

Preseason Info Meeting



2025-2026



AGENDA

- Welcome & Introductions
- By the Numbers
- Team & Season Info
- Why NYC Juniors?
- Tryout Info
- Questions

By The Numbers...

2024-2025 Season

- **32** years of building the NYC Juniors community!
- **600+** athletes in camps & clinics in Brooklyn, Manhattan & Staten Island
- **32** courts across **12** facilities
- **216** athletes on **18** traveling teams in Manhattan & Staten Island
- **188** 3rd-8th grade athletes on local “Metro” teams
- **11** bids earned to USAV Nationals
- **7** seniors going on to play collegiate volleyball!
- Over **\$300,000** awarded in need-based financial aid

Our Progress

For over 30 years, NYC Juniors has provided opportunities for high-quality volleyball training and competition for the youth of New York City. Our simple mission has always been to “**Grow the Game**”, and we have done so in a variety of ways.

Travel Teams

First organization to offer travel club teams in NYC (1993)

Expanded teams to Queens, Brooklyn, Staten Island and Westchester

Variety of team options
11U-18U

Camps & Clinics

Summer camps reach a larger number of athletes and increase opportunities for off-season training

Advanced Academies for high-level athletes

Fundamental skills academies for grades 3-8

Metro teams for non-club players, grades 3-8

Outreach & Leadership

Partnerships with school networks to provide free training for athletes and coaches

Consulting with schools and community organizations looking to offer volleyball programming

Sit on board of USA Volleyball’s regional governing body, GEVA

Financial Aid

Over \$200,000 annually given to families to support the cost of training and travel

Financial aid is 100% funded by personal and corporate donations, and revenues from camps and clinics

College Exposure

National travel for top teams for elite competition and college recruiting opportunities

New York City’s first recruiting camp (2017) annually attracting athletes and college coaches from across the country

Our Priorities

- ★ **Caring for our athletes, coaches and families**
- ★ **Providing consistent and inclusive high-quality volleyball training**
- ★ **Preserving our sense of community**
- ★ **Maintaining financial stability**

Our Plan

As we look to the future, NYC Juniors envisions the continued growth of a volleyball community committed to equitable opportunity for all, and increased success and recognition at the highest levels of the game.

- **Deepen partnerships with elementary and middle schools throughout the city**
- **Commit to professional development of coaches and continuity of training across teams**
- **Increase high-level training, competition and showcase opportunities for our athletes**
- **Increase fundraising efforts to support growing financial need**

Coaches

NYC Juniors coaching staff is comprised of hard working individuals dedicated to the development of our student-athletes and growing the game of volleyball in New York City.

Coaches' responsibilities:

- **Support the safety and well-being of all athletes**
- **Be positive role models**
- **Instill life lessons**
- **Teach volleyball skills and strategy**

Our coaches work full-time in **education, medicine, social work, accounting, marketing, management, hospitality, film, finance,** and **collegiate athletics**

As an organization largely focused on the development of young women, we are incredibly proud to have a coaching staff that is **75% female**

THREE coaches are assigned to each team: Head Coach, 1st Assistant, 2nd Assistant
(only two coaches will travel to overnight tournaments)

2025-2026 Team Info

| | | | | | |
|-------------------------|--------------------|-------------------------|-------------------------|--------------------|-------------------------|
| 18 National | 16 National | 15 National | 14 National | 13 National | 12 Travel Blue |
| 17 National | 16 Travel | 15 Travel Blue | 14 Travel Blue | 13 Travel | 12 Travel Orange |
| 17 Travel | 16 Brooklyn | 15 Travel Orange | 14 Travel Orange | | |
| 17 Staten Island | | 15 Staten Island | 14 Brooklyn | | |

| | Practice | Tournaments | Notes |
|---|-------------------|------------------------------|--|
| “National” Teams | November- June | December- June/early July | - 6-7 overnight tournaments - Air travel required - Athletes commit to attend USAV Nationals |
| “Travel” Teams (Manhattan & Brooklyn) | November- May | January- May | - 5 overnight tournaments - Season ends in mid-May (unless team qualifies for Nationals) |
| Staten Island Teams | November- May | January - May | - 4 overnight tournaments - Lower cost: 2 team practice per week + clinics |

