



FAQ

What does the club volleyball season look like?

Club season usually begins in early October with team tryouts and typically lasts until late May or early June. If a team qualifies for a National Championship tournament, these take place in either late June or early July.

Club season starts with tryouts in September for athletes 4th through 8th grade followed by high school tryouts in October and the start of practices in November. The bulk of the tournament season runs January through April or May for the younger teams. Most older teams will either qualify for Junior National Championships or attend another end-of-season tournament such as Navy Pier Junior Nationals or AAU Nationals and their season will end in late June/early July.

What do practice schedules look like?

Teams will practice two to three times per week depending on age group and depending on tournament and travel schedules. Athletes will participate in strength and agility training every week in addition to their regular practice schedule.

Practices will take place at various athletic venues in the Plainfield, Bolingbrook, and Romeoville areas. These will take place weekday evenings, typically between 5pm and 9pm. We may also be arranging for some local scrimmages with neighboring clubs from time to time.

What do playing schedules look like?

Teams will play an average of two tournaments per month in accordance to their skill level and age level. Most local tournaments will be within a 30-90 minute driving distance of our practice locations. Our top teams aged middle school and older will travel to one or two out of state Junior National Tournament during the season which are multi day tournaments that qualify teams for the Junior National Championships. Most tournaments take place on Saturdays and/or Sundays and will run for most of the day.

What does it cost to play club volleyball?

Club dues for the upcoming season vary by team. Fees are posted as soon as available. Each athlete's club dues cover costs associated with their USA Volleyball membership, tournament entry fees, gym rental fees, coaching stipends, strength and conditioning program, administrative expenses, and team equipment. Fees associated with travel (i.e. lodging, transportation, meals, etc) are not included. Tournament costs will be assessed per team and per event, communicating with the families how much is owed per athlete each time.

We will be offering need based scholarships and fundraisers to ensure that any athlete who wants to be a part of Empower Volleyball Club has that opportunity. You are also encouraged to seek out sponsorships to help cover the costs of the season and we will be providing materials for this. To inquire more about fundraising, sponsorships, and/or scholarships, please contact us at info@empowervolleyball.com

What makes Empower different from other clubs?

Empower Volleyball is committed to providing the best possible club volleyball experience for our athletes and families. Here is what you can expect from us:

- Individual attention to your athlete. Empower strives to ensure that athletes are constantly improving as athletes and as individuals.
- A focus on family. We realize that being part of a volleyball club takes time and resources that may take away from other family opportunities. This is why our club is family oriented and designed to take as much stress and inconvenience out of the equation for you and your loved ones.
- Talented coaches – Many of the best volleyball minds choose to coach at the club level because of the opportunity to reach more players for a longer period of time. Empower is proud to have USAV CAP Certified Coaches and USAV High Performance Training Philosophies
- Extensive practice – The extended season offered by club gives players a chance to get thousands of valuable reps that ensure improvement in skills and fitness.
- Purposeful athletic conditioning - Our strength and conditioning program is specifically designed to help our athletes reach their highest potential on and off the court. A lot of thought has gone into what type of exercise is offered so that our teams will be set up for a successful season.
- Valuable friendships – Club volleyball brings together like-minded athletes with similar goals and helps form friendships that can last a lifetime. The time spent together will consist of both on and off the court activities and team bonding experiences.
- Wide-ranging competition – Club volleyball tournaments are some of the largest, most competitive and fun sporting events out there. You get to test yourself against players and teams from all over the region and possibly the nation.
- Cost is REASONABLE. You will know at the beginning of the season where your money is going. As additional costs arise, you will be informed promptly and thoroughly so that you know your finances are being spent wisely.
- Cost is ATTAINABLE. You will be given opportunities to receive help through scholarships, sponsorships, and fundraising. Empower believes that all athletes should be offered the opportunity to experience club volleyball regardless of their family's economic standing.

What can my athlete expect in terms of playing time?

Most volleyball clubs will not offer any guarantee of playing time to any athlete. At Empower, our purpose is to compete and be successful at the highest levels locally and nationally while each athlete is growing individually and with their team. Our coaches will do their best to get all team members on the court to get valuable competitive experience, but ultimately our coaches' priority at tournaments is making decisions that are in the best interest of the team as a whole and its success. Playing time is determined by many factors, including overall skill level, attitude, attendance, respect for coaches and teammates, hustle, and match dynamics. Many coaches will also utilize practice and match statistics to help make playing time decisions. All athletes will have equal

opportunity to play, compete, learn, and improve during all practice sessions, assuming their attendance at practices and their effort given is consistent.

How many players are on a team?

The number of players on the official team roster is determined by the coaching staff of each team and is typically between 10-12 players. Rosters with 12 athletes may at times allow for better training opportunities during practice sessions as it allows our teams to play 6 on 6 volleyball to best prepare for competition.

What is the difference between Regional and National teams?

Regional teams are geared for players who, due to a variety of reasons, like finances or scheduling, prefer a lower level of commitment. Regional teams have fewer practices, fewer tournaments, and typically do not travel far from home.

National teams are for players who want to be able to experience the full club season with the inclusion of national tournaments. These teams will typically devote more time to training and will compete more frequently and farther from home. The cost for these teams is typically higher.

Both regional and national players receive a high level of training and are expected to be fully committed at their level. Both types of teams are exposed to college recruiters and will be encouraged and supported to play competitively and to continue their individual skill development.

What happens if my athlete is not ready to play club volleyball?

Athletes grow and improve at different rates and on their own time. If your athlete does not make a team this year, it doesn't mean she cannot try out again the following year. Fortunately, your athlete can continue playing for Empower's year round in-house league as she continues developing her skills. You are also welcome to take advantage of our private lessons during that time.

Will my athlete be allowed to "play up" an age group?

Yes. This is determined primarily by the athlete's skill level as well as the overall needs of any given team. If approached by the club coach recommending the athlete play up an age group, the athlete and her family will make the final decision if it is the best fit for them.

Please note that additional costs may be associated with playing in a different age group and/or program.