

# 2018 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 the first weekend in May. National teams will continue through AAU Nationals in June.

High school prep teams will compete in approximately 7-8 tournaments (Ex. - Omaha, Kansas City, Des Moines) with national teams also doing Midwest Grand Prix Championships & AAU Nationals. 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. ***Scroll down to view the complete tentative practice and tournament schedule for 2018.***

## High School Prep Priorities:

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

## Tryouts:

13u:	November 8 <sup>th</sup>	5:00pm-9:00pm *will include a break
14u:	November 9 <sup>th</sup>	5:00pm-9:00pm *will include a break

## Max # of Teams:

13u – 3-4  
14u – 3-4

## Tournament Schedule Levels Offered:

National  
Regional \*Exactly the same at National with exception of Midwest Grand Prix Champ. & AAU Nationals

## Club Dues:

National: \$1,900  
Regional: \$1,500

## 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. Parents may choose to not go.**

**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