All teams

- (3) 2-hr practices per week: 2 weeknights + Sundays
- Single-day tournaments + overnight tournaments
- All teams are striving to qualify for USAV National Championships in late June

11U/12U Teams & Training

No “National” teams for **11U** or **12U** age groups

The top 20-24 athletes from 11U & 12U tryouts will be selected for our competitive **12U Training & Travel Program**

After a few weeks of training together, the group will be divided into two teams:

- **12 Travel Blue**
- **12 Travel Orange**

The teams will play an identical schedule, with the goal of BOTH teams qualifying for USAV Nationals in June.

The reasons for this model include: **extended time to evaluate skills, continuity in training across teams, and increased competitive level in the future.**

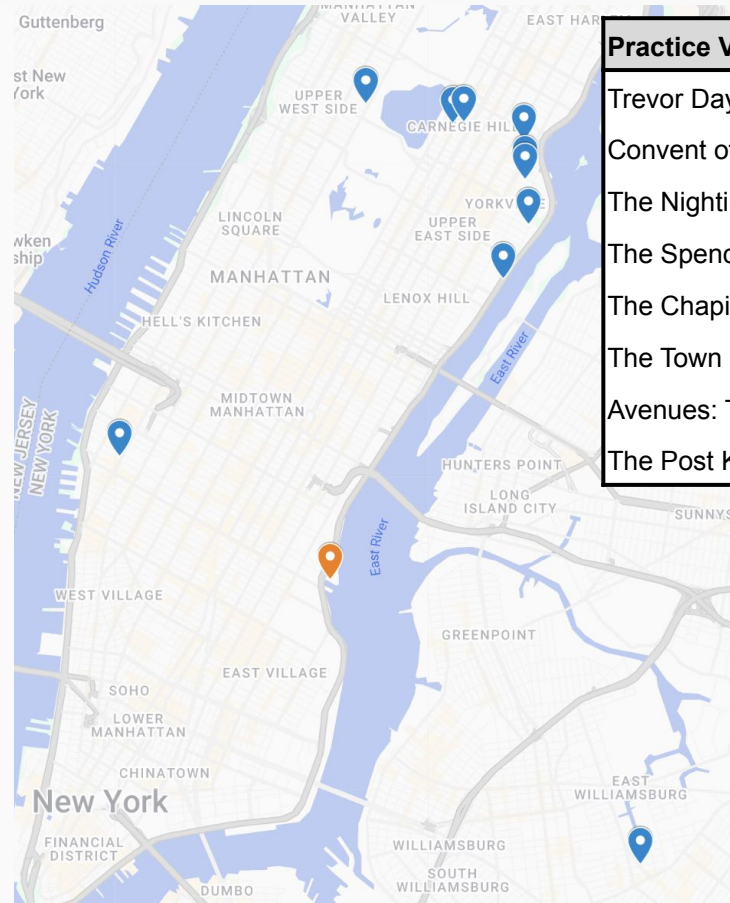
What am I getting myself into?

Club volleyball can be an incredibly rewarding experience, but is also a MAJOR commitment.

Are you able to commit to...

