

Club Volleyball Decision Making -

****I asked for the ideas parents of current and former MVVB players who had their players play both at MVVBC and outside club****

Where to start - *Some of the most important things you must ask yourself:*

Why am I playing volleyball?

Do you like or love the sport?

Are you passionate about volleyball, or is it just OK?

Do you like it because your friends are in it, or would you play no matter what?

Are you playing because you want to, or because your parents want you to?

Do you want to be a varsity starter?

Are you willing to participate on a team that provides the chance to play a position you had perhaps not seen yourself playing - and see that as an opportunity?

What kind of a time commitment can you make?

Do you want to play collegiate volleyball?

Why a family would choose MVVBC:

- Cost-effective
- Getting started with volleyball
- Builds teamwork skills with MV athletes and future teammates
 - Emphasis is on this growth as a collective group, looking forward
- Training and tournament commitment appropriate for developmental players
 - Training and time commitment becomes geared around not interfering with HS BB once girls are in HS
 - This can be great for BB players
 - This can be frustrating for non-BB players who want more
- Minimum traveling
 - No overnight stays or 2-day tournaments
- Quality coaching
- Local practices
- Great introduction to volleyball skills
- Intro to volleyball IQ
- MVVBC works with all local sports teams to share participants

Some realities include:

- Short season - January - mid-March
 - December dates are used just as a warm up and to divide teams
- 1-2 practices a week (limited by gym space opportunities in MV)
 - Usually 90 minutes - 3 hours max a week
- Because MVVBC is inclusive, all levels of players are welcome, and separation into A and B does not happen until 7th grade (consistent with school teams doing the same)
 - This can be great if you are a developing player, this can be frustrating for kids who have already developed
- As players get older, it can be hard to put together a highly competitive team - because many players choose to play outside club and positions become more specific
 - For examples, *skilled* MH and S are increasingly difficult to find as the kids get older
- When some players choose outside club, the level of play in the gyms for MV club may decrease in skill level

Why a family would choose a tryout club outside of MV:

- The opportunity to work with different coaches and coaching styles
 - Typically a national or travel team will have a highly qualified coach, while other (more local) teams may not; it's important to ask who will be coaching your team before accepting an outside offer
 - You want a coach who is technically and tactically sound - if you're paying more, you should be getting more....
- More competitive--high level players in practice, higher level tournaments
 - This is a key difference between MV club v outside club
- Tryouts provide an opportunity to perform in a higher stress/competitive situation and to truly gauge your ability level vs others outside the community
- Learn to navigate new personalities outside of MV peers and build teamwork skills with different peers
- More hours of practice to improve skills
 - Tryout teams will interfere with in-season school sports

- Teams often practice 2-3x a week, with tournaments generally every-other weekend
 - Practice time is usually about 4+ hours a week
- It can be a very significant commitment depending on the team you are placed on
- Position-specific training
 - Whether in practice or a separate training session, players are generally going to play 1-2 positions (especially as they get older) and be trained very specifically to execute in those positions
- Volleyball in-match IQ grows - based on position and higher level of play
- With more practice time comes more feedback and learning how to accept feedback and do something with it.
 - The players in the gym and across the net from you in a tryout gym are highly skilled - demanding skill growth and execution
 - The tournaments against other tryout club teams also provide a more consistently high level of competition
- HS club helps students learn how to manage their time (school, friends, practice, job)
- Colleges recruit through club volleyball - and I mean ONLY through club volleyball - if you want to play in college, you need to be playing club volleyball - caveat - we have athletes who have absolutely played MV club and then went on to play collegiate volleyball - it just occurs less than those who go outside for club
 - Outside clubs offer a recruiting service as part of their club dues for 15's on up - this is the way of the world now - recruitment videos and contacts from the recruiting company to colleges to see what their needs are (think of a dating service with a matchmaker)
- Longer training window - often December until early July for club VB
 - This depends upon if the team is a national, regional or local team

Some realities include:

- Costs of tuition and traveling
 - The costs of outside clubs vary
 - Consider that outside of tuition, if your child is on a national team, you can spend \$1000 for a 3-day weekend tournament with travel, food and hotel
- The time commitment for parents--
 - Travel to and from practices outside of Mount Vernon 2-3x a week

- Travel to out of state tournaments (again, depends upon team)
- Club coaches will work with schedules, but expect club to be a main priority
- Not everyone who tries out for an outside club team will be offered a spot - in fact, even if you're offered a spot one year, it does not mean you will be offered a spot the following year
- Tryout clubs cater to high ability athletes and their parents. Ability is valued and often rewarded over qualities such as attitude, teamwork or kindness

Other Insights -

MVCSD is a great community with a tremendous amount of activities and sports that are truly guided by some of the very best in the business - whether it's music, theater, speech or another sport, one gift of our school community is the wealth of activities that our student-athletes can participate in.

As student-athletes grow older, you will find that each activity at MVCSD demands more time commitment from our kids. This is due to each director, conductor and coach wanting true excellence.

This is a challenging road to navigate and is so individual for each kid. We have to let our kids discover their passions and help blow wind in their sails.

One way to approach this is to utilize MV Club as your daughter is in younger grades, so that with less time demands, she is able to explore the many great opportunities here at MVCSD.

At zero points in my career have I, nor will I encourage specialization in the sport of volleyball. What my goal is here is to be totally transparent about what I have observed in my years as a coach, and to let you know that I want to SHARE your daughter with other programs here at MVCSD, I do not wish to discourage participation in other activities in any way - that is why we run the MV Club in the manner in which we do. At the same time, I want you to be aware of the realities of not only volleyball, but of activities as our students come through MVCSD, and especially as they move into MVHS.

Area Clubs to Explore -

On the club website, you'll find tryout information, fees and schedules

The fees and schedules vary a great deal, depending on the level of team and club

****Tryouts often happen in the SUMMER for some clubs - just be attentive to that if you're interested in trying out****

However, many younger teams (grades 4-8) are still actively looking to fill rosters this fall for the upcoming season.

<https://www.adrenalinevb.com/>

<http://iowarockets.com/>

<https://www.crsurgevb.com/>

<https://iowaunitedvb.com/>