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THOUGHTS ON...

# HP: HIGH PERFORMANCE OR HIGH PROFIT

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A REVIEW OF “THE HP PROGRAM” AND  
SHOULD PLAYERS INVEST TIME INTO IT

*The “Thoughts on” series is a series of papers designed to supply Epic family members (and potential Epic family members) with our thoughts on various topics. There are exceptions to many rules, so if Epic is “for” or “against” a topic, that does not mean that it’s members cannot or must participate or that there is not an exception for a specific player. These are general guidelines and are a reflection of the opinions of the Epic Administration in most scenarios.*

- I. What is the HP Program
  - a. HP or High Performance was originally designed to “bridge the gap between USA Olympic/National Teams and the youth programs across the country.” There are two versions of the High Performance program. One is led by USAV Administration. The other is led by individual USAV regions. Many regions of since done away with their programs, but some still exist. There is a system of 30+ national tryouts, which then qualify athletes for training programs, camps, and youth and junior national teams.
  - b. The HP program was also one of the major complaints by the JVA clubs when the split happened. They described it as “a money grab” that had very little to do with whether or not an athlete was going to play on a national team in the future. They proceeded to say that USAV was taking advantage of people taking money for a program that was mislabeled and if you want to know how your daughter places, test her vertical, pay your money, then skip the rest of the tryout.
- II. Is the HP Program Valuable
  - a. Anytime athletes are playing volleyball, it is generally good for the athlete. More practice and more contacts generally lead to more improvement, so the question is not whether the HP program will help your daughter. It will, but so will every time you walk in a gym and touch a volleyball. The question is whether or not HP is a good value for your time and effort.
  - b. Generally speaking, you will tryout with several other talented athletes and that has merit. You will not receive any unique or high level coaching that will adjust your game and advance you to the next level. You will not experience a new drill or training of a different form that elevates your game.
- III. Do Colleges Care about HP

- a. Not really, Some college coaches have been known to work or attend an HP tryout; so it can help get noticed, but the effect here is minor compared to the major 'get seen' tournaments. I have never heard a college coach say, "I saw this girl play and we weren't really interested, but I heard she did well at the HP tryout, so now we are going to recruit her."

IV. HP specific Training/Coaches who work HP and do privates

- a. This is one of the WORST aspects of volleyball. There are some coaches who work HP tryouts simply to advance their own resume. They then say completely untrue statements to manipulate parents/players who aren't in the know to attend their club or take private lessons from them, often saying things like, "HP tryouts look for something different, so if you want to maximize your chances of making an HP team, you need to train with me." This is completely untrue and is the lowest of the low. People like this should be avoided at all costs.
- b. Also, be cautious of individuals & clubs using "Performance" or "High Performance" in their name. There's a club called high performance St Louis, for example. It seems to be a pretty good club but has nothing to do with the actual high-performance teams. It is just a name.

V. Bottom Line Should I HP?

- a. The tryout is usually the day before a big 3-day tourney (not great for your fatigue). The tryout offers a moderate amount of coaching. The camps are very pricey. The impact on college recruitment is minimal. So the bottom line is HP will help (every time you touch a ball), but it is not a good time/money value. Officially, Epic neither encourages, nor discourages its players from HP tryouts. Many of our players have tried out for an HP team and most of them make an HP team.