



Frequently Asked Questions

1. How many days will each age group practice?

Answer: All Junior High age groups will practice 2x per week for 2 hours each practice.

The high school National and Select age groups will practice 1x on the weekends if they are not playing tournaments on those weekends. This means all teams will practice a minimum of 4 hours per week with a maximum of 7 hours for the HS teams if they are not playing.

2. What time will practices be held?

Answer: During the week practices will start at 7:15pm and end at 9:15pm to allow athletes to also be participating in other HS sports or activities. Weekend practices will normally be held on Sunday afternoons.

3. What is the difference between GLC Elite and the Sports Performance Volleyball club which also trains at the Great Lakes Center?

Answer: The short answer is time commitment, both weekly and for the entire club season. The Sports Performance Volleyball club is a 100% College Prep program for athletes who are looking to pursue volleyball at the highest level possible. Athletes in the Sports Performance program are often involved in club activities (practice, wt. lifting, etc...) 5-6 days each week once tournament play starts.

4. Will the training and practice formatting be similar the same as the Sports Performance program?

Answer: Absolutely! Every player in the GLC Elite program will receive the exact same training as the players who participate in the Sports Performance program. All training will be focused on player development and allowing each athlete to achieve at the highest level possible.

5. What is the difference between the GLC Elite J.H. programs and the Great Lakes Center Youth Academy Level 3 programs?

Answer: The GLC Elite J.H. programs will replace the GLCYA L3 program. 7th & 8th graders will now have the choice to play a full club season or they can join a GLC Elite team for the Winter session or the Spring session.

6. How much travel will there be and what is the cost of travel?

Answer: Junior High teams will not be traveling at all. There is plenty of competition in the area that does not require extra cost for travel just to compete. For the High School age teams, the High School "Select" age group will have one travel tournament to end their season either in March or early April. The National High School age group will have two travel tournaments, the first being the JVA World Challenge or a similar mid-year event and also the AAU Jr. National Championships in Orlando, FL. held in June each year.

7. Will players be traveling as a team or with their families?

Answer: GLC Elite players will travel to and from the event with their family and will be responsible for cost of travel. There will be a fee for each of those events that will cover the cost of the coaches travel expenses to the tournament. We are not including that expense in the player fees because we want to make sure that we do not overcharge or undercharge. We do not expect the coaches travel expenses to be a significant fee once it is divided among all the players on each team (ex. A \$500 fee divided by 10 players would be \$50 per player)

8. Will teams be practicing over winter break?

Answer: All teams will begin practice the last week of November and then break for the holidays after the second week of December. All teams will be off the weeks of December 16-22 & 23-29. All teams will return to practice the week of December 30-January 6 (teams will not practice on New Years Eve or New Years Day).

9. If I have practice conflicts is there a way to make up lost practice time?

Answer: GLC Elite players are always welcome to practice with the Sports Performance teams if they are looking to make up lost practice time. We realize that the only way to continue to increase a player's skill level is a consistent and regular training regimen.

10. When are tryouts?

Answer: GLC Elite Junior High teams will not have tryouts. Parents can just sign up for the full season which runs through late November-May or choose the Winter or Spring sessions. For the High School "Select" and "National" teams, we will have a series of informational meetings throughout the fall along with several "training clinics" prior to tryouts in late October.