

## CJV Cheat Sheet

- **LOCAL PROGRAMS**

- *Gold Program*

- For intermediate to advanced players, offered to 6-8<sup>th</sup> grades and 9-12<sup>th</sup> grades
- Practices twice a week for 1 ½ hours, has games on the weekends and finishes the season with a 3-4 hour “tournament”
- Highest level of local; requires tryouts every session, regardless of if a player has made Gold previously
- If a player does not make Gold, they will automatically be placed in Silver

- *Silver Program*

- For the beginner to intermediate players, offered to 3-6<sup>th</sup> grades, 6-8<sup>th</sup> grades, and 9-12<sup>th</sup> grades
- Practices twice a week for 1 ½ hours, has games on the weekends; does NOT have a tournament at the end
- Designed to teach beginners the basic skills and help intermediate players prepare for Gold

- *Bronze Program*

- For the beginner player, 3-6<sup>th</sup> grades ONLY
- Practices twice a week for 1 hour, does NOT have games on the weekends
- Designed to teach basic movements and touch on basic skills

- **TRAINING PROGRAMS**

- *Practice & Play*

- Offered to 8 – 13 year olds, beginner to intermediate players
- Practices on Sundays for 1 ½ hours
- Works on all skills and some game play

- *Lil Spikers*

- Offered to 3-8 year olds, beginners; intro to movement and volleyball
- Parents are encouraged to participate
- Practices on Sundays for 1 hour

- *Private Lessons vs Semi Private Lessons*

- Private lessons – one on one instruction for one hour
  - Lesson description will indicate the type of skill or level of player being offered, others will say ALL SKILLS / ANY LEVEL
- Semi Private lessons – 1-4 players with one coach for one hour
  - Semi Private lessons will have an indicator of level and/or skill
    - Beginner, Intermediate, Advanced
    - Passing, Serving, Defense, etc.

- *Clinics*

- CJV offers All Skills and Skill-specific clinics
  - Clinics will indicate the level and type of skill being offered

- Typically on weekends for 1 ½ hours
  - No max number of players
- **SUMMER CAMPS**
  - *Traditional* – four day camp meant for beginner to intermediate, working on all skills
  - *High School* – four day camp meant for rising freshman to seniors in high school, working on all skills
    - No experience required; players will be separated by skill at the camp
  - *Pre-Tryout* - Two day camp for High School and Middle School players to prepare for tryouts
    - No experience required; players will be separated by skill at the camp
  - *Travel/Advanced* - One day camps meant for players with high level experience (school programs, travel/club teams, etc.)
    - Experience is required, meant for the advanced player
- **TRAVEL PROGRAMS**
  - Requires tryouts; coaches pick their teams and offer “bids” via phone call after tryouts
    - *Elite – first tier team; one team per age group, will practice at South and North*
      - Season begins in December and ends on June/July
      - Three practices a week, 10-12 tournaments ranging from the Mid-West to the South East
    - *National – second tier team; 1-3 teams per age group*
      - Each location has 1-2 National teams that practice at that location only
      - Season begins in December and ends in June/July
      - Three practices a week, 9-11 tournaments in the South East
    - *Semi National – third tier team; 1-3 teams per age group*
      - Each location has 1-2 Semi National teams that practice at that location only
      - Season begins in December and ends in April
      - Two practices a week, 5-6 tournaments in the Carolinas/Georgia/Virginia
    - *Regional – fourth tier team; one team per age group per location*
      - Season begins in December and ends in March
      - Two practices a week, 5-6 tournaments within two hours of Charlotte
    - *Spring Semi National – 1-3 teams per age group*
      - Tryouts in March/April
      - Semi National and Regional players can choose to stay on their current team; tryouts are held to replace players who choose not to continue
      - Season is from April – June, practices twice a week
  - *Pre-Tryout Clinics*
    - Clinics ran by travel coaches, held prior to Travel Team tryouts
    - Must be registered for tryouts in order to attend