



## TEAMLVC TRYOUT SCHEDULE

(Boys & Girls)

### TRYOUT DATES

-OCTOBER 13TH, OCTOBER 20TH &  
OCTOBER 27TH.

### TRYOUT LOCATION

-COLUMBIA HIGH SCHOOL (962 LUTHER  
ROAD, EAST GREENBUSH, NY 12061)

### TRYOUT TIMES

-12's - 14's: 11AM - 1PM  
-15's - 18's: 1PM - 3PM

### TRYOUT FEE

-THE COST TO TRYOUT IS A ONE-TIME FEE  
OF \$20. THIS FEE COVERS ALL THREE  
TRYOUTS.

-PLEASE MAKE SURE YOU BRING THE  
TRYOUT FEE AND COMPLETED MEDICAL  
RELEASE FORM TO TRYOUTS.

-ALL PLAYERS MUST BE USAV  
REGISTERED PRIOR TO TRYOUTS.



**USA Volleyball.**

## USA VOLLEYBALL

THE PLAYERS WILL COMPETE IN USA VOLLEYBALL  
TOURNAMENTS THROUGHOUT THE YEAR. USAV IS  
THE NATIONAL GOVERNING BODY OF VOLLEYBALL IN  
AMERICA AND HAS ITS HEADQUARTERS IN  
COLORADO SPRINGS AT THE OLYMPIC TRAINING  
CENTER. WITHIN THE USAV PROGRAM IS THE  
UNITED STATES JUNIOR OLYMPIC (USJO)  
PROGRAM FOR BOYS AND GIRLS OF ALL AGES.  
PARTICIPATION HAS GROWN TO OVER 300,000  
PLAYERS IN RECENT YEARS. THE USAV ENSURES  
THAT THEIR SANCTIONED EVENTS ARE CONDUCTED  
CONSISTENTLY AND UNDER THE PROPER CONDITIONS.

ALL USAV COACHES ARE REQUIRED TO GO  
THROUGH COACHING CERTIFICATION TRAINING AND  
OFFER TRAINING ADVANCEMENT TO THOSE COACHES  
WHO WISH TO PURSUE FURTHER EDUCATION. USAV  
HOSTS MANY LARGE-SCALE REGIONAL EVENTS,  
WHICH COULD LEAD TO AN OPPORTUNITY TO  
PARTICIPATE AT THE JUNIOR NATIONAL  
CHAMPIONSHIPS.

## IREVA (IROQUOIS EMPIRE VOLLEYBALL ASSOCIATION)

IREVA IS THE REGIONAL GOVERNING BODY FOR  
ORGANIZED CLUB VOLLEYBALL. IREVA PROVIDES  
TRAINING, SCOREKEEPER TRAINING AND  
CERTIFICATION, TOURNAMENT SCHEDULING, ANNUAL  
CHAMPIONSHIP TOURNAMENTS AND MANY OTHER  
THINGS. YOU CAN VISIT THEIR WEBSITE AT  
WWW.IREVA.ORG



**TEAMLVC**  
**BOYS & GIRLS JUNIORS**  
**VOLLEYBALL CLUB**

**2019 USA VOLLEYBALL SEASON**

**EMAIL:**

[LEGIONVBC@GMAIL.COM](mailto:LEGIONVBC@GMAIL.COM)

**WEBSITE:**

[WWW.LEGIONVOLLEYBALLCLUB.COM](http://WWW.LEGIONVOLLEYBALLCLUB.COM)



## PROGRAM LEVELS

### SKILL DEVELOPMENT PROGRAM

-ONE NIGHT PER WEEK PROGRAM FOR KIDS ENTERING 1ST- 8TH GRADE. THE PROGRAM WILL HAVE 10 TOTAL SESSIONS AT 90 MINUTES PER SESSION. THE SKILL PROGRAM STARTS THE FIRST WEEK IN JANUARY.

### LOCAL TEAM (AGES 12U-16U)

-THE GENERAL COMPETITIVE LEVEL OF PLAY. THESE TEAMS WILL PRACTICE TWICE PER WEEK AND HAVE 8 DAYS WORTH OF TOURNAMENTS. ALL TOURNAMENTS WILL BE WITHIN 2 HOURS OF THE ALBANY AREA WITH NO OVERNIGHT COMMITMENTS. THE CLUB SEASON FOR LOCAL TEAMS WILL RUN FROM DECEMBER UNTIL APRIL.

### TRAVEL TEAM (AGES 16U, 17U & 18U)

-THE HIGHEST LEVEL OF JUNIOR'S COMPETITION. THESE TEAMS WILL PRACTICE TWICE PER WEEK, TRAVEL MORE EXTENSIVELY THAN THE LOCAL LEVEL TEAMS AND PARTICIPATE IN ABOUT 20 DAYS WORTH OF TOURNAMENTS. THE CLUB SEASON FOR TRAVEL TEAMS WILL RUN FROM DECEMBER UNTIL MAY. TRAVEL TEAMS ALSO RECEIVE A ONCE PER WEEK "VOLLEYBALL SPECIFIC" PHYSICAL TRAINING CLASS.



## **OUR CLUB AND MISSION...**

### THE TEAMLVC PHILOSOPHY

LEGION VOLLEYBALL CLUB (TEAMLVC) HAS BEEN ESTABLISHED TO CONSTRUCT A POSITIVE LEARNING ENVIRONMENT AND HIGH LEVEL TRAINING FOR ATHLETES WHO HAVE A PASSION FOR THE GAME. WE STRIVE TO PROVIDE EACH PLAYER WITH UNPARALLELED INSTRUCTION TO HELP DEVELOP THEIR SKILLS, CHARACTER AND SPORTSMANSHIP SO THEY ARE ABLE TO REACH THEIR MAXIMUM PLAYING ABILITIES.

AS OUR PLAYERS STRIVE FOR CONSTANT GROWTH, SO WILL OUR COACHES. THEREFORE, COMMUNICATION BETWEEN PLAYERS, COACHES AND PARENTS WILL BE HELD IN THE HIGHEST REGARD. (CONTINUED ON NEXT PAGE...)

AS LVC CONTINUES TO GROW, WE TAKE PRIDE IN HELPING YOUNG ATHLETES CONTINUE TO GROW TO BECOME BETTER ATHLETES, STUDENTS & MEMBERS OF THE COMMUNITY. THE LVC PLAYERS AND COACHES WILL ABIDE BY FOUR PILLARS AT ALL TIMES: ACCEPT PERSONAL RESPONSIBILITY, GIVE YOUR BEST EFFORT, SHOW RESPECT (OPPONENTS AND FANS), AND TREAT YOUR TEAMMATES & COACHES LIKE FAMILY.



**TEAMLVC IS COMMITTED TO PROVIDING THE BEST TRAINING AROUND TO EMPOWER ALL OF OUR PLAYERS TO TAKE THEIR GAME TO THE NEXT LEVEL! OUR ELITE LEVEL COACHING STAFF ENHANCES OUR CLUB WITH THEIR COLLEGIATE AND PROFESSIONAL EXPERIENCE.**

