



Girls Quick Fact Sheet 2018-2019

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	Regional	Regional	Regional	American	Elite ¹	National	National
Team Age	10	11	12 through 17	12 through 17	12 through 18	11	12 through 18
Cost	\$1000	\$1200	\$1550	\$1650	\$2400	\$2500	\$3000 - \$3200*
Practices/Week²	2	2	3	3	3 + Strength Training	3	4 + Strength Training
Practice Length	1 ^{1/2} to 2 hours	1 ^{1/2} to 2 hours	2 hours	2 hours	2-3 hours	2-3 hours	2-3 hours
Strength Training	Additional Charge	Additional Charge	Additional Charge	Additional Charge	Included On-Site	Additional Charge	Included On-Site
Practice Location	AVC Center	AVC Center	AVC Center	AVC Center	AVC Center	AVC Center	AVC Center
Tournaments	<u>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 Rock N Rumble Presidents Cup 1 Qualifier OVR Challenges Regional Championship Can Am	<u>8+ Tournaments</u> Bluegrass - KY Rock N Rumble Central Zone National Qualifier OVR Bid 2 JVA or OVR Can Am Summerfest + Nationals	<u>9+ Tournaments</u> Bluegrass - KY Rock N Rumble Central Zone 2-3 National Qualifiers OVR Bid ³ Can AM Summerfest + Nationals ⁴
Travel	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	Heavy 5+ Overnight trips
Equipment Provided	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 Shirt Warmup-Jacket & Pants Socks & Kneepads AVC Backpack	3 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup Shirt Warmup-Jacket & Pants Socks & Kneepads AVC Backpack	3 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup Shirt Warmup-Jacket & Pants Socks & Kneepads AVC Backpack
USAV National Championship Cost	N/A	N/A	N/A	N/A	\$0 for Qualified (No additional fee)	\$0 for Qualified (No additional fee)	\$0 for Qualified (No additional fee)
College Recruiting	Included	Included	Included	Included	Included	Included	Included

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

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

² 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.

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

⁴ 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.