



Frequently Asked Questions

Q- What program options are available?

Sports Performance High School (SPVB HS)

Sports Performance Junior High (SPVB JH)

GLC Elite High School (GLCE HS)

GLC Elite Junior High (GLCE JH)

Q – What age groups are included?

SPVB HS – 9th through 12th grade

SPVB JH – 6th (elite level only) 7th and 8th grade

GLCE HS – 9th and 10th grade

GLCE JH – 7th and 8th grade

Q – Are there tryouts?

No.

Q-How do I know which session is right for my child?

The SPVB program is a highly competitive college prep program. This program is geared to the serious athlete with college aspirations.

The GLCE program is geared to the multi-sport athlete. This program is also geared to the player who needs additional support on basic technique and fundamentals.

	<u>SPVB HS</u>	<u>SPVB JH</u>	<u>GLCE HS</u> <u>Fall – Winter</u>	<u>GLCE JH –</u> <u>Fall</u>
<u>Length of Season</u>	September 8th to February 15th Break for High School season February 15 to end of April. May and June (end at AAU in Florida)	September 8th to June (end at AAU in Florida or National Junior Classic)	September 8 th – February 15 th Presidents’ Day tournament There will be an additional session in the spring with the same weekly format.	September 8 th – November 30 th There will be additional sessions in the winter and spring with the same weekly format.
<u># of Trainings per week</u>	3 practices 2.5 hours each	3 practices 2.5 hours each	3 practices 2 hours each	2 practices 2 hours each

<u>Training days</u>	Thursday 4-6:30 pm or 6:30 to 9 pm depending on position Friday 4:30 – 7 pm Saturday 9-11:30 am or 12 – 2:30 pm *may change if able to participate in tournament play	Monday 6:45 – 9:15 pm Wednesday 7-9:30 pm Saturday 3-5:30 pm *may change if able to participate in tournament play	Monday 4:30 – 6:30 pm Wednesday 5 – 7 pm Thursday 4-6:30 or 6:30 – 9 pm depending on position	Monday 4:30 – 6:30 pm Wednesday 5-7 pm
<u># of Weight Training per week</u>	2 sessions 11 th and 12 th – Monday/Wednesday 9 th and 10 th – Thursday/Saturday	NONE	NONE	NONE
<u>Cost per month for trainings only</u>	\$250 per month for 7 months	\$225 per month for 8 months	\$200 per month for 5 months	\$150 per month for 3 months
<u>What is the total cost of trainings?</u>	\$1,750	\$1,800	\$1,000	\$450

<u>Does this team travel?</u>	Yes, when restrictions are lifted	Yes, when restrictions are lifted	NONE	NONE
<u>Cost of travel</u>	Based on tournament cost and location.	Based on tournament cost and location	Not applicable	Not applicable
<u>Uniform package estimate does not include tax or shipping.</u>	Estimated at: Practice package \$350 due upon registration Match package \$200 if/when competition is confirmed	Estimated at: Practice package \$350 due upon registration Match package \$200 if/when competition is confirmed	Estimated at: Practice package \$330 due upon registration Match package \$100 if/when competition is confirmed	Estimated at: Practice package \$210 due upon registration Match package \$100 if/when competition is confirmed

Q – Will training dates change?

SPVB HS and SPVB JH training dates may change if tournaments are allowed to happen. Training date changes will be communicated as soon as known.

GLCE HS and GLCE JH training dates will not change.

Q – Will there be local and travel tournaments?

At the time of registration, we cannot answer this question with any certainty. This is our best guess right now:

SPVB HS and GLCE HS

Local tournaments - We hope to be able to participate in local tournaments when allowed. Once the next phase of information is available, we will be able to provide an update on this subject. Our hope is that tournament play will begin in January and continue until February 15th. Then restart again in May and continue until June.

SPVB JH and GLCE JH

Local tournaments - We hope to be able to participate in local tournaments when allowed. Once the next phase of information is available, we will be able to provide an update on this subject. Our hope is that tournament play will begin in January and continue until June.

SPVB HS and SPVB JH

Travel tournaments – We hope to be able to participate in some travel tournaments, including the AAU Nationals in June.

GLCE HS and JH

Travel tournaments – Not applicable to these programs.

Q – Are there any breaks during the sessions?

SPVB High School - 3 week break starting December 7th and return December 27th for a 5-7 day training session in anticipation of tournament play starting.

SPVB Junior High - no practices the month of December and spring break March 20 to April 4.

GLC Elite High School - 3 week break starting December 7th and return December 27th for a 5-7 day training session in anticipation of tournament play starting

GLC Elite Junior High – Not applicable due to multiple sessions

Q-If I choose the SPVB HS or SPVB JH option am I committing for the entire session?

Yes. The only difference between last year and this year is how we are billing the season. Due to the uncertainty of the COVID-19 situation we are billing all players on a monthly basis for training. We are also billing tournaments and travel fees separate. We hope this will avoid the credit situation that occurred at the end of the 2020 club season.

Q – If my player decides not to continue, will I still be required to pay the full amount?

SPVB HS and SPVB JH - Players will be expected to pay for the full season of monthly fees, \$1,750 and \$1,800 respectively. When a player registers for the Sports Performance program they are taking a position or roster spot that is no longer available to another player.

GLC Elite High School - Players will be expected to pay for the full season of monthly fees, \$1,000.

GLC Junior High – Players will be expected to pay for their full session of fees, \$450.

Q- If my high school player does NOT want to play at her high school, will there be an option to continue with training at SPVB?

While we do not encourage players to miss their high school season, yes, there will be an opportunity for players to continue at SPVB if they decide not to play their high school season. Training will continue as noted above and an additional cost based on training times available will be charged.

Q-Why isn't Sports Performance having traditional tryouts and picking teams like some other clubs are going to do?

Answer: “Early age specialization is the enemy of greatness!”

Sports Performance is a college prep program and the most successful junior volleyball club in history. The numbers and data overwhelmingly support that statement. The #1 reason for our 40 years of success is the fact that **“player development over team development”** has been our #1 priority for four decades.

COVID-19 has significantly changed and damaged the landscape of college volleyball for what will probably be years if not permanently! College programs, for the foreseeable future at almost all levels, are going to be struggling financially in some capacity. That means many college programs will spend less money to travel and recruit, possibly carry smaller rosters to save money and be more selective about recruiting.

For the young volleyball player in junior high or high school, the ONLY focus at this time should be to maximize skill development with the best training possible. Parents can spend thousands of dollars traveling all over the country to tournaments that college coaches may or may not be in attendance. They can clamor and hope that all their kids are placed on the clubs #1 team, only to realize that if their daughter is not a starter on that team, playing time, match reps, development and exposure is going to be severely limited.

At Sports Performance our focus is and always will be on TRAINING! We know that what we do in our own gym is far more important and far more valuable for the long term development of the volleyball athlete. It's important to know that when clubs promise you more results with less work, they are misleading you! There is no substitute for high level training that forces players to develop repeatable muscle memory while performing high level skills. The only way this can be done is through years of hard work, there is no shortcut.

It's for this reason in these uncertain times that we want to focus on player development and training. We have no idea if we are even going to have a competition season based on COVID restrictions, so selecting teams (and the drama that goes with it) takes away from our ability to give all players the highest level and greatest amount of individual training for their position.

Once we have an idea of our competition season, we will then finalize our team selection process. It also allows us to spend a lot of quality hours in the gym with all our athletes, which gives every player the best chance to showcase skills and make improvements.