

# 49 Questions and Answers about North Valley

2016-2017 Club Season

## General and Fee Questions

**Question:** *How long has North Valley been around?*

Answer: North Valley was started in 1996. Our club was originally called Yuba-Sutter Seminoles and changed to North Valley Jrs. Volleyball Club in 1997.

**Question:** *What organization are you with?*

Answer: North Valley is associated with the NCVA- the Northern California Volleyball Association. The NCVA is an organization that is ruled under USAV (USA Volleyball). The NCVA is the 4th largest region out of 40 regions in the United States. It consists of over 1000 teams from about 350 clubs in Northern California. There are many different levels of volleyball in the NCVA. All the major clubs and top competitive teams from Northern California play in the NCVA Power League. Also many good teams to lower level teams will play in the NCVA Premier District Area League.

**Question:** *What are the fees for North Valley this year?*

Answer: The fees for North Valley varies each year. Depending on which team your daughter makes, the fees for North Valley this year will be:

12 and Under NCVA Premier Area League- \$650

14 and Under NCVA Power League- \$1650

15 and Under NCVA Power League- \$1850

16 and Under NCVA Power League- \$1850

\*All players must register as a member with NCVA for the cost of \$70. You must go to their website-

<http://www.ncva.com/info/registration/register-as-a-member> to register with NCVA. This cost is **not included** in your fees. Instructions are available on the Tryouts page on our website.

**Question:** *Why are the fees so high?*

Answer: Actually our fees are pretty low compared to other clubs who play in the NCVA with these type of schedules. Our prices are anywhere from \$1000 to \$4000 lower than most clubs we compete against in our league- depending on the team. **We do not compare ourselves to JSA clubs.**

**Question:** *Why did the fees go up again?*

Answer: Well, NCVA upped their fees. Uniform costs have gone up. Tournament schedules may have changed- adding another big tournament. I've kind of done a breakdown in terms of how much you are paying this club season per hour according to an approximate number of hours for practice and tournament time- see Payment Plan. Coaches will receive a reasonable amount for travel expenses during the club season. Head Coaches will only get a \$1000 stipend at the conclusion of the club season. Assistant Coaches will only get a \$500 stipend at the end of the season. If our club has a few extra dollars after the clinics, some of it may go to the coaches. The question is- is your coach worth it? Will your coach give your daughter a good experience and help her to become the best volleyball player she can be- will she be challenged and learn?

**Question:** *What do North Valley fees pay for?*

Answer: The fees pay for: team registration with NCVA, tournament entry fees, uniform package (jerseys, spandex, kneepads, socks), practice time, insurance, office supplies, coaches registration fees, coaches background check, coaches stipend, club director stipend, coaches travel expenses, coaches Impact Certification, and an opportunity for our teams to play the best teams in Northern California. Player's travel, hotel, and food expenses are not included in the fees.

**Question:** *Why are the fees front loaded?*

Answer: The fees are front loaded because we need to pay for certain items early in the season. Of course we need to purchase uniform items as soon as possible. We also need to pay for all team registrations, all coaches NCVA registrations, coaches background checks, insurance, practice time, office supplies, and some tournament entry fees. The Power League for NCVA must be paid in full and has an early December deadline. The California Kickoff is played in January so that entry fee has an early December deadline and the President's Day tournament has an early January deadline. We also want to enter the SCVA Qualifier as soon as possible to guarantee our entry into the tournament.

**Question:** *Do I have to pay the club fees all at once?*

Answer: No, you do not have to pay the total amount of the club fees in one payment. North Valley provides a monthly Payment Plan <http://northvalleyjrsvbc.com/forms.html> for those who don't want to pay or cannot pay their club fees in one lump sum.

**Question:** *What payment options do I have?*

Answer: You can pay your club fees through cash, checks, money orders, and or your credit/debit card. If you want to pay your fees with the credit/debit card option, you will have to go to the North Valley website and go to the Payments page- <http://northvalleyjrsvbc.com/payments.html> From there, choose your team and pick the month from the drop down menu. From there you will be taken to PayPal's website. Follow the instructions, input your data, click the "Check Out" or "Check Out with PayPal" button. When making payments through the credit/debit card option, you will have to pay a required PayPal processing fee. The processing fee will already be added to the regular fee.

