



Quick Fact Sheet

www.AVCvolleyball.com

	Junior Volleyball College ¹	Regional	Regional	American	Elite ²	National
Team Age:	Grades 4 through 9	10	11 through 17	14 through 17	11 through 18	12 through 18
Cost:	\$300 (every 3 months)	\$750	\$1100	\$1100	\$1450	\$1750
Practices per Week³:	1+	2+	2+	2+	2-3	3+
Length of Practice:	1 to 1 ^{1/2} hours	1 ^{1/2} to 2 hours	2 hours	2 hours	2-3 hours	2-3 hours
Speed Strength Training	Included	Additional Charge	Additional Charge	Additional Charge	Included	Included
Practice Days:	Weekday	Sunday plus weekday	Sunday plus weekday	Sunday plus weekday	Sunday plus weekday	Sunday plus 2 weekdays
Practice Locations:	Edge, Aurora HS	Edge	Edge, Aurora HS, Hiram College	Edge, Aurora HS	Edge & Aurora High School	Edge
Tournaments:	No tournaments: Players compete in the Junior Volleyball League and against other local volleyball teams	<u>4-5 Play Days</u> 3-4 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>8 Tournaments</u> Bluegrass or other Presidents Cup 1 Qualifier 2 OVR Challenges 2 One-day tournaments Regional Championship	<u>8+ Tournaments</u> Bluegrass Presidents Cup 2 Qualifiers OVR Bid 2 OVR Challenges Regional Championship Chicago ⁴ Nationals ⁴
Travel:	None	Light 1 Overnight trip	Light 1-2 Overnight trips	Light to Moderate 1-2 Overnight trips	Moderate 2-3 Overnight trips	Heavy 3-4 Overnight trips
Equipment Provided:	Jersey	Jersey Spandex Shorts Practice Shirt Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Warmup-Jacket & Pants Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Warmup-Jacket & Pants Volleyball
Help with College Recruiting:	Not Included	Included	Included	Included	Included	Included

¹ The Junior Volleyball College is not a USA Volleyball Team. It is an instructional and developmental program at AVC.

² Elite is an AVC designation and teams can be play either Regional or American tournament schedules.

³ Teams usually do not practice on a weekend when there is a tournament. All teams will periodically have positional practices in addition to their regular practices.

⁴ If a National team qualifies, 2 more tournaments will be added to the end of the season – one in Chicago and the National Championships.