

ADRENALINE VOLLEYBALL CLUB SEASON 2018-19

Girls' Volleyball – Tryout Dates & Age groups:

Ages 10 to 14 – Saturday October 27th – 10AM to 1PM (10AM to 11AM Registration)

Ages 15 to 18 – Sunday November 11th – 12PM to 3PM (12PM to 1PM Registration)

Location: *Westland High School Rec Center (Behind High School) - 146 Galloway Rd, Galloway, Ohio*

Make-up try-outs – All ages – Saturday November 17th – 12PM – 3PM (12PM to 1PM Registration)

Location: *Westland High School Main gym - 146 Galloway Rd, Galloway, Ohio*

***Cost to tryout is \$10 - Adrenaline Volleyball Club (Paid when registering at tryouts)**

***Things to bring:** **You must have your OVR/USA Volleyball membership number to tryout!*

1. **OVR/USAV membership card or proof of registration.**

OVR/USA Volleyball Junior Tryout – **Membership Cost \$10** – **This is paid online.*

OVR Registration instruction links:

New OVR USA Volleyball member: (Did not play club last season)

***Instructions**

<https://www.ovr.org/docs/New-Junior-Girl-Member.pdf>

Renewing - instructions - OVR USA Volleyball member: (Played Club last season)

***Instructions:**

<https://www.ovr.org/docs/Renewing-Junior-Girl-Member.pdf>

Adrenaline Volleyball Club Information: *(Visit our website to get more information!)*

***You can register for tryouts and pay through PayPal on our website below.**

Adrenaline VBC Website: <http://www.Adrenalinevbclub.com/>

2. **Club Fees:** (*We have fund raising opportunities to help with club fees!)

Ages: 10 to 12 - \$400.00 - Regional

Ages: 10 to 12 - \$550.00 - American

Ages: 13 to 18 – \$950.00 – Regional

Ages: 14 to 18 – \$1050.00/13 (\$950)–American

If club fee is paid in full by Parent/Player meeting December 2018 the club fee will be reduced by \$50. Club meeting date/time will be posted and communicated via email to parents and players.

This event or activity is not affiliated with or sponsored by the South-Western City School District.

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There will be a payment schedule communicated at the parent/player meeting and posted on the Adrenaline VBC website. *** First payment is due at the player/parent meeting in December.**

3. **Practice & Training:** Teams will practice **2 to 3** times a week.

Adrenaline VBC has a sports performance trainer that will work with the players throughout the season. This means developing power, strength, agility, quickness, and developing better nutritional habits. Most experts view ages of 12 – 18 as the ideal ages for developing the foundation for speed, strength and power that will last for an athlete's entire lifetime. Adrenaline VBC wants to develop the best athletes on and off the court.

4. **Tournaments:**

Regional Teams:

Age groups: 10 – 12: 4 - tournaments (No Regionals)

Age groups: 13 – 18: 8 - tournaments – this includes Regionals (8 total play dates)

***We also offer 18's team - Short season & Full Season teams!**

***Age 18's (Short Season): 6 Total tournaments** (Team will decide if they want to play in OVRs)
Fee is \$750.00 - \$50 off if paid full at Parents Meeting in December.

(*Please email the director below for additional information)

American Teams: (*American teams offered for these age groups: 12, 13, 14, 15 & 17.)

Age group: 12: (Cost \$ 550) 6 - Tournaments - this includes Regionals (6 total play dates)

***Age group: 13: (Cost: \$950) 8 - Tournaments** - this includes Regionals (8 total play dates)

Age group: 14, 15 & 17 :(Cost: \$1050) 9 - Tournaments – this includes Regionals (9 total play dates)

5. **Your Daughter's future:** Is your daughter interested in playing volleyball after club and high school? We want to provide you information to help you develop your daughter into a player that will have an opportunity to play beyond club and high school. Our website will have information on the college recruiting process. This information will help you navigate through the process with an outline breaking down what you need to do as a parent and player throughout her high school career.

If you have any questions a or need additional information, please contact:

Director: Peg Ripley: pegr007@yahoo.com

Assistant Director: Bill Neider: Neiderw@sbcglobal.net

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