



FAQ

What is club volleyball?

- Club volleyball refers to USA Junior Olympic (JO) Volleyball, which is a national competitive volleyball network designed to provide training and playing opportunities for young pre-college athletes.
- Club volleyball is an avenue for players age 10 (and even younger) to 18 to receive advanced training and competition on local, regional and national stages.
- Volleyball clubs compete under the same rules laid out by our national governing body: USA Volleyball.
- Club Volleyball typically runs from January 1st to Mid-March.
- Players are primarily placed on teams based on age: 12U, 14U, 16U, etc.
- Players are also placed based on their skill levels within each age group although some more experienced players may be allowed to play in an older age divisions.
- Club volleyball is an excellent way to improve a player's skill level and give them an opportunity to play competitively.

What does the club volleyball season look like?

Club season usually begins in early October with team tryouts and typically lasts until late April. 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 and 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. Middle school athletes will participate in strength and agility training every other week. High school 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 will vary by team. Fees will be 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, uniforms, strength and conditioning program, administrative expenses, and team equipment. While fees associated with local travel (i.e. transportation, meals, etc) are not included, overnight tournament costs when we travel as a team **will** be included in the cost.

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.
- 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 ALL INCLUSIVE. You will know at the beginning of the season WHERE your money is going and you will not be asked to cover any additional costs throughout the season.

- Cost is ATTAINABLE. You will be given opportunities to receive help through scholarships, sponsorships, and OPTIONAL 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 daughter 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 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 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 happens if my daughter is not ready to play club volleyball?

Athletes grow and improve at different rates and on their own time. If your daughter does not make a team this year, it doesn't mean she cannot try out again the following year. Fortunately, your daughter 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 daughter 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.