

Junior Olympic Volleyball Information

Parents & Athletes:

Now that volleyball season has ended I wanted to provide you and your athlete with information on Junior Olympic Volleyball. Those of you that are not familiar with J.O., it is an off-season league for the girls to continue using their volleyball skills. It is **EXTREMELY** beneficial for your athlete. There are many different clubs throughout Ohio; I attached some information about a few of the closest ones. Feel free to look on the OVR (Ohio Valley Region) website <http://www.ovr.org> if you would like to look for some other teams. The girls can tryout for multiple teams.

Please do not feel that this is something you **HAVE** to do. Just like any other out of season playing, it is just helping your athlete become a better player. It is not mandatory for your daughter to play and she will not be punished if she doesn't play. However, if you are not participating in a winter sport, J.O. is strongly encouraged and very beneficial!

Finally, it is not necessary to go to the most expensive club thinking you will learn more. Go where you feel comfortable and what can be afforded. Any type of playing will be affective.

If you have any more questions or concerns feel free to contact me or any of the other volleyball coaches.

Sincerely,

Coach Cress

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WHAT IS J.O. (JUNIOR OLYMPIC) OR CLUB VOLLEYBALL?

USA Junior Olympic (JO) Volleyball or Club Volleyball offers athletes the opportunity to participate within various clubs after their school volleyball season. Club Volleyball is an avenue for girls 10 (or even younger) to 18 to play in competitive tournaments and get advanced training. JO Club seasons run from November or December until May. A few top teams continue training until the National Championships, held in June. Club volleyball provides additional training, knowledge, and tournament play. Players will be placed on a team based on their age and skill level. Clubs provide training and tournament play.

Athletes compete against each other in their same age group. You CANNOT have more than 3 Louisville players on one team. Younger players may play up in an older age group, but players are not allowed to play in a younger age group. Each player has a different experience as a club member. Naturally, some players are more successful than are others. Players who put more effort into the program get more out of it. Club programs differ from Club to Club. I encourage you to check out the OVR (Ohio Valley Region) website or email me with your questions.

The following are some of the benefits of a "JO" program:

FITNESS/IMPROVEMENT: You will get better! That is a guarantee. Every time you touch the volleyball makes you better than your competition.

EXPOSURE TO COLLEGE RECRUITERS: College coaches regularly attend JO tournaments. The majority of colleges now recruit directly from club programs.

INVESTMENT IN YOUR ATHLETE: The training, knowledge, self-esteem and experience your daughter will receive will be priceless. You will not find an alternative where players can receive equal training and experience compared to participating in a JO program. For a college bound player, club is becoming a must. Consider this - each year a few high school players get to compete for a state championship. Every year, multiple teams participate in National Qualifier tournaments as well as the USA Junior Olympic National Championships and AAU National Championships.

TOURNAMENT PLAY: JO Tournaments are where the hard practice pays off and many favorable memories are made. Understand that practice and training is where you receive the most instruction and experience. Tournament play is only a supplement to participating in Club. Club tournaments are usually far more competitive and more physically demanding than high school matches.

WHY PLAY JUNIOR OLYMPIC VOLLEYBALL?

Junior Olympic (JO) volleyball programs have exploded all across the country. Only 19 years ago, the first National tournament was held, and only 20 teams made the trip. In 2000 the National Tournament hosted 576 teams, was played on over 40 courts, and lasted 10 days. So successful are JO programs that most college coaches recruit exclusively from the JO program ranks.

Today you will find that literally all athletes who play in college participated in club volleyball during high school. All participants enjoy competitive tournament play. Many successful high school coaches are encouraging their athletes to play club volleyball for the experience, instruction, and additional training time. Also, where you find successful high school programs, you will find players who participate in club volleyball.

IS JUNIOR OLYMPIC VOLLEYBALL ONLY FOR THE COLLEGE BOUND ATHLETE?

Certainly not! We are interested in building teams in the younger age divisions, as young as 10 who are just beginning their volleyball experience. For most players, JO volleyball is simply another challenging experience that should lead to a lot more fun on the court as playing skills improve.

All individuals wanting to try-out for any JO program will need to register with the OVR prior to tryouts. There is a \$10 fee associated with this. The registration is completed online and you will need to print your USAV/OVR Membership Card as the club you are trying out for will need to see a copy of this. You can get all the details and get registered at the OVR website: www.ovr.org

Additionally, there will be a tryout fee that will vary by club. Please visit the club's website for details.

A lot of the clubs are having Open Gyms prior to tryouts, please check their websites for more information.

Infinity (American Level Teams based in Salem)

www.infinityvb.com

11's-12's-13's Oct 30 – 5:15-7:15 pm & Nov 1 – 5:15-7:15 pm

14's Oct 30 – 7:15-9:15 pm & Nov 1 – 7:15-9:15 pm

15's-16's Nov 13 – 5:15-7:15 pm & Nov 14 – 6-8 pm

17's-18's Nov 13 – 7:15-9:15 & Nov 14 – 6-8 pm

Elite (Regional, American & National Level Teams based in Uniontown)

www.elitesportsohio.com

11'-12's Nov 5 – 9-11 am

13's Nov 5 – 12-3 pm

14's Nov 5 – 4-7 pm

15's Nov 12 – 9-11:30 am

16's Nov 12 – 12:30-2:30 pm

17's-18's Nov 12 – 12:30-2:30 pm

NOVA (Regional, American & National Level Teams based in Akron)

<http://www.leaguelineup.com/miscinfo.asp?menuid=31&url=novajuniors>

10's-11's-12's Oct 29 – 9-11:00 am

13's Oct 29 – 2-4:30 pm

14's Oct 29 – 9:00-12:00 pm

15's Nov 12 – 8:30-11:30 am

16's Nov 12 – 1-3:30 pm

17's-18's Nov 12 – 5-7 pm

Ohio Xtreme (Regional & American Level Teams based in Canal Fulton)

<http://www.ohioxtremevolleyball.com/>

10's-11's Oct 29 – 5:00-7:00 pm

12's Oct 28 – 1:00-4:00 pm

13's Oct 28 – 9 am-12 pm

14's Oct 29 – 1:00-4:00 pm

15's Nov 14 – 6:00-9:00 pm

16's-17's-18's Nov 18 – 1:00-4:00 pm

Zero Gravtiy (Regional & American Level Teams based in Canton)

www.eteamz.com/zerogravityjuniors

13's-14's Oct 29 – 1:00-3:00 pm & Nov 5 – 1:00-3:00 pm

15's-16's Nov 12 – 5:00-7:00 pm & Nov 19 – 5:00-7:00 pm

17's-18's Nov 12 – 8:00-9:30 pm & Nov 19 – 7:00-8:30 pm

Club Gold West (Teams based in Dover and New Concord)

Additional Information contact Elizabeth Zicha: ezicha@outlook.com

12's-13's Oct 29 – 1:00-3:00 pm

14's Oct 29 – 3:30-5:30 pm

15's—1:00-3:00 pm

16's—3:30-5:30 pm

17's-18's – 6:00-8:00 pm

First Friends Church

www.firstfriendssports.com

Registration will be available online, they fill up fast! Check online for more information.

Grades 4-6 Low Impact Volleyball

Grades 7-8 Junior High Volleyball

Grades 9-12 High School Volleyball