

X-COURT VOLLEYBALL OVERVIEW

X-Court Volleyball holds tryouts to select members of the club teams that will compete in USA Volleyball Association Tournaments. Our goal is to provide girls with education and competition in the sport relative to their abilities.

At the conclusion of tryouts the girls selected will be informed and asked to play on a team. The Club reserves the right to make decisions as to the number of teams. **It is highly possible that some girls may not make a team.**

Teams will play in daylong tournaments. There is no league type format as in CYO or High School. Tournament format means teams will play a number of matches over the day, followed with the possibility of participating in playoffs. There are a minimum of 2 overnight tournaments. Players are housed with their parents for both tournaments. It is important that players commit to both overnight tournaments.

The teams generally practice 2 nights a week from the beginning of December through the end of January and 1 night a week from February through May at the Body Sports Complex.

CLUB TRYOUTS

X-Court Club Tryouts will be conducted in one session. The session will be a combination of basic instruction, skills/ability drills and evaluations. The evaluations are performed by the coaches in each of the age groups based on the players' volleyball abilities which include the following: hitting, setting, passing, serving, defense, and blocking. Other items that are considered in the evaluations include athletic ability, teamwork/play, and a player's ability to respond to instruction.

TRYOUT COST

The cost for the tryout sessions is \$25.00. The tryout fee only applies to tryouts and is not deducted from the cost of playing on a club team.

WHAT IS A CLUB TEAM?

Each team consists of 9 or 10 players. Coaches can better balance the playing time of the players. PLEASE UNDERSTAND THAT FAIR PLAYING TIME DOES NOT MEAN EQUAL PLAYING TIME. X-Court has a good reputation for having quality teams with positive concepts.

CLUB TEAM COSTS

The cost to play on a club team will be \$575.00 for returning X-Court players and 12 & under players and \$675.00 for players new to the club. The team fee covers the team registration, tournament entry fees, insurance, gym rentals, and various equipment needs. Hotel fees are not covered in the club fees.

WHAT IS USA VOLLEYBALL?

USA Volleyball is the national governing body for volleyball and has its headquarters in Colorado Springs at the Olympic Training Center. Within the USAV programs, which organize the sport for adults as well as youth, is the USJO [United States Junior Olympic] Program for boys and girls of all ages. Participation has grown to over 300,000 players in recent years. The USAV insures that their sanctioned events are conducted consistently and under the proper conditions. All USAV coaches are required to go through coaching certification training, and offer training advancement to those coaches who wish to pursue further education. USA Volleyball hosts

many large-scale regional events, which could lead to an opportunity to participate at the Junior National Championships.

KEYSTONE REGION VOLLEYBALL ASSOCIATION (KRVA)

The Keystone Region Volleyball Association is the regional governing body for organized club volleyball. KRVA provides for Official's training, scorekeeper training and certification, tournament scheduling, Annual Championship Tournaments, and many other things. Last year, the KRVA had 42 Junior Girls Clubs with 196 teams playing in 14 categories. You can visit their website at www.krva.org

You can visit X-Court's website for all forms at www.xcourt.com

Please print all forms and mail completed forms to:

PO Box 391

Shillington, PA. 19607.

Completing the forms for tryouts along with your tryout fee covers necessary insurance costs required for tryouts.

CLUB COST PAYMENTS

X-Court Volleyball Club is operated as a non-profit organization. The staff volunteer's their time helping keep costs reasonable. Payment dates are as follows:

1st Payment Due----- With Acceptance

2nd Payment Due-----January 1st

Payment is 1/2 of the total team fee. There is a large amount of up front costs that require prompt payment of fees. Uniforms

will not be given to players that have not paid their balance.

ACCEPTANCE OF X-COURT TEAM SELECTION

It is important to know that being selected to an X-Court team is not only an opportunity to have fun playing a sport, but also a commitment both physically and financially. Your decision to participate should include being aware of the time commitment to practices as well as tournaments. No team is successful without all of its members. Also, financially, agreeing to play allows teams to see their full season through.

Check the website for updated info. at: www.xcourt.com

TRYOUT LOCATION

BODY ZONE

TRYOUT COST -----\$25.