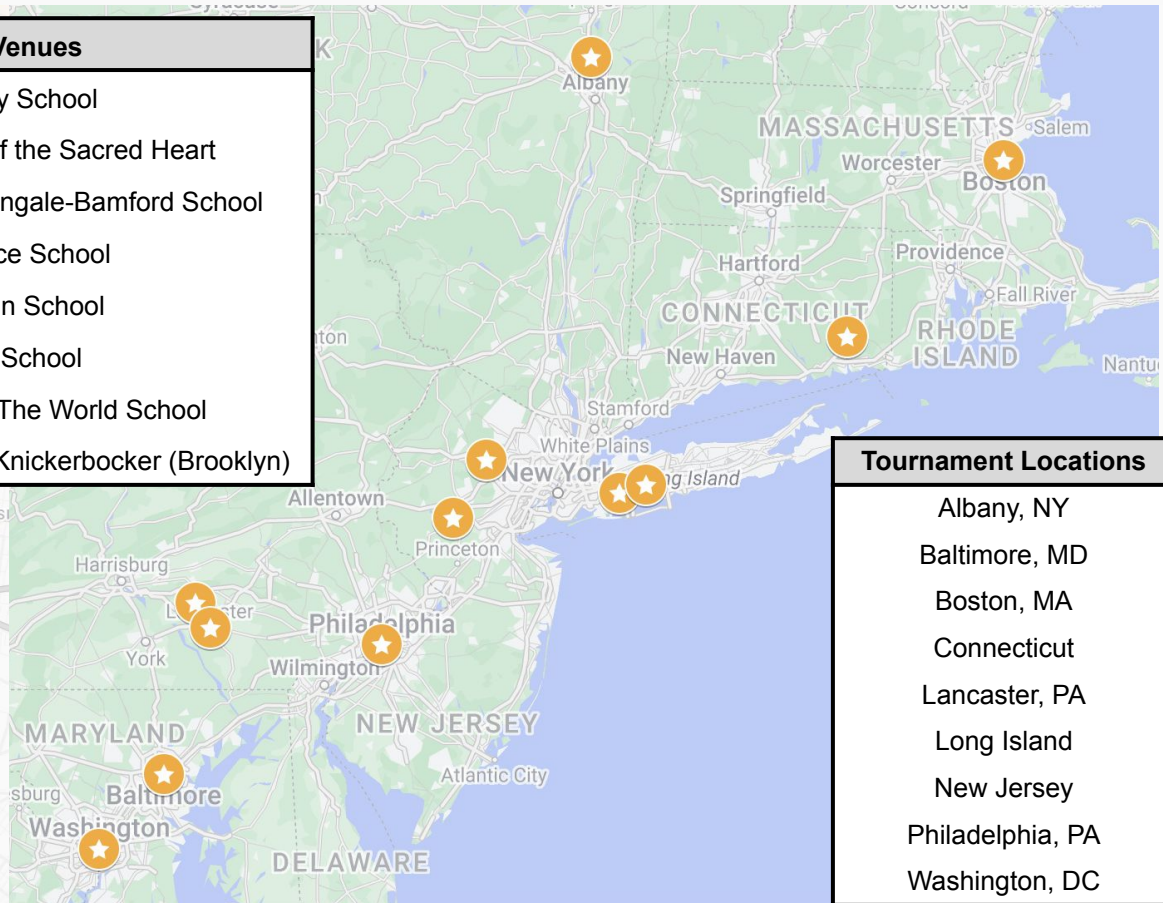
- Getting your child to and from practices 2 nights per week + Sundays
- Approximately 2 weekends per month dedicated to competition
- Getting your child to and from tournaments in NY, NJ, PA, DC...and beyond
- Spending holiday weekends at volleyball tournaments
- Supporting your child through the highs and lows of competitive sports

Where do we play?



Practice Venues

- Trevor Day School
- Convent of the Sacred Heart
- The Nightingale-Bamford School
- The Spence School
- The Chapin School
- The Town School
- Avenues: The World School
- The Post Knickerbocker (Brooklyn)



Tournament Locations

- Albany, NY
- Baltimore, MD
- Boston, MA
- Connecticut
- Lancaster, PA
- Long Island
- New Jersey
- Philadelphia, PA
- Washington, DC

Tournaments

GEVA Tournaments

USAV Garden Empire Region (GEVA) will run regional tournaments in our area

- Locations include Long Island, Westchester County, & New Jersey
- Events will be a full-day, Saturday or Sunday
- Teams will participate in 3-5 of these events January-April

Overnight Tournaments

National and Travel teams will attend multi-day tournaments

- Dates include: MLK Weekend, President's Day Weekend, and possibly Easter and/or Passover
- Hotel stays for athletes are NOT included in season fees
- Families are responsible to travel to and from tournaments, housing, and cost of food

Athletes travel with a guardian for all tournaments

If a guardian is not able to attend, families must arrange for their athlete to travel and stay with a teammate.