**Question:** *Can players and families go out and seek sponsorships?*

Answer: Yes. We encourage our players and families to find sponsorships to help pay for their club fees. If anyone wants to help you out, just have them send a check payable to North Valley Jrs. Volleyball and we will credit that amount to your club fees. You can also hand the check over to your coach or club director and we will credit that amount to your club fees.

**Question:** *When and where are the uniform fittings?*

Answer: The uniform fittings are tentatively slated for Saturday, November 19th at Yuba College. Players will try on jerseys, spandex, and kneepads. At this time, we will have North Valley items available for purchase- sweatshirts, t-shirts, spandex, socks, and active ankles. On this day, teams might be able to practice- not confirmed yet. We are having the uniform fittings early so I can purchase jerseys and spandex as soon as possible- club teams from all across the USA are also in the process of purchasing uniforms so, we want to be one of the first teams to place an order to receive our items in a timely matter.

## **Practice and Travel Questions**

**Question:** *Where will practices be held?*

Answer: Practices will be held at various sites in the area- mainly Yuba College. If needed and if possible, we will look into Franklin School and Sutter High School, and other possible sites. Certain teams will practice at certain sites.

**Question:** *How many practices will the teams get and what days and times?*

Answer: Teams will get anywhere from 1-2 practices a week- depending on the team, coaches schedule, and gym availability. Some teams may get more due to their schedule. The days and times will depend also on gym availability and the coaches schedule.

**Question:** *What type of practices will my daughter get?*

Answer: As the club director and coach of North Valley, I kind of started this last year- team coaching. Some practices will be run like a clinic- when we are working on individual skills. I will have coaches from each team run certain drills so the players can work on certain skills. Afterwards, players will be separated into their respective teams to work on team chemistry and team strategies. Why do this?...consistency. We want our players to be taught consistent techniques for all skills and strategies from 12U all the way through 18U...some techniques and some offense and defense strategies will evolve from basic to advanced according to the level of player skills for each team.

**Question:** *How much travel is there for the tournaments?*

Answer: Travel time for each team will differ and is expected. All the Power League teams are required to travel to whatever site their team is assigned. For the Power League, the sites for league tournaments can be anywhere from 1 to 4 hours away. The Power League Qualifier and Regional tournaments will either be held in the Sacramento Area, Bay Area, or in Reno. The California Kickoff and President's Day tournaments will be held in the Bay Area. The Far Western Qualifier will be held in Reno and the SCVA Qualifier will be held in Las Vegas. For the Premier District Area League, teams will travel anywhere from 1-2 hours away. All Non League tournaments can be anywhere from 1-2 hours away (last year our 12's played all their tournaments in Sacramento- this year not guaranteed of course). Check the Team Tournament Schedule to see which tournaments our teams will enter.

## **Tournament and League Questions**

### **Question: What type of competition is in the NCVA Power League?**

Answer: The competition in the NCVA Power League is very good. The top 36 ranked teams for each age group in the NCVA Power League are THE best competition in Northern California. Teams ranked 37-72 are no slouch and are very good teams to compete against as well. This is the league players need to be in to play against the highest level of competition in Northern California.

### **Question: How does the NCVA Power League work?**

Answer: First teams are seeded into the Power League Qualifier (PLQ). They will be seeded according to how teams finished last year. Example: Let's say our 14-1 team finished in the top 36 last year of the Power League (PL). Now NCVA will take that into consideration and give our 15-1 team this year a seed that is somewhere in the top 36 for the PLQ. If our 15-1 team is given a lower seed than 36 to start, it's because there may be some new clubs/teams that NCVA thinks deserve a higher seed than our 15-1 team. Now let's say we didn't have a 14-1 team last year...well, now NCVA will take that into consideration and give our 15-1 team a low seed to start because we didn't have a 14-1 team to compare our 15's team to. Okay, so after teams get their seeding into the PLQ, teams will have 2 days of competition to determine their start seed for the PL- all 15's team will be combined with the 16's teams so that they will play against each other in the PLQ and PL tournaments (the 13s and 14s age groups will be combined, and the 17s and 18s age groups will be combined). The Power League is usually divided into 12 team divisions with Gold, Silver, and Bronze being the top 3 divisions. All other divisions below will be named alphabetically with the name of a color- example- Aqua, Blue, Copper, Dusk, and so forth.

