

INFORMATIONAL MEETING

November 8, 2009

3:00 PM

National Volleyball Center

2601 Viola Rd NE 55906

Rochester, MN

We want to answer all your questions

Please join us

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TRYOUT REGISTRATION

Full registration information available
on the RYVA web site,

<http://www.rochesteryouthvolleyball.org>

Once again, tryout registration will be
done electronically through

<http://www.signuptoplay.com>

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AGE CLASSIFICATIONS

<u>Birth Date</u>	<u>Age Division</u>
On or after Sept 1, 1997	12's
On or after Sept 1, 1996	13's
On or after Sept 1, 1995	14's
On or after Sept 1, 1994	15's
On or after Sept 1, 1993	16's
On or after Sept 1, 1992	17's
On or after Sept 1, 1991	18's

(Also on or after Sept 1, 1990 if
athlete is still enrolled in high school)

Rochester Youth Volleyball Association
826 10th St. SW
Rochester, MN 55902



2009-2010

Volleyball Tryouts

Join us for

Our 12th Season!!!

TRYOUT DATE

Saturday November 21, 2009

12 & under players 9am - 11am

14s—17s Elite Level teams 11am - 2pm

18s Elite & Gold teams 2pm - 5pm

14s—17s Gold/Club Level teams 2pm - 5pm

TRYOUT COST

\$10 if pre-registered or \$20 at the door



www.rochesteryouthvolleyball.org

Rochester Youth Volleyball Association



Southern Minnesota Volleyball

SMV PROGRAM FEATURES

- *Practice at one of the premier volleyball facilities in the country*
- *Talented and experienced coaching staff*
- *A well planned and implemented practice and competition season*
- *Progressive tryout session to match players skills to the proper level of competition*
- *On-site conditioning program, focusing on strength, conditioning and injury prevention*
- *All inclusive fee covers: uniforms, court rental, event registration, over night travel expenses*

Offering 3 levels of Competition

SMV ELITE LEVEL TEAMS:

Practice begins December 1st, competition runs January – June.

- Top level competition for serious volleyball players
- 100+ hours of on court practice sessions with an additional 40+ hours of training and conditioning
- 100 competition matches in at least 15 different events
- Uniforms (2 competition jerseys, 2 competition shorts, 2 practice shirts, socks, whistle)
- National Competition at the January Thaw, Minneapolis, MN, Northern Lights Qualifier, Minneapolis, MN, AAU Championships, Orlando FL.
- Hotel, airfare, ground transportation and player per-diem costs for overnight competition events
- Opportunity to play in the USAV National Championships, if a team qualifies at N1Q or NCR-RQ

SMV GOLD LEVEL TEAMS:

Practice begins in early December, competition runs January – April/May.

- Focus is on athlete development
- 80+ hours of on court practice sessions with 30+ hours of training and conditioning
- 8-10 local competitions and 2-4 travel events
- Uniforms (2 competition jerseys, 2 competition shorts, 2 practice shirts, socks, whistle)

SMV CLUB LEVEL TEAMS:

Practice begins in January, competition runs Mid-January – March/April.

- Designed for the beginning athlete who wants to increase his or her skills and improve their level of play.
- 10-12 week season with 20-25 practices and 5-6 competitions
- Uniform (1 competition jersey, 1 practice T shirt, 1 pr. shorts, 1 pr. socks and whistle)