



FREQUENTLY ASKED QUESTIONS (AND ANSWERS)

Q. What is Junior Olympic Volleyball?

A. Junior Olympic girls' volleyball or club volleyball is a nationwide junior volleyball system comprised of individual clubs organized under one of several parent organizations [USA Volleyball, AAU, JVA, etc..] for the primary purpose of growing and supporting the sport. Generally, club volleyball offers participants the opportunity to continue to compete and develop skills well beyond the relatively short middle school and high school seasons.

Club volleyball programs, literally and figuratively, come in many different shapes and sizes in terms of programming, administration, benefits provided, etc. Some organizations serve a small niche (e.g., low commitment developmental, high commitment competitive, and everything in-between). Some organizations, like Cincy East, commit to providing a wide range of opportunities for its participants.

Cincy East Volleyball Club is a proud member of JVA, AAU, and Ohio Valley Region (OVR) under the guidance of USAV.

Q. What is a Regional, American, or National team?

A. At most age levels, the OVR supports 3 levels of play — Regional, American, and National. Regional and American teams typically play OVR sanctioned tournaments in Ohio. In other regions around the country teams are generally classified as Regional (light to no travel) or National (high travel demands).

American teams in the OVR occasionally travel to larger tournaments that might be outside of the OVR region.

American teams may also play a few more events than a Regional squad along with an extended practice season.

Both American and Regional teams in the OVR allow student athletes with birthdays that do not exactly match up with grade level participation. The phrase typically used for this is "Grade Level" or "Age Waiver" if out of region. This is not permitted at the National level.



National teams typically play in some OVR sanctioned tournaments but will travel to larger tournaments and/or National qualifier events that are generally outside of Ohio. National teams will also have an extended practice season as well and in some cases additional position nights during the week. National level teams are also exposed to more college showcases, combines, and high-performance clinics.

National teams at Cincy East may have more than one coach on staff.

Both American and National can come with an increase in competitive cost.

Tournaments as mentioned above can be larger and last several days. This comes with higher entry fees adding to the expense of the season along with travel cost.

We do caution parents; some events American and National teams participate in may interfere with school.

Because of highly competitive nature of National level tournaments Cincy East ask that all families stay in constant communication with our coaches or staff members if their student athlete requires extra time for family, schoolwork, and rest.

Cincy East does have a policy of family first, school second and then volleyball. Please, do not treat the various levels as a status symbol. The athletes at all levels work extremely hard. We are one team here at Cincy East.

Q: Can my daughter play a winter or spring sport?

A: Yes! Many of our athletes are multi-sport athletes. The key is COMMUNICATION! We ask you communicate with our coaches and staff any potential conflicts as soon as you are aware of them. This allows us to place players on teams that will be a good fit for your schedule, as well as help remedy any scheduling conflicts.

Q. How do I find out my athletes correct tryout age?

A. Age Definition Charts provided yearly by USAV. This link will be posted under our tryout checklist.



Q. How do the coaches evaluate the student athlete's during the tryout?

A. Our staff is looking for ATHLETICISM, GOOD ATTITUDE, and a strong WORK ETHIC. Height and skill are certainly a plus but not required to make a team at Cincy East. During tryouts all student athletes will be ranked in the following skills: serving, serve receive, setting, approach, blocking, defense, communication, leadership, and hustle.

Q. How many athletes will the club select?

A. Cincy East would love to take all athletes, but we are limited to space and a certain number of coaches. The number of teams per age group is based on the number of athletes attending the tryout and the talent pool available. Our coaches also have a role with deciding total athlete numbers per team. Most average about 9-10 athletes.

Q. Do you guarantee all athletes will play at a tournament?

A. There is never a guarantee about playing time. Your athlete is joining Cincy East to train as a student athlete. Your athlete's court time during tournaments is typically determined by attitude, dependability, work ethic and skill level. We are not a pay to play club.

Q. Does Cincy East invite athletes back for the next season?

A. Occasionally... Much goes into this decision from an organization standpoint. Honestly, it's really the last thing your athlete should be concerned about. With that said, invites back to the Cincy East Volleyball are either in the form of "Club", "Competition Level" or "Team Specific". These are binding contracts. If accepted then broken, athletic clubs do reserve the right to impose financial penalties.



The **Club** invite guarantee your student athlete a position in the club for the upcoming season. They will need to attend the tryout process and give their all. After tryouts, it will be determined which team they will be offered a position on.

Our **Competition Level** invite guarantees your athlete a position at the level invited back to just not a specific team. That will be determined at tryouts.