For the first PL tournament, teams will start with the seed they finished at PLQ. So let's say our 15-1 team finished 18th at the PLQ. This means our 15-1 team will start in the Silver division as the 6th seed. The Power League format (12 teams) is 4 pools of 3 teams. This means each team will play 2 matches in pool play to determine where they are seeded for bracket play. If our 15-1 team finishes first or second in pool play, they are guaranteed to at least stay in the Silver division for the next PL tournament. If our 15-1 team finishes third in their pool, they must now win their bracket to stay in the Silver division. Teams that finish 1st-3rd will move up to the Gold division for the next PL tournament. Teams that finish 10th-12th will move down to the Bronze division. Teams that finish 4th-9th will stay in the Silver division. This format will be used for the PL. Now when it comes to Power League Regionals (PLR), all age groups will only play teams from their own age group. Now let's say our 15-1 team finishes 3rd in the Silver division for PL#3...now our 15-1 team could conceivably be seed #1 for PLR if teams who finished 1-14 were all 16s teams. The format for the PLR is more or less the same as the PLQ format.

Each division of 12 teams will have 6 new teams for each Power League tournament after PL#1. This format makes it so there is good competition for each PL tournament and the opportunity to play different competitive teams.

### **Question: How does the NCVA Premier District Area League work?**

Answer: The Premier District Area League for NCVA works similar to the Power League. There will be 9 districts throughout Northern California. There is an Area League Qualifier, 4 AL tournaments and an Area League Regional Championship. Our Area League teams do not play the full Area League schedule.

### **Question: Why doesn't North Valley teams who play in the Area League play the full schedule?**

Answer: Our Area League North Valley teams do not play the full schedule because through feedback and past experiences, our Area League players want to be done with club volleyball so they can do other things- other sports, family vacations, etc. Club volleyball is a long season so, we allow our Area League teams to finish early. If those teams want to keep playing after their last tournament, it may be possible- depends on the team, the coach, and willingness to pay for those extra tournaments.

### **Question: Why doesn't the North Valley 12 and under team go to big tournaments?**

Answer: Our 12's do not go to big tournaments simply because our 12's are just beginning to develop their skills and it would be a huge commitment for young players who are just learning to play the game. We find that 6 tournaments for the season is plenty for our 12U players to learn the game, build their skills, and get club volleyball experience.

### **Question: Why does North Valley not have an 17/18s team this season?**

Answer: First reason is, we do not have teams from last year feeding into the 17s or 18s teams. Also, through experience, not many 17s and 18s players want to play club. These players are more focused on school and their futures so there are very few 17s and 18s players who can and are willing to commit to playing club volleyball. North Valley also does not have the coaches or the practice facilities for more than 4 teams.

**Question:** *Why does it take so long to find out where my team will play for a tournament?*

**Answer:** Because of gym cancellations, sometimes you don't find out where your team plays until a few days prior to your tournament. Schools and sites give NCVA certain dates that their gym is available for NCVA use; however, due to unforeseen circumstances gyms may cancel at the last minute...this leaves NCVA scrambling to find another gym to host a tournament.

**Question:** *Why do gyms cancel their site for NCVA use?*

**Answer:** There are several reasons why gyms cancel. One big reason is players, parents, and teams from the previous tournament that was held at the site may have left the site without cleaning up their mess- food, water bottles, garbage, etc. Most sites will not allow food and flavored drinks in their gym but they say you can set up camp or eat and drink outside the gym- they also want you to clean up your mess before your leave. NCVA does not pay for facility clean ups. When the host school is left with a big mess to clean up themselves, they probably do not want to deal with this again so, they cancel their gym. Another reason is perhaps a big school event comes up (basketball playoffs, dances, community event, etc.) and they need to use the gym so, the school cancels their gym.

**Question:** *Would North Valley prefer to play in tournaments that are always close to home or play in tournaments that are located at one site?*

**Answer:** Of course, that would be most ideal but, not the most logical. Why? Well, The best teams in Northern California are not from any one area. There are good teams from all over Northern California- Sacramento Area, Bay Area, Fresno Area, etc. We want our North Valley teams to have the opportunity to play as many of the best teams that we can...win or lose...so, we sacrifice the luxury of always playing close to home to have the opportunity to play the best teams.

