



## Frequently Asked Questions

### **What is JO volleyball?**

*JO stands for Junior Olympic. Club volleyball is sometimes referred to as JO Volleyball.*

### **What is club volleyball?**

*Much like club soccer or AAU basketball, club volleyball is an extended season of volleyball competition that follows the traditional volleyball season of most middle and high school.*

### **How are team selected?**

*Each club will hold organized tryouts, usually around the first weekend in November. This procedure can be a one day session, or consist of multiple days of tryout sessions. JVC attempts to complete tryouts for each age group during a three day period. This allows JVC to offer positions quicker and allows the player time to attend other tryouts if so desired. JVC uses its own experienced coaching staff to make their team selections and assist with all player evaluations.*

### **How are team rosters determined?**

*Volleyball is a sport played with multiple players forming a team. A successful team must consist of (2) important things...players with comparable skills and a full roster of position players. Unfortunately, competitive teams cannot be formed based on player friendships.*

### **What are position players?**

*Like many sports, the players on the floor all have a specific job. Unlike recreation sports, JO, or club volleyball, is a higher level of competition and clubs are expected to assemble the best unit of players available. Each roster must consist of a certain number of middle hitters, outside hitters, setters, defensive players, etc. At the club level, most players are position players and they are proficient in their assigned position.*

### **How many players are on a team?**

*Typically the ultimate number is between 8 and 10. Less than that and you risk not having enough players in the event of an injury or match conflict. Any more and you have too many players standing around or sitting on the bench. Too many players will create stress on a coach with parents asking about playing time. Team moral usually suffers when you have too many players on the roster. This is also unfair to the extra players who could possibly be rostered on another team and see extended playing time.*

### **How are returning players handled?**

*It is the policy of JVC that every player must tryout each season. This is to prevent any allegation of favoritism towards returning players and more importantly to assess the skill level of every player. VB skills can improve or deteriorate during the time in-between club seasons. Additionally many players may develop faster than others. For example, where as two players (teammates) were comparable during the previous season's tryouts, are now playing at different levels. Because of this, when a team is selected, certain players may become the core of a team and the tryout procedure will be the tool to adding players of like ability to the missing positions of that team.*

### **The Varsity Bench vs JV Player debate.**

*This debate will continue forever, but JVC has a definite position on this dilemma. While club volleyball does not offer Varsity and Junior Varsity teams, the argument can be compared to the team selection process. It is our purpose and promise to the players that JVC will strive to improve the skill level of ALL players and continually work to field the most competitive team possible at a level equal to that of the specific team. In keeping this promise, we will attempt to place players on a team where they will provide the most impact, and benefit the most from their experience. Although some would rather be on the "A" team regardless of playing time, we feel it is better for players to accept a position on a team where they will have the greatest opportunity to play and improve their VB skills.*

### **How many nights do teams practice?**

*Normally most Regional teams will practice (1) weeknight and on Sunday afternoon. Practice sessions usually last for 1 ½ to 2 hours. Our regular weeknights are Tuesday, Wednesday and Thursday from either 6:30-8:30 or 7:30-9:30. Sunday practices are from 1-3pm, 3-5pm and 5-7pm and rotate so one age group do not have to practice early or late every week. Semi-national teams may practice an additional weeknight night. Players will be expected to attend all practices.*

### **Where are practices held?**

*JVC is currently utilizing several practice facilities. Riverside High School is our home facility and all Sunday practices will be held at the main gym. Weeknight practices will be scheduled in 3-4 additional gyms and will be announced after tryouts and once facilities have been secured. We have facilities in West, South and North Durham, and are looking to obtain space in the Chapel Hill area as well.*

### **How many teams will JVC have for the 2008-2009 season?**

*We are predicting 12-16 teams for the upcoming season. The final number of teams we field will depend on the number of available qualified coaches, available facilities and number of players accepting positions on teams. It has always been our policy to offer as many opportunities as possible each season. We are limited to the previously mentioned elements.*

### **What are the fees for club volleyball?**

*Currently our club dues are between \$780 and \$1075 per player. This varies based on the specific age group and whether it is a Regional or Semi-National team.*

### **Are there any other costs?**

*Yes...there is a Uniform Fee each season. We are currently on a (2) year rotation for jerseys, which means that we would stay with a style for (2) seasons before requiring players to purchase new jerseys. New players will have to purchase uniforms, spandex, socks, shoes, warm-ups and an equipment bag. Approximate cost is \$200.*

*Returning players are required to purchase spandex, socks, and shoes. Approximate cost is \$100. The only variance is if it is time to replace jerseys, or players want to update their warm-ups, bags, etc.*

*Other costs include travel expenses and food on tournament days. Some tournament sites may require an overnight stay, and that would be an added expense.*

### **When are Club Fees and Uniform Fees due?**

*Club fees are broken into three installments, with the first being due at our parent's informational meeting in November. The other two installments are due in January and February. The Uniform fees will be due when uniforms are delivered, usually mid-December.*

### **What are the tournaments like?**

*Regional tournaments are usually held on Saturdays, although if space is an issue, you may play on a Sunday if needed. Arrival is normally around 8:00am and competition usually last until late afternoon. A good performance during Pool Play will usually guarantee you advancing to the playoffs. Once in the playoffs, it is a single elimination round. When advancing to the finals, you can expect to be in the gym until 7-8:00pm.*

### **How often are tournaments played?**

*Your age group will play every other weekend. Tournaments begin the 1<sup>st</sup> Saturday in January and will end with Regional Championships at the end of March.*

### **What do I bring to a tournament?**

*Most players bring things to keep them comfortable...sleeping bag, blanket, pillow, iPod, cell phone, etc. You are going to be there a long time and you need to have some down time to rest. Parents should bring a comfortable chair, something to read, food for the players (so you do not have to run out looking for floor) and a positive attitude for your daughter and her teammates.*

### **Where are tournaments held?**

*Regional tournaments can be held basically anywhere in North Carolina. The Region had a "rule" that prevented teams from traveling more than 2 ½ hours to a tournament site. Due to the growth in the sport, that is no longer the case. For the most part, the majority of tournaments will be between 1-2 hours away. Occasionally a team will travel up to 4 hours away, requiring a Friday drive and an overnight stay.*

### **Will JVC host any tournaments this season?**

*It is our plan to repeat our commitment to hosting tournaments again this year. The success of this will depend on the graciousness of the facilities we use for practices. This is why it is imperative that we collectively make an effort to leave our practice facilities in better condition than when arrived.*

### **Who is Jammers Volleyball Club?**

*Jammers VBC began as a single team venture in 2004 by Coach Mike Hodge and Coach Blaine Tandler. A second team was added when Steve Rogers brought a handful of rising freshmen to Coach Hodge and convinced him to take them under his wing. The following season, club founder Mike Hodge took on the position as President and Director of Coaching and Steve as Vice President and Club Director. Now in our 5<sup>th</sup> season, we have grown from the original 17 players to over 115 players, and are expecting to close in on 150 players this season. We have gone from 2 coaches the 1<sup>st</sup> year to 12 head coaches and 3 assistant coaches for 2007-2008 season.*

*We have very humble beginnings and will always remember where we came from. As big as this thing gets, we will do our best to maintain a close relationship with our members while staying true to our dedication of training and developing skilled volleyball players in the area.*