Competitive Philosophy

Travel Teams will compete in the top tournaments in the northeast

National Teams will compete in top divisions of northeast tournaments, and will also travel further to attend national events

Both Teams will have the opportunity to compete in **GEVA Power League** with top teams in the region

Goals

- Get the most VALUE out of competition - find the balance between challenge and success
- Elite-level competition → Accelerated development to better compete at the highest levels
- For HS-age teams: Increased exposure/visibility → Expanded college recruiting opportunities

13N-18N will attend USAV Girls Junior National Championships. **Cost is included in team fees.**

18N: **May 1-3** (Reno, NV)

12s & 13s: **June 19-22** (Minneapolis, MN)

14N & 15N: **June 25-28** (Indianapolis, IN)

16N & 17N: **July 30-July 3** (Indianapolis, IN)

Travel Teams will also attend USAV Nationals if the team earns a bid at Regionals.

**Additional fees will apply for the extended season and travel*

Team Fees & Financial Aid

18 National Team: **\$7,000**

15 - 17 National Teams: **\$9,000**

12 - 17 Travel Teams: **\$7,000**

Brooklyn Teams: **\$6,500**

Staten Island Teams: **\$4,000**

Financial Aid

- Flexible payment plans and need-based financial aid are available.
- Families will indicate need for financial aid as part of the tryout registration.
- Financial aid application will be completed AFTER an athlete is offered a spot on a team
- Upon acceptance of an offer, all families must pay a \$100 deposit. Admin will then contact you to set-up a personalized payment plan.

****Families should expect to pay an additional **\$300** for uniforms and **\$3,000-\$6,000** for travel*

Breakdown of Team Fees

Average cost of gyms:

\$200/hr per court

Average coaches pay:

