

North Haven Volleyball

OFF SEASON TRAINING

BENEFITS

For players interested in pursuing volleyball out of season, there are a variety of highly reputable programs throughout the state of Connecticut. Regardless of which program you select, playing during the off season can provide you with the opportunity to strengthen your physical skills such as serving, passing, setting, spiking, and defending. It also connects players to new coaching styles, new teammates, new playing styles, and new concepts. Because the game of volleyball moves at an extremely fast pace with little to no predictability, players are forced to make quick physical reactions and decisions. By playing out of season, you will ultimately have more opportunities to develop and strengthen your “reading” and “reacting” skills, which are some of the most important skills of the game.

PLAYING OPPORTUNITIES

Regional & National Club Volleyball

Fee: \$1,500 - \$2,200

Club volleyball, also referred to as Junior Olympic (JO) Volleyball or High Performance Volleyball, is the most competitive form of off season play. There are numerous club programs throughout the state, all of which include a similar tryout procedure, 2-3x per week practice schedule, and consistent weekend tournament play that requires overnight weekend travel throughout New England or the US. Most club fees include NERVA (New England Region Volleyball Association) or USA Volleyball membership (which is required for tournament play), an apparel package, and tournament entry fees. Travel expenses are rarely, if ever included. Because club volleyball is highly competitive, players tend to be more experienced. Players must tryout and be selected onto a roster in order to participate. Tryouts occur in early to mid November and typically include a non refundable tryout fee. The season typically runs from November - June. It is important for families to check each program’s website to verify when their tryouts occur and what if any changes were made to their fees.

Why play club volleyball?

- Extensive practices that will provide you with endless valuable reps for skill development
- College exposure through tournament play
 - Many college coaches exclusively recruit through club volleyball tournaments
- Highly trained coaches

Types of high performance club volleyball programs

- National - highest level of commitment--includes tournaments throughout the country
- Northeast - very high commitment-- includes travel as far as Philadelphia
- New England - high commitment--includes New England tournament play

Regional Volleyball Programs

Regional club volleyball teams typically practice once a week for about two hours, whereas high performance teams practice 2-3x per week. Regional tournaments will last one full day, whereas high performance tournaments may last 1 to 2 days. Regional tournament play is highly organized--teams play against other clubs throughout the region. During tryouts, all players are evaluated and placed on a team based on their skill level.

Programs: Husky Regional, TCA Regional

Fee: \$800 - \$2075

State Volleyball Programs

CT Juniors offers a State Volleyball Program which includes Sunday practices or tournament play. Players are evaluated and placed on teams of similar ability, however, tournaments are not NERVA (New England Region Volleyball Association) or USA Volleyball certified, which can make them less competitive.

Programs: CT Juniors

Fee: \$545

1. **Husky Regional Club Volleyball** is one of the largest programs in the state. The season runs from tryouts in December through the NERVA Championships in May and includes a total of five tournaments. All five tournaments are single-day events that take place on Sundays. Combined with two early season playdays. Each Regional team practices 2 hours on Sunday. All players must tryout and all players are placed on a team reflecting their ability level.
 - a. **Start Date:** Evaluations will begin on Sunday 12/3, 12/10 and 12/17 (please make all 3 if possible). Teams will be finalized in late December.
 - b. **Location:** The Den in South Windsor, CT
 - c. **Scheduled Practices:** Sundays
 - d. **Cost:** \$800
2. **TCA Regional Volleyball**
 - a. **Start Date:** November- see website for information
 - b. **Location:** Trumbull, CT & Sacred Heart University
 - c. **Scheduled Practices:** Tuesday's & Thursday's
 - d. **Cost:** \$2075
3. **CT Juniors State Program** offers a combination of 9 practices and 4 local tournaments played on Sundays. Team placement starts in December and the season ends in mid-March. Tournaments are not true format (NERVA or USA Volleyball), therefore, the level of play can vary greatly.
 - a. **Start Date:** Dec. 3; Juniors & Seniors 9-11am, Sophomores 11:15am-1:15pm, Freshmen 1:30-3:30pm
 - b. **Location:** CT Sports Center Woodbridge, CT
 - c. **Scheduled Practices:** Sundays
 - d. **Cost:** \$545
4. **TCA Power League** includes 45 minutes of skill work, with 1 hour and 15 minutes of team play (2 hours total). Teams will compete against other TCA teams in two "in-house" tournaments.
 - a. **Time:** Sunday Nights 6:00 - 8:00 pm
 - b. **Location:** Insports Trumbull, CT
 - c. **Scheduled Practices:** Dec 3 - Feb 25 (+1 snow day for any cancellation due to weather)
 - d. **Cost:** \$495

