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Player and Parent Guide to the Tryout Process

Welcome to the 2021 travel season! Below you will find information about our tryout process from beginning to end. Whether this is your first time trying out for a travel team, your first time trying out with CUVC, or you've been through this a number of times before please take a moment and read through the following guidelines, direction, and requests that we make of all players and parents. Our goal is to make this process smooth from beginning to end for every player that walks through our doors!

Checking In

On the first day, please plan to arrive between 15-30 minutes before we begin (or earlier). ***You must register and pay for the tryout ahead of time; we will not be taking registrations at the door.*** You will be greeted by coaches as well as our staff and will check-in with someone at the front. You will receive a tryout shirt with a number on it that you will need to wear *both* days of tryouts. Once you are checked in, players can head out to the court to warm up and parents will need to exit.

The second day of tryouts you will need to check in, however the coaches will take roll at the beginning of the second session.

The Tryout

We know that this can be a stressful time for a lot of players because they are trying to perform their best and are being evaluated. We do our best to make this an engaging, exciting environment for the girls. We want every girl and boy trying out to have a great experience whether she/he makes a team or not. Don't hesitate to talk to court coaches or any of the coaches walking around, and certainly don't hesitate to ask questions.

In addition to looking at a player's particular skill, we also look for the following:

1. Is the player attentive and following directions?
2. Does the player bring energy to whatever group he is with?
3. Is the player being a great teammate when she is not in a drill?
4. How does a player respond to adversity? Does he pout or does she do her best to be an encourager to those around her?

During the tryout, players will move around from group to group and they will be paired with several different players along the way. It is imperative for players to focus on how they are playing during this time. Players who focus on their particular group will often underperform. Control what you can control to the best of your ability!

Please plan to attend both tryouts (if applicable) and stay for the entire time. Coaches often make final decisions late in the tryout process, so it is imperative that players not leave early and miss this all-important time. The first day, for us, is generally about getting a big picture feel for the group in front of us. The second day is the fine tuning of that big picture. It is a difficult process when there are only 20 kids; we anticipate having multiple age groups with over 100 players trying out, so it is imperative for every player to be present.

Closed Tryouts

Parents, please remember that our tryouts are closed. We have done this since 2013 and it has been such a great difference maker for us and for the kids! Closing tryouts allows the coaches, the players, and our staff to focus completely on what is happening on the court. With closed tryouts we notice a significant increase in player focus, and a significant decrease in player stress. They are able to focus on playing volleyball, on the players around them, and on the feedback and instruction that our court coaches and evaluators are giving. Parent stress, which is inevitable and very easy to see, leads to player stress and becomes a distraction. Closing our tryout makes everything that happens about the player and her performance!

After the Tryout

We will begin making phone calls to players as soon as coaches have made final decisions on offering them a spot. We will begin by filling the top team or two teams, which often takes multiple days because there are so many variables in place. Please make sure that the cell phones and home phones of the parents that are listed with the players are correct. This process can begin as early as the first day of tryouts, but generally coaches don't have their full team "picked" until the end of the second day.

Two points are extremely important here. First, since we are having our tryouts prior to the suggested tryout time with the Carolina Region (one of our governing bodies) we cannot force a player to sign a letter of commitment until late October or early November. However, players are allowed to sign letters of commitment ahead of time on their own, and players who want to participate in any fall programs must have turned in a letter of commitment and made their deposit. Second, we request that players make their decisions within 12-24 hours of being offered a spot. This request is not meant to be undue pressure, but we are looking out for all of the girls and guys who are trying out, and one player's lack of an answer can put a hold on the final placement for 4 or 5 girls down the line, including players that may end up on her team. ***Please take time to discuss your desires as a family before heading into tryouts***, so that you can have in mind what your answer will be given the different scenarios and be ready with that answer when you get the phone call.

We consider our word and your word to be of great value. If you accept an offer with us, we will take you at your word and move forward with putting together our teams. We ask that you inform any other club for which you tried out of your decision as soon as possible, and stop attending their tryouts. If you have already been offered and have accepted a spot with another club, we will not try to influence you out of that choice; we will thank you for your participation and encourage you to continue to consider us for your daughter's volleyball training needs in the future.