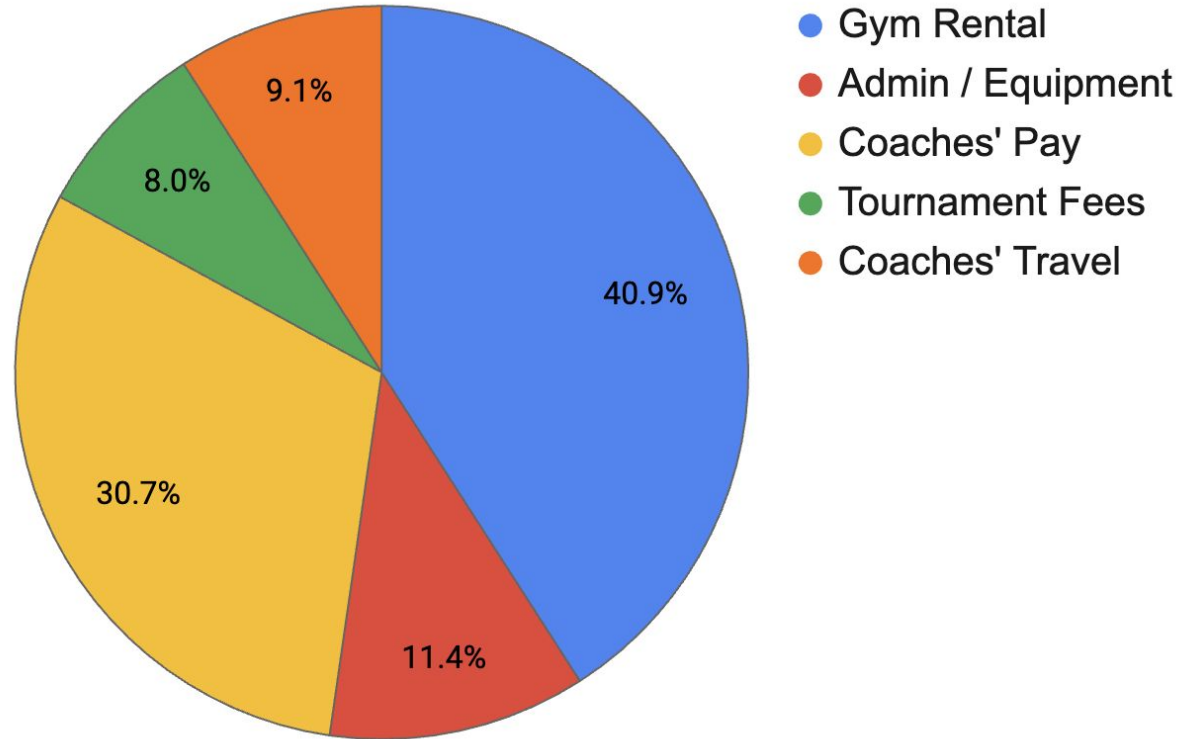
\$30/hr

Average tournament fee:

\$800 per team

Average hotel cost:

\$250/night



What is included?

- 6 months of high-level training (8 months for National teams)
 - 6 hours per week **1:4 coach to player ratio**
- Quality coaches, facilities, equipment and practice gear
- College recruiting assistance and networking
- Chance to compete with teams from all over the country
- Invaluable learning experiences & life-long friendships

*Teams fees DO NOT include include **travel expenses and uniforms***

What if I'm not ready for such a commitment?

NYC Juniors is committed to the continued growth of all motivated volleyball players, even if they cannot commit to, or are not chosen for, a team

Skills Academy

Fundamental training series
for 3rd-8th graders

- Sundays - various times & locations
- 6-week series (Fall, Winter, Spring)
- Teaching all basic volleyball skills plus athletic character development
- Great for beginner and intermediate players

Metro Teams

11U-14U Intramural-style
training and competition

- One weeknight practice + Sunday "play days"
- 10-week seasons (Winter & Spring)
- Skill training + competitive strategy
- No travel
- Great for beginner and intermediate players

Why Choose NYC Juniors???

Tradition of Excellence

NYC Juniors is the most established volleyball club in New York City, with **30 years** of competitive experience. We have a long-standing stellar reputation throughout the region, and are constantly evolving to better serve the volleyball community of New York City.

Professionalism

We are a self-sustaining 501(c)(3) non-profit organization, and we pride ourselves on providing a highly professional working and playing environment for our coaches, players, and families. We value timely and transparent communication, and expect professional behavior from everyone representing NYC Juniors at all times.

Why Choose NYC Juniors???

Experienced Coaching Staff

NYC Juniors is incredibly proud of our coaching staff, which consists of more USAV CAP certified and collegiate coaches than any other club in the area. Other coaches include long-time high school coaches, and former collegiate players. Multiple coaches on NYC Junior's staff also have international playing and/or coaching experience, and several currently coach in the USA Volleyball Junior National Team Pipeline.

Quality "Whole-Athlete" Training

We are committed to training athletes physically and mentally, on and off the court. In addition to weekly team practices, athletes will participate in team workshops. Athletes will have access to **skill-specific training** as well as workshops in **sports psychology**, **strength & conditioning**, **injury prevention**, and **nutrition** provided by certified professionals throughout the season..

Why Choose NYC Juniors???

Safety and Convenience

Our practice facilities are all conveniently located, easily accessible by car/taxi or public transportation, and are monitored by professional security personnel.

In case of injury, NYC Juniors is independently insured, and athletes can be referred to various specialists connected with our organization. All NYC Juniors coaches are SafeSport certified, and many have first aid and CPR/AED training.

Proven Success

NYC Juniors has won more Regional championships and earned more bids to USAV Junior Nationals than any other club in the Garden-Empire Region.

Regional Success

Teams earning bids to USAV Junior National Championships

2021

2022

2023

2024

2025

11 National

12 National

11 National

11 National

11 National

12 National

13 National

13 National

12 National

12 National

13 National

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14 Travel Blue

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15 Travel Blue

16 National

18 National

College Recruiting

Designated **Recruiting Coordinator** to help guide high school athletes

- Regular recruiting updates and tips
- One-on-one meetings and support

Coaches and alum currently on staff at the following schools:
Manhattan College, Wesleyan University, Hunter College

Recent graduates on staff from:

Duke, Cornell, Cal, Davidson, Northeastern, Colgate, Williams and more!

