

2022 - 2023 Sports Performance Boys Volleyball NATIONAL PROGRAM HIGH SCHOOL TRYOUTS



Sunday, August 28th, 2022

Great Lakes Center

579 N. Oakhurst Drive, Aurora, IL

Tryout Fee: \$30.00

15's & 16's (Freshmen & Sophomores)

Time: 8:30 am Check-in

9:00 am - 12:00 pm

Physical Testing, Skill Evaluation, and Player Selection

17's & 18's (Juniors & Seniors)

Time: 1:30 pm Check-in

2:00 pm - 5:00 pm

Physical Testing, Skill Evaluation, and Player Selection

Register at: WWW.GREATLAKESCENTER.COM

There will be a mandatory Parent/Player Informational meeting on Monday, August 29th at 6:00 pm for ALL players selected for the SPVB National Program. The meeting will go over practice and competition schedules, club philosophy and policies, program costs, travel and apparel fees. All information will be sent out the night of the tryouts.

We look forward to having you attend the Sports Performance tryout and if you have any questions or are unable to attend due to a prior commitment, please contact Coach Stephen Hewitt.

Stephen Hewitt

**SPVB Boys Associate Director
Stephen@greatlakescenter.com**

630.898.6400

Sports Performance Frequently Asked Questions

When does the High School boys' volleyball club season run?

The club season begins in early September and ends in February. The boys return to the club in June after their spring high school seasons are complete. The season concludes at the AAU National Championships in Orlando, FL in late June/early July.

How does Sports Performance view participation in other sports?

Sports Performance has no restrictions on playing other sports but it is expected that players attend volleyball practices if there is no conflict with high school sport. It is often best if athletes only play a fall high school sport as winter sports have too many conflicts with practices and competitions.

How often does the High School Program practice during a week?

The National program is designed for the most serious players that aspire to play at the college level one day. The National program practices three to four times per week throughout the season. Sports Performance athletes will participate in a supervised strength and conditioning program 1-2 times per week before or after their scheduled practices. The program includes functional strength training, speed and agility, jump training along with core and balance training.

What are the membership costs?

The 2022-2023 membership costs will be provided to players that are selected to our program following the tryout process. The cost of membership for the 2021-2022 season was approximately \$2800.00. This did not include the apparel package or out-of-state travel tournaments. Payment plans are available.

Sports Performance Volleyball (1981-2021)

- 99 (AAU-USAV-JVA) Age Group National Championships won by Sports Performance teams
- 1118 Total Alumni have gone on to play college volleyball
- 377 Different Colleges Attended by SPVB alumni
- 59 Sports Performance alumni have been named "AVCA All-American" teams on 109 separate occasions.