



# Girls Quick Fact Sheet 2018

[www.AVCvolleyball.com](http://www.AVCvolleyball.com)

	Regional	Regional	Regional	American	Elite <sup>1</sup>	National
<b>Team Age:</b>	10	11	12 through 17	13 through 17	12 through 18	12 through 18
<b>Cost:</b>	\$1000	\$1200	\$1500	\$1600	\$2300	\$2900 - \$3200*
<b>Practices per Week<sup>2</sup>:</b>	2	2	2-3	2-3	2-3 + Strength Training	3-4 + Strength Training
<b>Practice Length:</b>	1 <sup>1/2</sup> to 2 hours	1 <sup>1/2</sup> to 2 hours	2 hours	2 hours	2-3 hours	2-3 hours
<b>Speed Strength Training</b>	Additional Charge	Additional Charge	Additional Charge	Additional Charge	Included On-Site	Included On-Site
<b>Practice Location:</b>	AVC Center	AVC Center	AVC Center	AVC Center	AVC Center	AVC Center
<b>Tournaments:</b>	<u>4-5 Play Days</u> 4 One-day tournaments + Regional Championship	<u>7 Play Days</u> 6 One-day tournaments + Regional Championship	<u>8 Play Days</u> 1 OVR Challenge 5 One-day tournaments Regional Championship	<u>8 Play Days</u> 1 OVR Challenge 5 One-day tournaments Regional Championship	<u>7-8 Tournaments</u> Bluegrass/other Presidents Cup 1 Qualifier 1-2 OVR Challenges 2-4 Tournaments Regional Championship	<u>8+ Tournaments</u> Bluegrass - KY Rock N Rumble 2-3 National Qualifiers OVR Bid <sup>3</sup> 2 JVA or OVR tournaments Summerfest + Nationals <sup>4</sup>
<b>Travel:</b>	Light 1 Overnight trip	Light 1 Overnight trip	Light 1 Overnight trip	Light to Moderate 2 Overnight trips	Moderate 3 Overnight trips	Heavy 5+ Overnight trips
<b>Equipment Provided:</b>	Jersey Spandex Shorts Practice Shirt Warm Up Shirt	Jersey Spandex Shorts Practice Shirt Warm Up Shirt	2 Jerseys Spandex Shorts 2 Practice shirts Warm Up Shirt	2 Jerseys Spandex Shorts 2 Practice shirts Warm Up Shirt	3 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup-Jacket & Pants AVC Backpack	3 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup Shirt Warmup-Jacket & Pants AVC Backpack
<b>USAV National Championship Cost</b>	N/A	N/A	N/A	N/A	\$0 for Qualified teams (No additional fee)	\$0 for Qualified teams (No additional fee)
<b>College Recruiting Help:</b>	Included	Included	Included	Included	Included	Included

\* The National team fee is based on the tournament schedule which is communicated at tryouts.

<sup>1</sup> Elite is an AVC designation and teams can play a combination of American and National tournaments.

<sup>2</sup> Teams sometimes do not practice on a weekend when there is a tournament. All teams will periodically have positional practices in addition to their regular practices.

<sup>3</sup> 1<sup>st</sup> National Teams usually opt for an additional National Qualifier instead of The OVR bid Tournament.

<sup>4</sup> If a National team does not qualify for the USAV Nationals, the team can opt in for the AAU National Championships at an additional cost.