Recent NYC Juniors athletes have committed to play at the following colleges and universities...

Division I: Stanford, Northwestern, Rice, Georgia Tech, Fairfield, Bucknell, Stony Brook, Columbia, Dartmouth, Cornell, Jacksonville, U Pacific

Division III: Emory, UChicago, NYU, Wesleyan, Amherst, Middlebury, Williams, Hamilton, Bowdoin, Bates, Vassar, Catholic U, Oberlin, Ithaca, Haverford, Clarkson, Pace, Franklin and Marshall

Coaches who have attended NYC Juniors **High-Academic Elite Prospect Camp...**

Harvard, Princeton, Yale, Columbia, Brown, Dartmouth, MIT, Syracuse, Georgetown, Boston College, Davidson, Univ. of Chicago, Middlebury, Williams, Trinity, Colby, Emory, Vassar, Wash U, Connecticut College

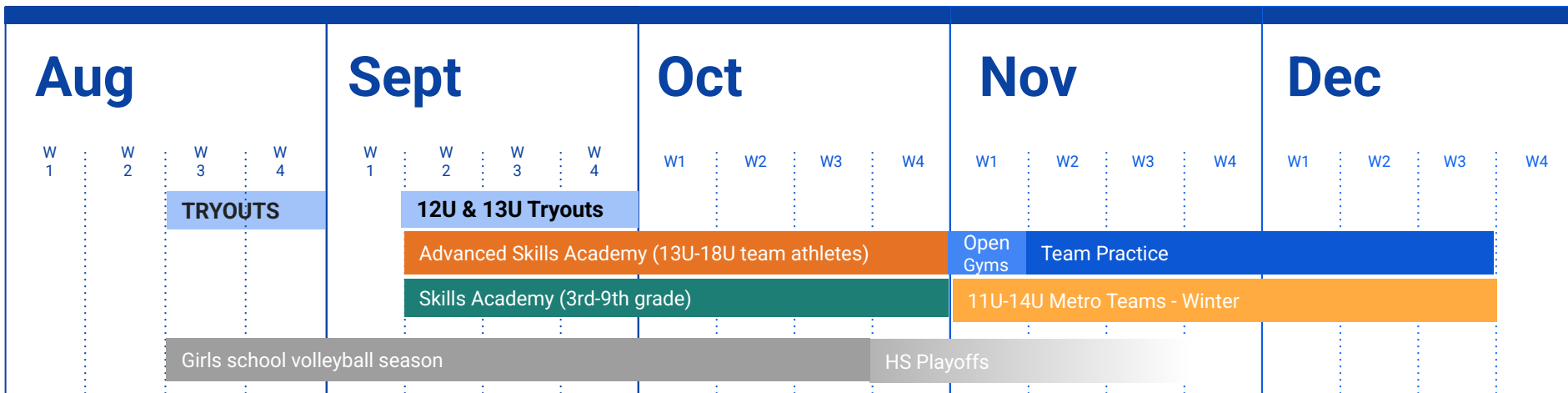


Highlights & Recruiting

Who's Ready for
TRYOUTS???

Tryout Info & Important Dates

| 14U-18U Tryouts | 11U-13U Tryouts |
|---|---|
| <ul style="list-style-type: none"> ● Begins Saturday, Aug. 16th or Sunday, Aug. 17th ● Initial tryout + make-up and callbacks as needed ● Invitations to Callbacks will be sent via email ● Offers will be given on a rolling basis | <ul style="list-style-type: none"> ● Pre-Tryout Clinics Sunday, Aug. 17th & Aug. 24th ● Official tryouts begin Monday, Sep. 15th ● Attend as many clinics and tryouts as you can! ● Offers will be given on a rolling basis |



What are my chances of making a team?