Team Specific invites are exactly what the title says. The student athlete will be placed on a specific team for the next season. They are still required to attend tryouts. Also, if this team is an American team the athlete still has the ability to tryout for a National team if their age group has one.

Cincy East does reserve the right to withdraw invitations due to unforeseen circumstances.

Q. How are team rules handled?

A. The club handbook covers all our rules. Coaches are given discretion on individual team rules. An example of this would be how missing a practice is handled or a late arrival. Most importantly please keep an open line of communication with your coach. We are with your athletes 4-6 hours per week and sometimes 12-hour days at tournaments. It is only a professional courtesy to notify coaches of any scheduling or health issues.

Q. When are tryouts?

A. Generally, tryouts now begin in July. There also may be a follow up tryout in the month of October if we need to fill any teams or expand our rosters.

Q. My Cincy East student athlete is being recruited by a club before the tryout date. Is this allowed?

A. This is a very slippery slope. There are many rules and guidelines out there from USAV, OVR, and the OHSAA that prohibit such behavior from sports clubs. If



your student athlete is caught up in something like this there can be both financial repercussions and eligibility issues.

Q. Why can't clubs get together and schedule tryouts at different times so as not to overlap?

A. The reality is it would not benefit clubs to work this out. This a very competitive market with a deep talent pool. With that said, Cincy East does make an honest effort to schedule its tryouts opposite other clubs when possible.

Q. What is the "Rule of 3"?

A. In Ohio the "rule of 3" exists.

7.3) Regulations Permitting Students to Participate on Non-School Teams Outside of the School Team's Season.

7.3.1) Selected Team Sports – A member of a school program or team in the team sports of baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball, and volleyball may participate with a non-school program or team in contests, tryouts, training and/or practices prior to and after the school team's season under the following condition:

a) The number of team members on the non-school team who came from the same school or who participated in that sport as a team member at another school in the preceding season is limited to a maximum of 50 percent of the members of a team as defined in the playing rules of the sport.

The 50 percent team limit is as follows: 50% Limitation on Sport Number of squad members:

Baseball 4

Basketball 2

Field Hockey 5

Boys Lacrosse 5



Girls Lacrosse 6

Soccer 5

Softball 4

Volleyball 3

Exceptions:

- a.) The team members limit for the sport of ice hockey shall be five (5).
- b.) The 50 percent team limit is not in effect for the sports of basketball, field hockey, ice hockey, lacrosse, soccer, and volleyball from June 1 through July 31.
- c.) The 50 percent team limit is not in effect for the sports of baseball and softball from the Friday before Memorial Day through July 31 provided the members of the school team have completed their school team's season.
- d.) A member of a school team may continue to participate with a non-school team in a national qualifying tournament after July 31 until the team is eliminated from the tournament but no later than Labor Day.
- e.) Graduating seniors are exempt from the 50 percent participation limitation once their school season in the same sport has been completed.
- f.) These regulations do not apply if the "members" of the non-interscholastic squad are all siblings (by blood or adoption) and no other player from the same interscholastic squad is a participant on behalf of the non-interscholastic squad.

Q. What happens after tryouts?

A. After tryouts volleyball clubs have a short period of time to get their tryout results push out to the individual athletes. Here at Cincy East, our many years of experience and specific ways we collect data allow us to post almost real-time tryout results. Information is power, and the faster results are posted in our opinion the easier it is for families to make informed decisions. After athletes have been notified, they have a set amount of time (up to 10 days for Regional and American but only 72 hours for National) to decide whether they



will accept. This does give the player a chance to attend other tryouts if desired. The nice thing to know is that once you are offered a spot on a team at tryouts it cannot be taken back until the acceptance period has ended. You can simply weigh your options and confirm at any time within that period. Then you are bound to that club for the year. This is different than a verbal offer made before tryouts take place. In those cases, the club can retract it at any time making it a tough call for your family. The flip side is that you can also back out on your verbal agreement to play for a club any time before the signing date in November. Both parties take a risk.

Q. How long is a season?

A. Season length is usually based on competition level and age group specific. The examples below will give you a general idea.

Regional Teams: *The general rule of thumb for a Regional season is 5 months, limited travel, sometimes will participate in an additional training functions, practice twice per week, and 5-6 tournaments. Their season usually last 5 months.*

American Teams: *American teams sometimes will participate in an additional training function, along with two practices per week, and 6-8 tournaments. Their season generally is 5-6 months.*

National Teams: *The season for National teams will consist of two practices, one or two additional nights of training, and 8-10 tournaments. Keep in mind a National season can last 7-8 months.*