**Question:** *So are you saying that North Valley doesn't care if they win or lose?*

**Answer:** Not at all. Our goal is for our players and teams to have as much success as possible individually and as a team...we also want our players and teams to be successful by playing competitive high level teams. We believe that playing with and against good players/teams will only make our players better because our players will be challenged to perform and improve their skills constantly. We don't want our players to become complacent with their skills by beating up low level teams week after week and not having the chance to reach their full potential.

**Question:** *Why does it take so long to find out which wave (AM or PM) my team plays at a tournament?*

**Answer:** NCVA or whoever is running one of the big tournaments wait to see if any team decides to cancel or not so they can have the most up to date information available for seeding teams before giving out all the information and then having to make more changes.

## **Coaching Questions**

**Question:** *Who are the coaches for North Valley?*

**Answer:** All of our coaches are currently or have been associated with Yuba College volleyball as a coach or player at some point in time in their volleyball careers. We also have a local freshman high school coach who has played for North Valley since the 12 and under age group and is a Yuba College alumni- Brenna McDonald.

**Question:** *Will North Valley teams have more than one coach per team?*

**Answer:** Yes, we will do our best to have at least 2 coaches per team- not guaranteed though. Keep checking out our website as we add more details, add more coaches, and make revisions.

**Question:** *How much playing time will my daughter get?*

**Answer:** Well as you can see, your fees do not pay for playing time. Your daughter and all players must EARN their playing time. Through hard work at practice, players will earn the opportunity to get as much playing time as possible. We don't give players playing time simply because they are on the team. Players must show they want to play by working hard at practice and learning their coaches system. Players playing for a North Valley team playing in the Area League will get as much playing time as possible for every match at a tournament not every game. Players playing for a North Valley team playing in the Power League will get as much playing time as possible too; however, playing time is not guaranteed for every match. Playing time will be determined by the coach's decision, the player's skills (your daughter's skills vs her teammates skills), payment of club fees, a player's commitment to her team, and one big factor is tournament/game/match situations. All players are competing with their own teammates for certain positions and playing time. Ultimately, your daughter decides her playing time through hard work, progression in skills, being competitive on the court vs teammates and against opponents, and being committed to her team.

## Tryout Questions

### *Question: How do Tryouts work?*

Answer: This year we are having tryouts for all age groups on one day. Our younger teams (12s and 14s) will tryout in the morning for 4 hours. The older teams (15s and 16s) will tryout afterwards for 4 hours. The players trying out will go through drills for each skill while coaches evaluate players to see where they fit in our club. Coaches may need to talk to the parents with the player to let them know if that player is being offered a roster spot- this will happen sometime in the last hour of the tryout session. Also at some point during the last hour of each tryout session, the players who make a team and the alternates for a team will have a meeting to receive a packet and go over some paperwork as well.

### *Question: When will we know if a player makes a team?*

Answer: As stated above, during the last hour, coaches may need to talk to the parents with the player to let them know if that player is being offered a roster spot. Everyone who is offered a roster spot will know at the end of the tryout session. Alternates may not find out until the night of the Commitment Meeting if they make a team.

### *Question: Does everyone who comes to tryouts have a chance to make a team?*

Answer: Yes, everyone who comes to our tryouts will have an equal opportunity along with everyone else to try and make a team and be offered a roster spot. We have open tryouts and are not biased towards any player from any school. It is conceivable that we have cuts if a lot of players tryout for our teams; however, having a lot of players at tryouts is actually a good thing. Sometimes players don't want to bother coming to our tryouts because they think there's no way I would make a North Valley team...well, you will never know unless you try...coaches can see potential and you may be that player who has potential that our coaches want on their team.

### *Question: How many teams are you looking to have this season?*

Answer: We are looking to field one team each for the 12 and under age group, 14 and under age group, 15 and under age group, and the 16 and under age group. Sorry, but through past experience, we know that players will not want to play for a North Valley 2 team so, we are not offering more than one team per age group. It's too hard to find players after Tryouts so, we are moving on and committing to the players who want to play for North Valley.

### *Question: How many roster spots are available per team?*

Answer: Each team will have a minimum of 10 players and a max of 12 players. Coaches may have different criteria for players making their teams. One of the main criteria is what position you play. The best players for each age groups will make a respective team. Coaches are looking at players by their positions. Our teams do not need 6 setters, or 5 middle blockers, or 5 outside hitters on a team. We take the top 2-3 players in each position to complete a team roster- even though we may have 6 excellent setters trying out, we cannot take all 6 setters on one team.

