

## *Answers to your Questions...*

Since club volleyball is a commitment of both time and money for the student-athlete and their parents, it is important to learn as much as possible about each club before making your decision to participate. To assist you in this process, we have tried to answer typical questions you may have. We encourage families to research all of their options and make the decision that is best for their daughter.

### **What is club volleyball?**

Club volleyball is a national organized youth volleyball network designed for players to compete at the regional and national level, refine their volleyball skills, and obtain exposure from collegiate coaches. Club volleyball programs throughout the country range from a low commitment level to a highly competitive commitment level, and everything in between.

### **What is the mission of Metro American Volleyball Club?**

Metro American Volleyball Club of Washington, DC is a nationally prominent volleyball program dedicated to providing young athletes and coaches with the opportunity to grow intellectually and mature emotionally through the competitive sport of volleyball. Our desire is to promote leadership and identify roles in each individual that foster a sense of teamwork.

### **What makes Metro American Volleyball Club different from other clubs?**

Metro American VBC is a Washington, DC based club in the Chesapeake Region and has been under the direction of Barry and Bonnie Goldberg for the past 8 years. Under their direction, Metro American has grown from 6 teams to 15 teams in the Washington metropolitan area (DC, Maryland, Virginia). In the past, players from as far south as Fredericksburg, VA to north of Baltimore and everywhere in between, have chosen to play for MAVBC. Travel level players for Metro American VBC receive personal attention in their college search process by both Barry Goldberg, Head Volleyball Coach at American University, and the head coach of their respective travel team. Our travel coaches work with the student athlete to identify college programs that fit both academically and athletically. Regional level players for Metro American VBC are part of a developmental program to increase the number of participants in the region, prepare for their high school teams, and achieve any developmental goals they may have for the sport of volleyball.

### **What are some of the accomplishments of Metro American athletes?**

- 2011: Qualified for USA Nationals in Atlanta, Georgia. Seniors are now playing at Charleston Southern University, Campbell University, Naval Academy, Catholic University, Virginia Tech University, Howard University, Marist College, American University, George Mason University, Temple University, University of Virginia.
- 2010: Qualified for USA Nationals in Reno, Nevada. Seniors are now playing at North Carolina A&T, Florida International University, University of South Carolina, University of Rhode Island, University of Miami, West Texas A&M, Virginia Commonwealth University, Edinboro University
- 2009: Qualified for USA Nationals in Miami, Florida. Seniors committed to Norfolk State University, UMBC, University of Pennsylvania, Towson University, University of South Carolina/Aiken, Franklin & Marshall College, Elmira College, Salisbury State University, St. Mary's College, Roanoke College, Stevenson University, Elizabethtown College, McDaniels College, Rochester Institute of Technology, Bucknell University, Colby College, Lafayette University, and Virginia Wesleyan College
- 2008: Qualified for USA Nationals in Dallas, TX. Seniors committed to Georgia Tech, American University, St. Johns University, Ohio State, University of the Pacific, Auburn University, Naval Academy, Loch Haven, Winston-Salem University.
- 2007: 18U team was undefeated in the Chesapeake Region, qualified for USA Nationals in Minneapolis, MN. Seniors committed to Virginia Commonwealth, U. of Maryland, Columbia University, University of New Hampshire, West Virginia State.
- Nana Meriwether – (UCLA) Candidate for National Player of the Year, USA National Team
- Perette Arrington – ( Oklahoma) USA National Team, currently playing professional in Russia

### **Can the multi-sport athlete play in Metro American Volleyball Club?**

Yes, a large number of MAVC members participate in more than one sport, especially in the younger age divisions.

### **What is the roster size and number of teams in Metro American Volleyball Club?**

Roster sizes vary usually consisting of between 10 and 12 athletes. MAVBC carries approximately 15 - 18 teams a year in age divisions from 12 and under through 18 and under.

### **Who coaches at Metro American Volleyball Club?**

At the Travel level, we strive to hire the best coaches in the Chesapeake Region. Our coaches are either former collegiate or international players or high school coaches in Maryland, Virginia, or DC. The updated list of current coaches can be found on our website.

### **When does club volleyball take place?**

Tryouts for the 12U Divisions are in early November, while the 13U-18U Divisions are the second and third weeks of November. Practices begin the first week of December (with a break over the holidays) and competitions start in January and continues through May for the Regional teams. Travel teams will compete in the AAU Championships (Orlando) in mid June and those that qualify for the USA Junior Olympic Volleyball Championships will continue through late June/early July.

### **Where do teams practice?**

Team practices happen within the region of the particular team. More information on specific team practice facilities can be found on our website at [www.mavbc.org](http://www.mavbc.org).

### **How often do teams practice?**

In general, Travel teams practice 3 times a week for a total of 7-8 hours and regional travel teams practice 2 times a week for a total of 4 hours.

### **What is the difference between a Regional and a Travel team?**

- Our Travel teams (18-1, 17-1, 16-1) will participate in approximately 2 tournaments within the Chesapeake Region, the Capitol Hill Volleyball Classic (Washington, DC), 3 Mid-Atlantic Power League dates (VA, NC, and PA sites), a minimum of two Qualifiers (one being the Northeast Qualifier in Baltimore), the South Atlantic Championships in Richmond, AAU National Championships in Orlando, and the USA Junior Olympic National Championships (if they qualify).
- Our 15-1 and 14-1 travel teams will play in a minimum of 2 regional tournaments, the Capitol Hill Classic, 3 Mid-Atlantic Power League dates, a minimum of two Qualifiers (one being the NEQ), the South Atlantic Championships in Richmond, AAU's and Junior Nationals (if they qualify).
- Our Regional teams compete in approximately 6-7 tournaments within the Chesapeake Region and our very own, Capitol Hill Classic, held at the Washington Convention Center over President's Day weekend. If the team chooses, they may compete in the South Atlantic Championships in Richmond, VA on Memorial Day weekend. The additional cost for this end of the season tournament is approximately \$250.

### **How do you determine the participation age of an athlete?**

This is determined by our governing body, USAV (USA Volleyball). Simply stated, it is the age your child will be on Sept. 1, 2012.

### **What does it cost to play?**

The annual fees for participation on a Travel team are between \$1,800.00 and \$2,300.00 depending on the age division of the team. Those fees include training and gym time, equipment, coaches pay, and administration fees. Travel teams will incur additional fees for each trip they take. Regional team fees range between \$600 and \$1300 depending on the age division of the team. Uniform costs are additional for all teams and vary depending on the level of team.

### **How do the uniforms work?**

Metro American Volleyball Club has been granted "prototype" status with Under Armour and therefore, Under Armour is the official apparel provider of Metro American VBC. We are in our third and final year of our contract with Under Armour. The cost of uniforms varies depending on the team the athlete is placed on. Uniform items include jerseys, spandex, practice uniforms, knee pads, socks and travel bag - requirements based on the level of team.

### **How do you pay for club?**

A deposit of your club fees are due upon accepting a position on a Metro American team. On Feb. 1st, 2012, another partial payment is due. The remaining partial payment of your dues must be paid by March 1st, 2012. These amounts can be found on our website under the "Club Fees" tab.