ADDITIONAL PLAYING OPPORTUNITIES

1. **North Haven Park & Rec - Open Gym**
 - a. **Fee:** **FREE!**
 - b. **When:** 2:30pm - 3:30pm on the following dates:
 - i. Wednesday, November 8th
 - ii. Wednesday, November 15th
 - iii. Wednesday, November 29th
 - iv. Wednesday, December 13th
 - v. Wednesday, December 20th
 - c. Playing 2v2, 3v3, 4v4 games can be incredibly beneficial for skill development as it forces players to “read & react” to the angles of the game. It also increases contacts and helps strengthen overall ball control.
2. **Volleyball Camps & Clinics**
 - a. **Fee:** Varies
 - b. There are numerous reputable camps throughout the state. We have included some recommendations below. It is important for families to conduct their own research to ensure whatever program they choose meets their individual needs.
3. **Private Lessons**
 - a. **Fee:** Roughly \$75 per hour
 - b. **Where:** Husky Volleyball, CT Juniors, TCA

Connecticut Club Volleyball Programs

CT Husky Volleyball | **Location:** South Windsor, CT

www.huskyvolleyball.com

Programs: Regional, High Performance, Seasonal Camps, Spring League, Summer League

CT Juniors Volleyball | **Location:** Woodbridge, CT

<http://www.ctsportscenter.com/>

Programs: Regional, High Performance, Seasonal Camps, Spring League, Summer League, Private Lessons

TCA Volleyball Club | **Location:** Trumbull, CT

<https://www.tcactvolleyball.com/>

Programs: Regional, High Performance, Seasonal Camps

Crush Volleyball Club | **Location:** Bristol, CT

<http://bristolcrushvolleyball.com/>

Programs: High Performance

New Haven Volleyball Club | **Location:** New Haven, CT

<https://newhavenjuniorsvbc.teamapp.com/> **Programs:** High Performance

Volleyball Camps & Clinics

Springfield College Elite Volleyball Camp | **Location:** Springfield, MA **Fee:** TBD
<http://dearingvolleyballschoo.com/>

Chelsea Piers Elite Summer Volleyball Camp | **Location:** Stamford, CT **Fee:** \$315
<https://www.chelseapiersct.com/volleyball/>

Sacred Heart University Nike Volleyball Camp | **Location:** Fairfield, CT **Fee:** TBD
<https://www.ussportscamps.com/volleyball/nike/sacred-heart-university-nike-volleyball-camp/>

Connecticut Juniors Summer Clinics | **Location:** Woodbridge, CT **Fee:** Varies
<http://www.ctsportscenter.com/>

QUESTIONS TO CONSIDER

1. How many players are placed on a team?
2. What are the coaching staff's qualifications?
3. What determines playing time and who will my daughter be competing against?
4. Will my daughter play her position? What if she's forced to play in a position she's not comfortable with?
5. Will my daughter be penalized for missing a practice or tournament?
6. Because fees can vary drastically from club to club, what does the cost include? What is not included?

NHHS STRENGTH & CONDITIONING PROGRAM

We are excited to announce that the NHHS Strength & Conditioning program is officially up and running! This program is specifically designed to help student-athletes learn how to improve their overall wellness and get in the best physical shape for their upcoming season. The best part of the program is that teams will have the opportunity to train together, which will ultimately bring them together. In order to take advantage of this service, students must register online through the link below. It is important to note that this link will be changing at some point during the winter season. The district is in the process of moving the electronic sign up internally, so if you have any questions, please contact your coach for more information.

How to Sign Up:

1. To review the schedule and sign up to reserve your spot, click the following link:
<http://signup.com/go/bZFLpdx>

General Information

- There will be 3 sessions per day, 4x a week
- All students have the opportunity to participate as long as there are enough spots available for that time slot
 - You must register online through the link above to reserve your spot
 - Spots are limited to 30 total students
- Pre-season teams will be scheduled to train 2x a week

So What Does This Mean for Us?

Any NHHS girls volleyball player can take advantage of our strength and conditioning program by signing up through the link provided in this packet, even during the off-season. As long as the time slot indicates it is open to “All Students,” our athletes can register for that time slot. In fact, we strongly encourage our athletes to take advantage of this service as you will receive instruction directly from highly experienced personal trainers.

Once we approach the late spring, the volleyball team should be recognized as a “pre-season” team, therefore, our athletes should have the opportunity to work out together as a team. Once we get closer to this time of the year, we will notify our athletes of these opportunities, so again, we encourage you to take advantage of these awesome FREE services!

SUMMER LEAGUE

Every year, CT Juniors runs a High School Summer League program where over 30 teams from around the state participate, many of which are from the SCC conference. For 2018, we are hoping to enter both a junior varsity and varsity team, as long as there is enough interest from our players. The more players that are interested in participating, the less it will cost per person to play. This league is the first offseason opportunity our players have to play together as a team in a structured and competitive format. Because of the league’s popularity, it has a tendency to sell out by mid-May, therefore, it’s important for us to reserve our spot with a \$100 deposit by the end of April.

Program: CT Juniors Summer High School League

Fee: \$675 per team

TEAM SUMMER WORKOUTS

Over the summer, we will run FREE organized & supervised team workouts to strengthen our camaraderie, encourage team bonding, and have fun! These workouts under no circumstance are mandatory--we do strongly encourage our players to attend as many as possible as it will help strengthen team relationships, increase motivation, and ultimately, prepare us for the upcoming season. Once we approach the end of the school year, we will distribute more information, so stay tuned!

