



Quick Fact Sheet 2011

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	Regional	Regional	Regional	American	Elite ¹	National
Team Age:	10	11	12 through 17	13 through 17	12 through 18	12 through 18
Cost:	\$900	\$1000	\$1300	\$1400	\$1800	\$2200
Practices per Week²:	2+	2+	2+	2+	2-3	3+
Practice Length:	1 ^{1/2} to 2 hours	1 ^{1/2} to 2 hours	2 hours	2 hours	2-3 hours	2-3 hours
Speed Strength Training	Additional Charge	Additional Charge	Additional Charge	Additional Charge	Included	Included
Practice Days:	Sunday plus weekday	Sunday plus weekday	Sunday plus weekday	Sunday plus weekday	Sunday plus weekday plus training day	Sunday plus 2 weekdays
Practice Locations:	AVC Center	AVC Center	AVC Center, Hiram College*	AVC Center, Hiram College*	AVC Center	AVC Center
Tournaments:	4-5 Play Days 4 One-day tournaments + Regional Championship	7 Play Days 6 One-day tournaments + Regional Championship	8 Play Days 1 OVR Challenge 5 One-day tournaments Regional Championship	8 Play Days 1 OVR Challenge 5 One-day tournaments Regional Championship	8 Tournaments Bluegrass/other Presidents Cup 1 Qualifier 1-2 OVR Challenges 2-4 Tournaments Regional Championship	8+ Tournaments Bluegrass Presidents Cup 2 Qualifiers OVR Bid 2 OVR Challenges Regional Champ. Warm Up ³ 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 4+ Overnight trips
Equipment Provided:	Jersey Spandex Shorts Practice Shirt Volleyball	Jersey Spandex Shorts Practice Shirt Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Volleyball	2 Jerseys Spandex Shorts 2 Practice shirts Volleyball	2 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup-Jacket & Pants	3 Jerseys 2 Spandex Shorts 2 Practice shirts Warmup-Jacket & Pants
College Recruiting Help:	Included	Included	Included	Included	Included	Included

¹ Elite is an AVC designation and teams can be play either Regional or American tournament schedules.

² 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.

³ If a National team qualifies, 2 more tournaments will be added to the end of the season – The National Championships and one “National warm-up” tournament.

* A few teams will practice at Hiram College. Typically, Hiram teams consist of players where Hiram is closer than Valley View.