

F.O.C.U.S. Sport Club Volleyball 2015-2016

“Frequently Asked Questions”

“Frequently Asked Questions and Answers”

Q: TRYOUTS/PRACTICE LOCATIONS-Where are the tryouts and practices held?

A: Will be held in two locations (SEE APPROPRIATE FLYER FOR CORRECT INFORMATION):
“BOYS-14U” and all GIRLS ----- NORTHWEST CHICAGO PRACTICES (NORTHWEST SUBURBS PRACTICES): Practices will be held at the will be held within the Northwest Suburbs Schaumburg (Frost Jr. High, Keller Jr. High) and other gyms within the Northwest areas. All depending upon the number teams that we have and/or team populas/location!

Q: PRACTICES TIMES-What are the practice times and how many times a week?

A: The practices will hopefully be 2:30-3:00 hr. sessions with a minimum twice a week and then in the beginning of our season we are going to try to add specialty practices for *setters, hitters/blockers and defensive specialists* on off days!!

Q: AGE CLASSIFICATIONS-What are the age limits and their breakdown?

A: The age breakdowns are as follows:

18 and Under: Players who were born on or after September 1, 1997 or players who were born on **or** after September 1, 1996 **and** a high school student during some part of the current academic year.

17 and Under: Players who were born on or after September 1, 1998.

16 and Under: Players who were born on or after September 1, 1999.

15 and Under: Players who were born on or after September 1, 2000.

14 and Under: Players who were born on or after September 1, 2001.

13 and Under: Players who were born on or after September 1, 2002.

12 and Under: Players who were born on or after September 1, 2003. **Boys 14 and Under Division:** Regionally waived boys teams in the 14 and under age group will be allowed to participate at the USA Jr. Olympic Volleyball Championships using the following age/grade definition:

Players who were born on or after **September 1, 2001 or**

Players who were born on or after **September 1, 2000 (15 years or younger)** who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year (This exception is based on the net height difference of 7' 4 1/8" to 7' 11 5/8" between the 14 and Under Division to the 15 and under Division).

Note: These age definitions are used by domestic club programs and are **NOT** the same as the age definitions for the International and Domestic High Performance programs for 2016.

Q: BOYS-Do you have a boys' team?

A: YES, Please see the appropriate flyer!

Q: COST-What is the cost of the program and what does it include?

A: Teams classified as 12U-14U cost will be **\$1500** and teams classified 15U-18U cost will be **\$1700** (per player). This includes the uniforms (2 jersey's, spandex or shorts and sweats) all practices and gym fees, coaches fees, 8 local tournament fees, ball and bag. **USAV Membership** (which is paid directly to the USAV (not included in our fees), using their on-line registration, includes full medical and liability insurance at practices and tournaments --- see USAV Great Lakes Region Web-Site <http://www.greatlakesvolleyball.org> for detailed information about the on-line registration).

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Q: PLAYER DEVELOPMENT-What type of player development is worked on?

A: Skills and drills are incorporated into every practice. One of the most important items to remember is repetition, repetition and repetition (drills e.g. as serving, serve and serve receive, hitting, passing and defensive formation). These can be done in a variety of ways and are usually incorporated into each practice where time allows.

Q: PLAYERS PER TEAM-How many players on a team and how many teams?

A: We had an average of 10 players on our teams in the past! We are not sure how many players will be trying out. The minimum number of players on each team we would like to have is 10 but no more than 12. As for the number of teams, we have the proper coaching staff to cover one team at each level (and maybe more).

Q: PRACTICE COMMITMENTS-What about conflicting commitments and schoolwork?

A: Obviously we want the players to be at practice as much as possible, but at the same time if there are finals and schoolwork that needs to be done these needs must be addressed first. One of the biggest concerns that *a player must know up front is to balance their time and make sure that all their necessary school needs are met so they can come to practice*. The number one saying that I always tell the players **"YOU ARE A STUDENT ATHLETE, NOT AN ATHLETIC STUDENT"**! As for missing practice (e.g. just because you do not want to show up for some lame excuse), if one player is at practice every time and another player just decides to show up when he/she wants to without a good excuse, obviously it would not be a fair if the absentee player played in most of the tournaments and the player who was there most of the time sat out the tournaments. We are here to teach, develop and make sure players learn to get out of their comfort zones (and it's more than just learning to play volleyball). **"I would rather a player be late for practice than not show up at all!"** I will tell you this, every one of our coaches are fully qualified to make the necessary decision to best fit the teams needs and situations!

Q: TOURNAMENTS-How many tournaments do the teams play? Do they play during break (e.g. Christmas) and how about overnight tournaments?

A: We would like to have each team try to play in a minimum of 8-10 tournaments. We will evaluate each team, talk with them and their parent/guardian to discuss about entering a **"National Qualifiers"** (which are **additional cost**). It is possible to play over the Christmas. As for overnight tournaments that is a possibility, but each team will be evaluated upon their level competition, over all performance and desire for the game. As for the cost it would depend on the location and travel requirements (e.g. **do you travel by air or land, hotel cost if necessary, meals, etc.**

Overnight/multiple day weekend tournaments are additional costs and will be discussed prior to tournament entries).

Q: PRE-REGISTRATION-Are there any pre-registration requirements?

A: YES: F.O.C.U.S. cost is \$20.00 at time of tryout and the USAV requires each player to register as follows:

"USAV PRE-REGISTRATION INFORMATION" --- Registration for the 2015-2016 begins September 1st.
ALL registrations will be done via the USAV on-line registration system called **"Webpoint"**. In the meantime junior athletes, coaches as well as adult players who were **previously registered with ANY Great Lakes Region Volleyball Club/Team** are encouraged to go to the <https://webpoint.usavolleyball.org> and request their login and password information NOW! **NEW Members (never registered in the Great Lakes Region or any other Region of USA Volleyball)** will be able to begin their registration process beginning Sept. 1st. There will be a SPECIAL website link on the Great Lakes Website at www.greatlakesvolleyball.org that NEW Members will be directed to starting Sept. 1st. (a player can register with the USAV as **"UNDECIDED"** for **\$5.00** and pay full membership after making a team).