

# 2019 High School Prep Teams

(13u-14u)

Our high school prep program is designed to help athletes prepare for high school volleyball through increasing volleyball knowledge & training/player skill development. This program is also designed to prepare players for our college prep program (15u-18u). High school prep players will begin in January and are expected to have a high level of commitment to their team. Regional teams will end in May. National teams will continue through AAU Nationals in June.

High school prep teams will compete in approximately 6-8 tournaments (Ex. - Omaha, Rochester, Sioux Falls, Louisville, Des Moines) with national teams also doing AAU Nationals in Orlando. These tournaments will have a high level of competition.

Practices for our high school prep program will be 2 hours long. Setters will be required to attend setter training one hour prior to practice start.

## High School Prep Priorities:

- 1) Increasing Volleyball Knowledge
- 2) Training/Player Skill Development
- 3) Team Success

## Tryouts:

13u	November 7 <sup>th</sup>	5:00pm-9:00pm
14u	November 8 <sup>th</sup>	5:00pm-9:00pm

*\*Players will be selected in Groups to practice FOUR more times prior to final rosters being released.*

*Acceptances/Down Payments are required prior to these four practices (11/26, 11/27, 12/3, 12/4).*

## Max # of Teams:

13u – 3-4

14u – 3-4

## Program Levels Offered:

National

Regional

## Estimated Club Dues:

National: \$2,200

Regional: \$1,800

## Adidas Gear Included in Club Dues:

Jerseys (must return)

Shoes

Socks (3)

Practice Tees (3)

L/S Warm-up Tee

**Adidas Gear Not Included in Club Dues:**

\*Items can be re-used from previous years to save money if **correct color** and **Adidas** brand

Kneepads (white)

Spandex (navy)

Cover-up Shorts

Jacket

Pants

Backpack

**Other Items Included in Club Dues:**

USAV & AAU Memberships for player, coaches, & team

Tournament Entry Fees

Coaches' Salary

Gym Rental

Water Bottle

Window Decal

\*National Teams: Van Rental, Groceries, Gas, & Parking Expenses

**AAU Nationals is a 7-Day mandatory, all-Inclusive team travel trip with parent chaperones.**

**Expected Extra Costs NOT Included in Club Dues:**

National:

- 1) AAU Nationals airfare & housing will be billed separately. Estimated \$650.
- 2) All other tournament travel expenses
- 3) Gear not included/ Spirit Wear

Regional:

- 1) All Tournament travel expenses
- 2) Gear not included / Spirit Wear