Bloomington](#)
 - [Kokoro Volleyball Club: North St. Paul](#)
 - [MN Select: Maple Grove](#)
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Camps, Clinics, Open Gyms & Lessons

Minneapolis Parks and Rec:

Open gym and Rec Leagues- Minneapolis Parks and Rec offers volleyball from Oct - Dec. Check the [website](#) for any availability and registration deadlines. Some local parks also offer open gyms throughout the winter, stay tuned to your local park.

Summer Camps:

This is a sampling of the many camp options that are available in the area. Some are day camps and some are overnights. They are typically a week long in June or July. Check the websites for more information.

- Nike Volleyball Camps <https://www.ussportscamps.com/volleyball/nike/>
- Augsburg Volleyball Camps: <https://www.augsburgvolleyballcamps.com/>
- Midwest Volleyball Institute (MVI) <http://www.mvicamps.com/>
- UW - River Falls <http://www.uwriverfallsvolleyballcamps.com/>

- McCutcheon - U of M <http://www.mccutcheonvolleyball.com/>
- Many of the clubs also run summer camps, check their websites in the spring for more information!

Skills and Strength:

There are many drills and skills you can work on by yourself or with a friend. Practice ball control by passing or setting to yourself, add in some movement, aim for a target, etc. Check out these links for more ideas:

- [Ball Control Drills](#)
- [10 Solo Ball Control Drills](#)

Many of the premiere clubs also offer private or semi-private (group) lessons with their coaching staff (\$35 - \$85 / hr). See their websites for more information.

Strength and Conditioning:

There are lots of ways you can move your body to focus on strength, speed, or endurance. Some ideas: squats, squat jumps, box jumps, broad jumps, running, biking, swimming, strength training, core exercises, stretching, killer 10, and playing other sports! Check out these links for plans and ideas:

- [Self.com 2022 - Spring Challenge](#)
- [Ball Handling & Conditioning](#)

Again, nothing in this handout is required in order to participate in South volleyball. We want you to continue to work hard, have fun, and develop as players and humans.

Stay tuned to the email list and IG (@southtigervolleyball) for updates about summer opportunities, and tryout dates. Reach out to mplssouthvb@gmail.com if you have any questions.

