

# HIGH PERFORMANCE HANDBOOK 2019-2020 Season



*The Northern California Volleyball Association reserves the right to make changes at any time to the High Performance Program, its operation, and/or this Handbook for the betterment of membership participation.*



Last Updated: 9/5/2019

# HIGH PERFORMANCE VISION AND MISSION STATEMENTS

## ***Vision Statement***

The “Vision” is to promote participation in a quality program that provides a positive and safe athletic environment through a variety of developmental and competitive opportunities for junior players of all ages, skill levels, and diverse groups.

## ***Mission Statement***

The High Performance Division will create a diverse and varied system of competition. It will develop education and training programs for all players and participants. The Division will create non-discriminatory entry-level playing opportunities. It will create reciprocal relationships for inter-regional, national, intra-regional, and international competition. The Division will establish partnerships with related groups to promote junior volleyball.

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# **INDOOR HIGH PERFORMANCE INFORMATION**

## **NO DINX/NCVA HIGH PERFORMANCE – INDOOR**

In conjunction with USA Volleyball, the NCVA will continue our Region High Performance program. Participating athletes will represent our region in an inter-regional USA Volleyball High Performance

Championship tournament in July. The goal of the High-Performance Program is to provide volleyball athletes with the best coaching and competition available in Northern California.

This is the 19<sup>th</sup> year for our High Performance Program,

***Members of NCVA High Performance teams will have the opportunity to:***

- Compete with the best athletes in the country within their age groups both in the USA.
- Play with some of the best athletes in Northern California.
- Receive top quality coaching and instruction.
- Learn USA Volleyball systems and techniques.
- Increase individual visibility, particularly for those from club teams with low exposure.

### ***Information for Players***

The goal of the High Performance Program is to provide volleyball athletes with the best coaching and competition available in Northern California. Many athletes attend the National Tryout to compete with the best athletes in and around the Region. Attending a National Tryout can help to increase an athlete's visibility, particularly if he/she plays for a team that does not get much exposure to collegiate recruiting.

In addition to outstanding coaching and competition, selected High Performance players will receive:

- All participants receive a t-shirt at tryouts supplied by our sponsor No Dinx. [www.nodinx.com](http://www.nodinx.com)
- Team members will receive two (2) jerseys and one (1) pair of shorts. Your tryout t-shirt will become your practice shirt.
- Your name on the NCVA website as a player on the NCVA High Performance Team.

### ***Team Selection and Practices***

Our goal is to select all of the High Performance Teams early, so the NCVA can work with each team on fundraising to pay for the trip.

Team selection will ***BEGIN*** on March 30, 2020 and ***END*** on or before June 30, 2020. Players will be notified via email of selection. Once confirmed, players' names are posted online. Teams will be finalized by July 1, 2020.

A tentative practice schedule can be found online. Teams usually practice two (2) days in June and three (3) days in July. Practice schedule and site assignments are not finalized until the team has been selected. This way we can choose the best site to better accommodate the players.

### ***USA Volleyball National High Performance Programs***

The NCVA High Program is run in tandem with the USAV National High Performance Program.

For information on the USAV Beach and Indoor High Performance programs, please visit [www.usavolleyball.com](http://www.usavolleyball.com).

## *Age Definitions*

The following age definitions will be used for the 2020 and 2021 USAV High Performance Championships.

### **Girl's Teams:**

<b>USAV Age Group</b>	<b>Age Requirement</b>
Junior	born on or after 1/1/1999
Youth	born on or after 1/1/2002
Select	born on or after 1/1/2004
Future Select	born on or after 1/1/2006

### **Boy's Teams:**

<b>USAV Age Group</b>	<b>Age Requirement</b>
International (Youth)	born on or after 1/1/2000
National (Youth)	born on or after 1/1/2001
Regional (Select)	born on or after 1/1/2001

## *USA Volleyball High Performance Championships*

The USAV HP Championships offers the following divisions: Men's International Junior, Women's International Junior, Girls' International Youth, Boys' National Youth, Girls' National Youth, Girls' National Select, Boys' Regional, and Girls' Future Select. The NCVA would like to field one (1) team in each division.

**Tournament dates:** July 20-27, 2020

**Travel days:** July 22-26, 2020

**Tournament site:** Ft. Lauderdale, Florida

**Cost:** We make every attempt to minimize player costs, which are currently anticipated to be \$1600.00 per player plus airfare and meals, hotels are included. Parents are invited to attend this event.

Questions? Please contact [HP@NCVA.com](mailto:HP@NCVA.com)

## ***Team Tryouts***

All registration for tryouts is completed online.

### **Girls' Teams:**

There will be two tryouts for Girls.

### **Boys' Teams:**

There will be three tryouts for Boys.

All updated dates and information can be found at [www.ncva.com/indoorhp](http://www.ncva.com/indoorhp).

**\*\* This tryout is a joint tryout between NCVA and USAV. If you are interested in tryouts for both programs, players will need to register on [www.usavolleyball.org](http://www.usavolleyball.org).**

### **NCVA Only:**

Pre-registered: \$85.00

Late registration/on-site \$110.00

### **\*\*Combined tryouts (USAV HP and NCVA HP):**

Pre-registered: \$110.00

Late registration: \$135.00

On Site Registration: \$160.00

**USAV Only:** see [www.usavolleyball.org](http://www.usavolleyball.org)

<b>Note:</b> While it is recommended that you attend all tryout dates, it is not mandatory to do so.
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# COACHES



# NO DINX / NCVA HIGH PERFORMANCE – COACHES

## *Invitation to All Coaches*

This is the 19<sup>th</sup> year for our Girl's High Performance Program.

### **Team Coaches**

Our plans are to field one (1) team in the following age groups divisions — Men's International Junior, Women's International Junior, Girls' International Youth, Boys' National Youth, Girls' National Youth, Girls' National Select, Boys' Regional, and Girls' Future Select — to attend the USA Indoor High Performance Championship. We plan to have two (2) coaches for each team—one (1) head coach and one (1) assistant. All expenses and a stipend will be paid to head and assistant coaches.

If you are interested in becoming part of the High Performance program, these are the recommended requirements for head or assistant coaches:

- Good organizational skills.
- Willingness to adapt skill-training philosophy to coincide with that used by USA Volleyball National Teams and the USA High Performance Program.
- Willingness and ability to evaluate talent without bias to an athlete's previous experience or organizational affiliation.
- At least three (3) years of experience as head coach of a high level high school, club, or college program.
- At minimum, be IMPACT-SAFESPORT certified (assistant coach) with a Cap I or Cap II Level preferred (head coach).

Once involved in the program, coach's requirements are as follows:

- Agreement to submit to a background check.
- Must be available for all scheduled events (see list of events) including all tryout dates, practices as scheduled and the dates of the tournament.
- Agreement to coach a team.
- Agreement to follow all NCVA procedures and policies.
- Willingness to set aside other affiliations in order to provide the players and the program with an unbiased coaching experience.
- Act as a representative of the NCVA and all Northern California Volleyball Clubs, Coaches and Players

If this interests you, please send your resume by mail, fax, or email to the NCVA office. If selected, you will be notified promptly to set up an interview. Coaches will be selected on the basis of how well they will represent the NCVA, what attributes/qualities they have to give to the program and how well they will work with the players. Coaches of the High Performance program are to act professional at all times and represent the NCVA in the best manner possible.