### *Question: What is an Alternate?*

Answer: An alternate is a player who may or may not make a team. If a player who is offered a roster spot declines to accept the spot, we will notify an alternate that a spot is available and offer it to them. North Valley's Commitment Meeting is Monday, November 14th so we give players a whole week to decide if we are the right club for them.

### *Question: When will alternates be notified?*

Answer: After tryouts, coaches will contact players by email, text, or phone call to see where the player stands. Those players that make a team will be told to register with NCVA as a member. The club director will check to see who has and has not registered with NCVA and inform all the coaches. For those who haven't registered with NCVA, they will have until the night of the Commitment Meeting to make a choice. We ask alternates to come to the meeting with their first payment just in case they are offered a roster spot at the meeting. If all spots are taken before the meeting, alternates will be notified that all spots are taken. Sometimes, alternates will be notified a few hours after Tryouts or the next day...it just depends.

### *Question: What if my team is in high school playoffs?*

Answer: Well, you must still come to tryouts...and you must turn in all the tryout paperwork, pay the North Valley tryout fee, and still purchase an NCVA tryout pass. You don't have to be in the drills at tryouts; however, you will be the best ball shagger, the best ball hander, and the most encouraging player at tryouts. Hopefully whoever is coaching you has scouted you at your high school matches and knows your abilities. You need to also contact the club director and tell them your situation.

**Question: *What if I cannot make tryouts at all because I'm out of town?***

Answer: Well, you must still turn in all the tryout paperwork, pay the North Valley tryout fee, and still purchase an NCVA tryout pass...this tells us you are serious about trying to make one of our teams and you want to be considered for a roster spot. Hopefully the coaches from your age group has scouted you from one of our clinics or your school games and knows your abilities. This year our tryouts are not on a holiday weekend so, families shouldn't have to worry about going out of town to come back for tryouts. We ask those players/parents who do make one of our teams to come to our Commitment Meeting on Monday, November 14th at 6:30pm- hopefully everyone is back in town from holiday vacations....alternates may be asked to come as well.

## **Commitment Meeting Questions**

**Question: *What is the Commitment Meeting?***

Answer: The Commitment Meeting is where we collect the first payment for all players and where the players and parents sign an NCVA Commitment Letter. The payment and Commitment Letter commits you to your club for the 2016-2017 season. At this meeting, we will also go over a North Valley Contract. Players and parents must sign the North Valley Contract to play for North Valley. Players must also bring their NCVA Full Membership Card. The NCVA Membership Card can be found in your NCVA account after you register with NCVA for the cost of \$70- instructions can be found on the Forms page of North Valley's website. The \$70 NCVA membership cost is not included in your club fees. Instructions on how to register with NCVA and retrieving the player's Membership Card will be given in the player's packet to those who make a team after tryouts.

**Question: *Can I download the NCVA Commitment Letter myself and bring it to the Commitment Meeting?***

Answer: No. The club director must sign the Commitment Letter prior to handing it out to any player and parents to sign. The Commitment Letter will be handed out at the Commitment Meeting- players and parents cannot sign this form prior to November 14, 2016.

## **Paperwork and North Valley Tryout Fees**

**Question: *What paperwork do I need for Tryouts?***

Answer: You will need to fill out 2 forms- the North Valley Tryout Application and the North Valley Medical Release Form. Both forms and tryout registration instructions can be found on the Forms page of North Valley's website. <http://northvalleyjrsvbc.com/forms.html> It is preferred that you fill out the data online and email it to the club director- instructions are provided as well. You can also fill in the data online and print it out and bring it to tryouts. North Valley's tryout fee is \$7 for pre-registration and \$10 for day of registration. We must have some paperwork or even just the \$7 and a name before Saturday, November 5th for the pre-registration amount of \$7. Anything received on Saturday, November 5th will be considered as day of registration.

**Question: *Do I have to pre-register for Tryouts?***

Answer: No. We offer the pre-registration rate so we can get an idea of how many players we might have trying out per age group. Anyone can come to tryouts and pay the day of registration and tryout for our club. If you want to save a few dollars, you can pre-register. Anyone trying out for our club must also purchase an NCVA Tryout Pass. See next question.

