

Wayzata Area Youth Volleyball Association

2012 Volleyball Season Details

Teams

Each of our volleyball teams consists of ten players and one or more coaches. WAYVA plans to field the following teams for the 2012 season:*

12-1, 12-2

13-1, 13-2

14-1, 14-2

15-1

16-1

* Based on attendance at tryouts, the number of teams may be adjusted.

What to bring to tryouts

- Water Bottle
- Comfortable gym shoes
- Knee pads if you have them
- NCR form
- Medical information
- Checkbook - (with 5 checks if you are spreading the payments)



Tryouts

Teams are selected during a tryout process. Each player will perform a series of skills and compete in game situations to evaluate their abilities, athleticism, hustle, communication, and enjoyment of the game. We like to see smiles and excitement.

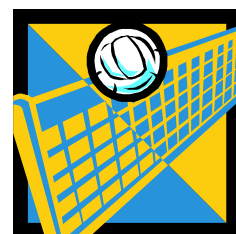
While we try very hard to offer as many spots as we can for interested players in our community - due to limitations in coaching resources and practice times - it is likely not all players will be selected for teams.

(If you are an adult that wants to share their love of volleyball as a coach or co-coach for a team, please send an email to questions@wayva.org and we will contact you. It could mean a season for 10 young ladies that might not get a chance to play otherwise.)

Parents will not be allowed in the gyms during the actual tryouts. It is less stressful for the parents and the players, and allows them to focus on the activities in the gym. Please return to Wayzata High School at 5 PM to complete all forms, get your team assignment, assist with uniform sizing, and meet your coach for the coming year.

SEASON

We create a basic season schedule for all teams. Once a team is selected, families work together with their team's coach if they wish to add events to this schedule. Any costs will be in addition to the season fees of the teams who elect to participate in additional tournaments.



14-1, 15-1, 16-1 Teams

SEASON: December - May, 2 practices/week

Season Cost: \$1050*

Competition Events: Power Leagues or one day tournaments (6 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

NCR Area Event (1 day) in later April at various locations

Wayzata 15+ Tournament (2 days) (*not 14-1's*) in May at WHS

Rochester Cup (2 days) in May in Rochester

14-1s will have an additional event in place of the Wayzata Tournament

14-2, 15-2 Teams

SEASON: December - May, 2 practices/week

Season Cost: \$850*

Competition Events: Power Leagues or one day tournaments (6 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

NCR Area Event (1 day) in later April at various locations

Wayzata 15+ Tournament (2 days) first weekend in May at WHS

13-1 Team

SEASON: November - May, 2 practices/week

Season Cost: \$900*

Competition Events: Power Leagues or one day tournaments (6 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

NCR Area Event (1 day) in later April at various locations

13-2 Team

SEASON: November - April, 2 practices/week

Season Cost: \$800*

Competition Events: Power Leagues or one day tournaments (6 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

NCR Area Event (1 day) in later April at various locations

12-1 Team

SEASON: November - March, 2 practices/week

Season Cost: \$750*

Competition Events: Power Leagues or one day tournaments (7 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

12-2 Team

SEASON: November - March, 2 practices/week

Season Cost: \$650*

Competition Events: Power Leagues or one day tournaments (7 dates)

Presidents' Day Festival (2 days) in February—can be anywhere in Mpls. / St. Paul area

* Out-of-district fee is an additional \$50. Players living outside the district are welcome, although we must maintain a balance of in-district participants.



Strength and Conditioning Training

Many of you have requested additional time devoted to strength, conditioning, speed, and agility.

This season, all top level teams will have fitness sessions included as part of their season fee. All other players have the option to participate with their age group for an extra cost. This package can be purchased at the start of the season.

Optional cost is expected to be approximately \$100 for three month program for players not on a 1s team.

Sessions will be held as part of overlapping practice times when facility scheduling allows, as well as during special sessions held during the week. These could be in addition to your regularly scheduled practices. Each player can expect one session per week devoted to building speed, agility, cardio conditioning, flexibility and strength.

These sessions will be coordinated by WAYVA staff who have completed their training as personal trainers. While not quite as intimidating as Jillian or Bob on *Biggest Loser*, they will lead these players through rigorous sessions to build their capabilities and fitness. Expect to push yourself to new goals, build camaraderie along with your fitness, and feel the good kind of tired that goes with a hard workout.

Exact scheduling details will be released once we know the gym availability. These sessions are expected to begin in December and go through February. Delivery will be fluid as we adjust to team schedules, play events, number of participants, and gym schedules.

Coaches Always Wanted

Are you an adult player or former JO player? We are always interested in connecting people who love VB with girls who want to learn about it. Your participation may enable another team to be formed and give 10 girls a chance to play! You would be paired with a current coach, would attend IMPACT training, and assist with a team at younger age levels. A background check is required of all staff.

For consideration, please send an email to questions@wayva.org.

THANK YOU!