In the event that you accept an offer from another club before our tryouts take place, we would kindly ask that you email us with your decision, and skip our tryout altogether. Players often say that they feel like they should at least show up for all of the tryouts for which they registered, but this only makes the process confusing for the player on an emotional level and for the coaches who are evaluating, potentially taking their focus away from players that will end up playing for that club.

Most importantly, please understand that this process takes a number of days (potentially all week), as most of our coaches have full time jobs, phone calls often take 20-30 minutes, and delayed responses lead to a delay down the line (if you haven't received a phone call by Monday morning, it does not indicate anything). Once we have completed the process, everyone will receive an email, and if we feel a need to update everyone in the middle of that process, we will.

Finally, we ask players to do their best to stay off social media during the few days following tryouts. We know that accepting a spot with a club is an exciting time, but it can also make things more stressful than they already are for others. We want everyone to get through this week as stress-free as possible!

I accepted an offer . . . what's next?

Once you accept a spot on one of our teams, you will receive a link that will allow you to register within our system, pay your initial deposit, and select the fall training program in which you would like to participate. In addition, you will begin receiving information about our parent meeting and Apparel Nights for your team. Players and parents can come at any time during those nights, try on their uniforms, shoes, and more. There will be sideline gear available for purchase on site, but uniforms, spandex, and other required gear (as well as any additional sideline gear you wish to purchase) will be ordered online. More information will be coming after tryouts.

What sets CUVC apart?

Why we exist: To develop individuals to be passionate about life through volleyball.

What we value:

Integrity: Doing things the right way

Development: Training a growth mindset in our players and coaches

Passion: Being wholly invested in the moment

Training Centered Practices led by coaches with over 75 (yes...SEVENTY FIVE) years of College

Coaching Experience. One of the benefits of having a staff that has College and USA coaching experience is that it gives us a unique training perspective. Led by Abbi Hayes, our Director of Player Development, all of our practices involve skill development, competitive training between teams, the opportunity to work with multiple coaches and players from different teams and age levels, and a focus on being great teammates!

We have three full-time coaches whose primary jobs are training and player development, which allows us to take a big picture approach to every practice session. We focus not just on what the player needs right now, but also on where she will need to be 6 months or two years from now. This also allows us to encourage our kids to be risk takers, to be willing to make mistakes, to go for it! Our goal is not just to win matches and tournaments, it is to help every single player develop the skill necessary to help her achieve her goals and dreams!

Safe training environment: We have the Charlotte region's only *State-of-the-Art Orthopedic Subfloor* that sits underneath our sport court. Our young ladies have noticed a huge reduction in the impact that their knees, hips, shoulders, and shins feel when they hit the floor. This allows more and better quality training opportunities for all of our players! In addition, we have a physical therapist that we work with that is on call when necessary, and provides training staff to be at most practices.

College Placement: In the last seven years alone, we have sent over 120 players on to play at the collegiate level. The 2020 season saw CUVC sign 30 players that graduated and are headed off to compete collegiately! Glenna Bianchin, who coached at Marshall for five years, is our Recruiting Coordinator. Her primary job is to guide players and families through the recruiting process, but she does so much more than just point in a direction and leave you alone. She also assists in contacting coaches, gives guidance to players and families on good collegiate fits based on their abilities, and serves as the main point of contact for College coaches. She is at practice throughout the week to

evaluate players, and she travels with our National teams to work with the college coaches that might be at a court evaluating. In addition, we utilize a state-of-the-art search and contact platform which allows players to select schools they are interested in, to post video on their profile page, to email schools directly, and also allows the recruiting coordinator to “tag” schools that she believes are a good fit for players and to communicate with college coaches and players through that platform.

One Big Club: Regardless of the team that a player is on, she is part of a much bigger family. Our 18’s work with our 13’s, the 14’s will cheer on the 16’s, and you’ll regularly see multiple coaches on different benches throughout tournaments helping in any way they can. We support each other in everything we do; improving the performance of our young ladies, and helping them get more comfortable from year to year with our program!

We’d love for you to consider joining us this year and in the future. Our last ranking had us at 90th in the country and we had multiple teams in the Prep Volleyball top 75 in 2019 and in 2020. In 2020 we got our first Open Bid to Nationals prior to the season being cancelled. In 2021 we look to build on that success and continue adding players to the college ranks!