TRYOUT DATES & TIMES

Sat. Nov. 15th 2008

15 -18 & under 3PM till 5PM

12 -14& under 5:30PM till 7:30PM

TEAM AGE INFORMATION

12 & under---born on or after Sept. 1, 1996

13 & under---born on or after Sept. 1, 1995

14 & under ---born on or after Sept. 1, 1994

15 & under ---born on or after Sept. 1 1993

16 & under ---born on or after Sept. 1 1992

17 & under ---born on or after Sept. 1 1991

18 & under ---born on or after Sept. 1 1990

And a high school student during some part of the current academic year.

2008 PLAYER COST ESTIMATES

Players returning to the club and 12 & under \$575.00

New players to the club---\$675.00

POSSIBLE 2 DAY TOURNAMENTS THAT MAY REQUIRE HOTEL ACCOMODATIONS

JANUARY

MLK Classic

FEBRUARY

Capital Hill Classic-Washington, DC

MARCH

**Revolutionary Rumble
Williamsburg, VA**

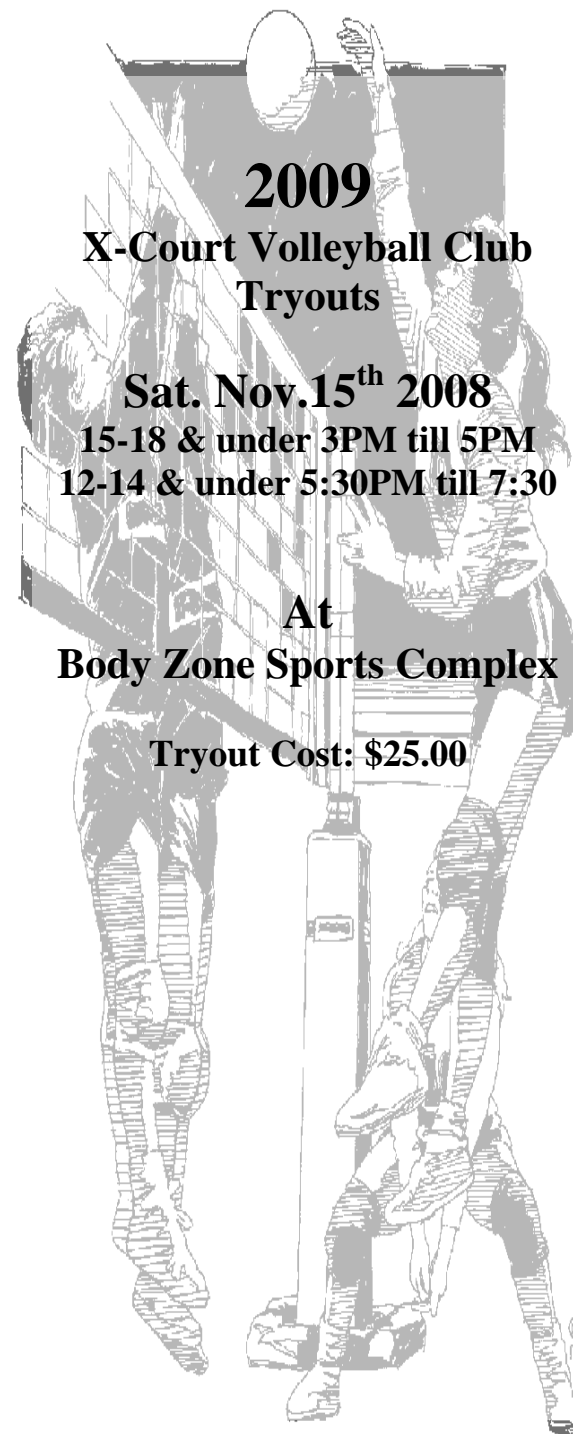
APRIL

East Strousburg

MAY

**East Coast Championships
Pittsburgh, PA**

**Happy Volley
Penn State**



2009

**X-Court Volleyball Club
Tryouts**

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12-14 & under 5:30PM till 7:30**

**At
Body Zone Sports Complex**

Tryout Cost: \$25.00