## **NCVA Tryout Pass**

**Question: *Is there anything else I need to do for tryouts?***

Answer: Yes. Anyone trying out for an NCVA club must purchase an NCVA Tryout Pass for tryouts. You can purchase the NCVA Tryout Pass at NCVA's website for \$20. This one time purchase will allow you to tryout for any club playing for NCVA. This tryout pass does not however exclude you from paying a club's tryout fee. Bring your NCVA Tryout Pass card to tryouts. It should include your name along with your membership number. If you know what club you want to play for and you think you have a good chance of being offered a roster spot you can go ahead and purchase a full membership for \$70. I don't advise this as NCVA does not offer refunds. Instructions on how to purchase the NCVA Tryout Pass is available on North Valley's website.

## Age Group Definitions

**Question:** *What age group do I tryout for?*

**Answer:** *Here are the Age Group Definitions:*

*12 and Under- Players who were born on or after September 1, 2004.*

*14 and Under- Players who were born on or after September 1, 2002.*

*15 and Under- Players who were born on or after September 1, 2001.*

*16 and Under- Players who were born on or after September 1, 2000.*

*Age Group Definition Chart can be found here: <http://northvalleyjrsvbc.com/forms.html>*

**Question:** *I'm a freshman in high school but my birthdate is October 3rd, 2002. Do I have to tryout for the 14 and under age group?*

**Answer:** No. We give players in your situation options. According to the age definition, you should be trying out for our 14U teams; however, because you are a freshman in high school, we will allow you to tryout for our 16s team. We know the importance of players wanting to play on teams with school age friends. This does not however guarantee that you will make a 16s team. We suggest, coming to tryouts for the 14U age group but inform the registration desk that you are a high school player on a high school team and you would prefer to make a 16s team if you do make a team. The registration desk will inform the coaches of your situation. You may be told to stay and tryout with the 14U age group so the coaches can evaluate your skill level. After you tryout with the 14U age group, you may be told to stay and tryout with the 15U/16U age group so we can fully evaluate which team would be best for you should you make a team. You can also decide for yourself to just come to the 15s and 16s tryout time to try and make one of those teams. If you do make a 16s team great; but, if you don't make one of those teams, your options of making a 14s team is limited because you were not there and roster spots have already been given away.

**Question:** *Is there a big difference when players move up age groups?*

**Answer:** Yes. Anytime a player moves up an age group, there is a big difference in the competition level. Players on opposing teams will be bigger, better, faster, and stronger. The game is different as well...faster pace, higher level offenses, and higher level defenses. Players have to be able to keep up, physically and mentally at practices and every game at every tournament.

**Question:** *Is there anything else I need to bring for tryouts?*

**Answer:** No. Just come to tryouts dressed in spandex or shorts and a t-shirt. Please also bring kneepads and have court shoes- no street shoes...ankle braces are recommended. You may also want to bring a water bottle. Just be prepared to show off your skills and knowledge. Remember, this is a tryout. During the drills, coaches are not there to teach you. We need to know what you do know and what you don't know.

**Question:** *Can parents be present for tryouts?*

**Answer:** Yes, parents can watch the tryout process. Bleachers and chairs will not be available. If you bring your own chair, please bring a blanket to put under your chair to help protect our new gym floors. Also parents, no coffee please.

**Question:** *Where do we park?*

**Answer:** You can park in the West Parking Lot. Parking is FREE on weekends and on weekdays after 6pm...just do not park in the staff parking spots please.

**Question:** *Why would we want to play club volleyball and for North Valley?*

**Answer:** Many reasons:

(1) We have good, knowledgeable, experienced coaches.

(a) Our players will learn and grow from our coaching staff.

(2) We have a good competitive schedule planned for our teams.

(a) We give our teams the opportunity to play against good competitive teams.

(3) It's an opportunity to play with players from other schools.

(a) Our players make new and lasting friends.

(4) Club volleyball is fun!

(a) Every coach has his or her way of making your club experience fun!

(5) It's an overall great experience!

(a) Players and parents will never experience anything like club volleyball anywhere else- not in high school and not in college.

**Good luck to everyone...may you all have a great club season, wherever you land! Julia Coats-Club Director**