Atlantic Valley Volleyball Club
2012-2013 Season

About Us:

AVVC is a member of the Garden Empire Volleyball Association (GEVA), the local region of USA Volleyball, which is the National governing body for the sport of volleyball in the United States.

Last year AVVC served roughly 200 girls from **Essex, Bergen, Hudson, Union, Middlesex, Somerset, Morris, Monmouth and Hunterdon Counties.**

The majority of our graduating high school seniors from last season are continuing their volleyball careers in college for D1, D2 and D3 Programs. Our staff are college and high school coaches and are former college players.

Our Mission:

The Mission of the Atlantic Valley Volleyball Club is to promote the sport of volleyball in the communities we serve and to provide an opportunity for girls in New Jersey to elevate their skills, compete at the highest level possible and pursue their passion for the game of volleyball.

Team Options:

AVVC has 3 levels of teams:
•National •Regional •Leapfrog

•**A National Team** has the dual goals of competing strongly among the top teams in the nation and of earning a berth at the USAV Junior Nationals Championship. National level teams will normally participate in 2 national qualifier tournaments outside of the GEVA Region. Currently, we have one National team for the 14,15, 16, 17, and 18 ages.

•**A Regional Team's** main competition will be among the mid-level teams in the GEVA and Keystone Regions.

•**A Leapfrog Team** is comprised of young athletes new to volleyball who are 12years old and younger. Focus is on skill development.

Please see chart for a more detailed comparison

Try-Out Ages as of Sept. 1st 2013*

Age Group*	1st Try Out	2nd Try Out
	East Coast Sportsplex	
14,13,12 & Leap Frog	11/1: 6:00-9:00 pm	11/2: 6:00-9:00 pm
	Bloomfield HS	
15's	11/4 : 8:00-10:00 am	11/11: 8:00-10:00am
16's	11/4: 10:30-1:00	11/11 10:30-1:00
17's	11/4:1:30-3:30	11/11:1:30-3:30
18's	11/4: 4:00-6:00	11/11: 4:00-6:00

For additional information, please check our website: www.atlanticvalley.org

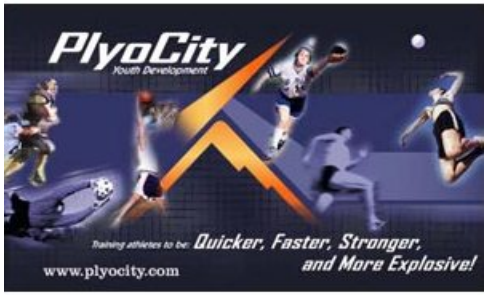
Projected Atlantic Valley Teams by Age Group:

Teams	12	13	14	15	16	17	18
National	0	0	1	1	1	1	1
Regional	1	1	1	1	2	1	0

Leapfrog – 7-12 yrs Co-Ed

Team Comparisons

Age Groups*	14-18 National	16-18 Regional	14-15 Regional	13	12	7 thru 12
Practices	2-3/ week	2 / week	2 / week	2 / week	1-2 / week	1 /week
# of coaches	2	1-2	1-2	1-2	1-2	1-2
Players/ team	10 to 11	12	12	12 to 13	12 to 13	Open
Tournaments	10 to 13	9 to 11	8 to 10	7 to 9	6 to 8	2
Club Fees	$1800-$2,200	$1600-$1,800	$1,500	$1,200	$1000	$500
Club Fees Include	USAV registration, Admin costs, practice fees, gym rental, insurance, uniforms (replaced every two years), coach fees, PlyoCity, tournament entry fees, position clinics, End -of –Season banquet for players (family members extra)					
Travel Fees Estimates (food not included)	~ $1,100- 2,200 Airline fees, hotels	~$500-600 hotels	~$400-500 hotels	$300 hotels	none	none
Season Start	December					January
Season End	June-Nationals	Memorial Day				4/30
Tryouts Required	Yes	Yes	Yes	Yes	Yes	Yes- but no cuts
Tryout Fee	$50	$50	$50	$50	$50	$50
Deposit	$500 at the first parent/player meeting in Dec.					$250/Dec.
Travel Area	USA	NY, NJ, PA	NY, NJ, PA	NY, NJ, PA	NY, NJ, PA	NY, NJ,



PlyoCity:
AVVC will be certifying every coach as a PlyoCity instructor. We're excited to include this training at the beginning of every practice.

This is the exact program that Karch Kiraly, Misty May, Kerri Walsh and Mike Lambert use every week to increase their agility, stamina, and jump.

Misty May on PlyoCity: "Ever since starting the plyometric workouts, I have felt more energized and have shed some weight. I now feel confident when playing in long matches that I can out last the opponent and still feel fresh."

ATLANTIC VALLEY VOLLEYBALL CLUB
USA Volleyball
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ATLANTIC VALLEY

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The best teams are not made up of the best players but of players who strive to be the best...

www.atlanticvalley.org