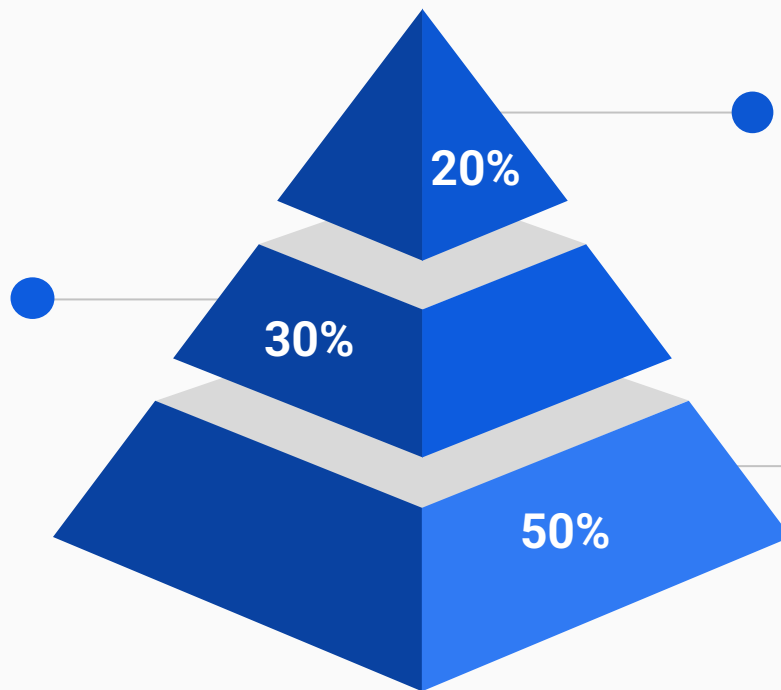
Invited to a callback, but no team offer

- 14U-17U tryout process will include a "callback" for the top 40-50 athletes, and then a second callback to make final decisions.

- Congratulations on making it through the first round(s) of tryouts. You worked hard and impressed the coaches with your skill, energy and/or potential.

Alternates - If you are notified that you are an "alternate" that means if someone does not accept their team offer, you might receive an offer.

- Consider options at other club, and do not hesitate to reach out for a realistic picture of where you stand in the process.



20-24 athletes selected for National & Travel teams

- Typically 10-12 players per team. Congratulations! This is a huge accomplishment!

- Before tryouts, consider how you would feel with both a National and Travel team offer.

- Think seriously about the commitment involved in accepting your team offer.

No callback or team offer

- Be proud of your effort and courage attending such a competitive tryout.

- Look for other club teams and training opportunities so that you can continue to learn and enjoy volleyball.

The majority of athletes who tryout will NOT make an NYC Juniors National or Travel team.

Numbers tend to be lower at 11U-13U and 18U age groups, but 14s-17s age groups see 80+ athletes competing for 20-24 roster spots each year.

Choosing a Club or Team

Educate yourself on the process

- There are many clubs in the area to choose from. Consider your options.
- Ask questions about the team, coaches, schedule, and history of success
- Ask coaches about the role they see you playing on the team (position, impact, etc)
- Per GEVA rule, you must be given AT LEAST 72 hours after an offer to accept or decline
 - after 72 hours you may ask for an extension if needed, but it is at the club discretion if they are willing to hold your roster spot
- Commitments are not considered binding by GEVA until **Oct. 1st**

If you receive an offer from another club, and are getting pressure to commit...

1. Kindly ask for additional time to make your decision
2. Email us to let us know your situation. We will give you an honest assessment of where you stand, and if we might be able to extend you an offer

To-Do List

1. Confirm your USAV age-group
2. Register and pay for NYC Juniors Tryouts online
3. Note your age-group's [Tryout Schedule](#)
4. Complete [USAV Medical Release Form](#) & **bring a hard copy to tryouts**
5. Familiarize yourself with [GEVA Commitment Policy](#)

Come ready to work hard and have fun!

Email questions to: admin@nycjuniors.org

Questions?