



What are Region High Performance Programs?

Region High Performance Programs are the local branches of the USAV National High Performance Pipeline. The goals of Region Programs are the same as the National HP Program: to build a broader and stronger pipeline of athletes and coaches for our U.S. Olympic Teams and provide player development through training, evaluation, and competition opportunities. Region HP Programs are another way that USA Volleyball discovers and trains our future Olympians, working to continue our presence on the medal stand. Region programs allow athletes in different areas of the country in the Select, Youth and Junior age groups the chance to get involved with High Performance without attending a National tryout. Regions have the flexibility to administer their Region HP Program in a number of different ways, from simple 3 day camps and training clinics to comprehensive programs that include coaches' education, sustained athlete training, team selection and travel to inter-regional or international competition. Regions also have the possibility of inviting the top Region HP athletes to National High Performance A3 camps.



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Why should I try out for my Region High Performance Program?

The experience that athletes have playing with High Performance Programs is unlike any other opportunity available for junior players in the United States, offering access to National-level volleyball training in their own backyard. To be chosen to represent one's Region is another avenue to be trained in the techniques and systems actually used by our Women's National Team in their practices. Region High Performance also offers athletes exposure and recognition on a National scale without having to play on Court 1 at a National Qualifier or qualifying for Junior Nationals. In addition, playing on a Region High Performance Team offers the opportunity

to play at the USAV High Performance Championships, an exclusive international tournament hosted by USA Volleyball in July of each year. Participating teams include USA National A1 and A2 Teams, USA Continental Teams, other Region Teams and teams representing a number of different countries, including Italy, Peru, Puerto Rico, Chile, Canada and Dominican Republic in recent years. The unique experience of participating in an international tournament with some of the top junior players in the world is exclusive and gives players empowering leadership experience.

What are the benefits of coaching in a Region High Performance Program?

For coaches, Region High Performance Programming is more than just the opportunity to coach another volleyball team. High Performance coaches at both the National and Region levels have access to the USAV High Performance Coaches' Clinic hosted every January at the United States Olympic Training Center. This clinic offers coaches the incredible opportunity to learn directly from our U.S. National Team coaching staff and other top level coaches. In addition, coaches involved with Region HP have access to National High Performance technique and systems guidelines and camp plans, as well as National HP player evaluation forms. The most significant benefit of working as a Region High Performance coach is the impact coaches are able to have on the group of athletes with whom they work. These are athletes local to the coaches' area who love the game of volleyball and the concentrated training and competition time with these passionate players allows for significant growth in the players on and off the court.

How do I get involved with my Region High Performance Program?

Visit the [website](#) for your Region to learn about how to get involved with the High Performance Program in your Region. Many regions have a High Performance Coordinator who can give you information about tryouts, schedules, coaching applications and Program offerings for the year. No Region HP Program in your Region? Call or e-mail your Region Commissioner about starting an HP Program or send an e-mail to Denise Sheldon, primary contact at USA Volleyball for Region High Performance, at denise.sheldon@usav.org.



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