



## **YOUTH ATHLETES (GRADES K-6)**

### **VOLT SPARK**

SPARK (Pre-K-2nd grade) is designed for our youngest athletes—an exciting, fun introduction to the sport of volleyball! Players will learn the basic movements of the game while participating in engaging activities that build coordination, confidence, and muscle memory. With encouraging coaches who know how to connect with kids, SPARK is the perfect place for littles to start their volleyball journey and ignite a lifelong love for the sport! The SPARK program finishes the 10 week program with a VOLT SPARK Day, showcasing the skills learned.

### **IGNITE Youth Development**

IGNITE Youth Development (3rd-5th grade) is offered as a 10-week series of classes. It is structured for beginners and returning players as the building blocks of volleyball skills! These classes are designed to develop youth skills in the sport of volleyball through instruction in hand-eye coordination, volleyball specific movements, and basic skills of the sport (passing, setting, hitting & serving). We will teach motor learning and skills development using fun activities! Our IGNITE program finishes the 10 weeks with our VOLT Day of fun, showcasing the skills learned through scrimmages. We encourage players to go through IGNITE for at least two sessions before trying out for a VOLT team, prior to the 6th grade.

### **Skills Clinics**

We offer various skills clinics throughout the year. This is a great option for those who are participating on a 10U-12U club team and would like additional time in the gym. Also for players who are not ready to commit to a full season of play but are ready for a higher level of skills training.

### **Summer Camps**

We offer summer camps for athletes of all ages and skill levels—from our youngest players in Pre-K to high school seniors (18U). Camps are available by age group as well as by skill level. Age-based camps include a range of abilities within that group, while skill-based camps may span multiple ages but require certain experience levels to ensure consistent competition and training. Our camp options include general skills training as well as position-specific development, all designed to provide a fast-paced environment with plenty of reps. Camps are open to all athletes, not just those currently with VOLT.

## **GIRLS MIDDLE SCHOOL ATHLETES (GRADES 6-8)**

### **Fall League**

The Fall league allows athletes to receive quality training that is consistent with the techniques and skills that we train throughout our club. Fall league is an opportunity for athletes to hone their skills in preparation for upcoming tryouts! The first week is an overview of all skills, then the following weeks will focus on one skill, ending with competitive play. Each week there will be new teams assigned, we hope to have 8-10 players per team. Fall league takes place on Sunday's, designed to not interfere with your school volleyball! There are no tryouts for this program— simply register to participate!



### 11U Club Season

We do not guarantee an 11U team. However, if we do create an 11U team, we do not guarantee all age applicable players will be selected. If your athlete is not selected for an 11U team, the VOLT IGNITE program is recommended to continue building skills, gaining experience, and preparing for future team opportunities.

### 12U, 13U, 14U Club Season

Our 12U, 13U, 14U teams are a bridge between our Youth Teams and our High School Prep/College Prep teams. These teams practice for two, 1.5-2 hour sessions per week. These teams are coached by 1-2 certified VOLT Coaches. We believe it is important to teach our core skills in a consistent manner as well as incorporate competitive play into every training session. Group training is designed to be a fast-paced environment with a high number of repetitions in order for athletes and coaches to make the most of every training session.

At the 12U, 13U, and 14U level there are different levels of teams:

\*Amount of teams is based on amount of participants and caliber of players

**LOCAL:** Also called Spring teams with a season running February-May. They participate only in local events (Fargo/Moorhead area) with the potential for short distance travel tournaments within 2 hours. Each age division has the potential for up to 5 teams; Power, Charge, Force, Electric, Surge; with Power being the top and after that teams vary by caliber.

### **TRAVEL:**

**Each age has potential for up to 5 teams;**

**12-1, 12-2, 12-Black, 12-Pink, 12-White**

**13-1 and 13-2, 13-Black, 13-Pink, 13-White**

**14-1, 14-2, 14-Black, 14-Pink, 14-White**

Have the option of winter only (Dec-Feb), spring only (March-May) or full seasons (Dec-May). The 1's and 2's have potential to travel to Minneapolis, Omaha, Sioux Falls, Chicago, Denver, and Kansas City - location of tournament will depend on Club Schedule. The winter teams participate in 4 tournaments. During the spring teams participate in 6 tournaments. Black, Pink and White will participate in 4 spring travel tournaments and two local tournaments providing a balance of both regional and area competition. All teams practice 2 nights per week for 1.5-2 hours, with additional positional practices throughout the season. These teams are coached by 1-2 certified VOLT Coach/es.

*1's teams will be required to compete in AAU Nationals or USAV Nationals-pending qualification  
2's will be encouraged to compete in either AAU Nationals or USAV Nationals-pending qualification.*

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We offer summer camps for athletes of all ages and skill levels—from our youngest players in Pre-K to high school seniors (18U). Camps are available by age group as well as by skill level.



Age-based camps include a range of abilities within that group, while skill-based span multiple ages but require certain experience levels to ensure consistent competition and training. Our camp options include general skills training as well as position-specific development, all designed to provide a fast-paced environment with plenty of reps. Camps are open to all athletes, not just those currently with VOLT.

### **Small Group Training and 1:1 Training**

VOLT offers both small group training and 1:1 training for all ages year-round. If you are looking for more focused, personalized training this is a great option to sharpen your tools and expand your game.

## **GIRLS HIGH SCHOOL ATHLETES (GRADES 9-12)**

### **College Prospect (15-18U)**

Our COLLEGE PROSPECT Team(s) at the 15-18U level will be created for the athlete seeking next-level visibility, collegiate exposure, recruiting support, and high-profile tournaments. We are committed to attending high profile and qualifying tournaments such as Northern Lights Qualifier (Minneapolis), Asics Presidents Day Classic (Omaha), AAU Grand Prix (Sioux Falls), Asics Show-Me Qualifier (Kansas City), and AAU Super Regional (Sioux Falls). Teams may also fill single day local tournaments to prepare if needed. Teams will be focused on qualifying for the USA Volleyball Junior National Championships or AAU Junior Girls Championships (if teams qualify for Nationals their season will proceed into June). All teams practice 2 nights per week for 1.5-2 hours, with potential for positional practices to be assigned on separate dates or before/after practice. These teams are coached by 1-2 certified VOLT Coach/es.

### **Recruiting: What to Expect**

- If your goal is to get your athlete to the next level, we will support that.
- VOLT participants on our College Prospect teams will receive recruiting assistance throughout the season
- VOLT utilizes Hudl - a game recording software. Hudl is a tool to give your athletes every opportunity to be seen and get recruited. Our Recruiting Director will be meeting with teams throughout the season to view film. Our 1s and 2s teams will utilize HUDL.

### **TRAVEL:**

15-1, 15-2 / 15-Black, 15-Pink

16-1, 16-2 / 16-Black, 16-Pink

17-1, 17-2 / 17-Black

18-1, 18-Black

\*Teams are tentative pending caliber and participants.

*1's teams will be required to compete in AAU Nationals or USAV Nationals-pending qualification*

*2's will be encouraged to compete in either AAU Nationals or USAV Nationals-pending qualification.*



### **15U, 16U, 17U and 18U Club Season**

Our 15U, 16U, 17U and 18U Club teams are focused on developing players to compete at a high level for their high school teams as well as prepare them to be successful beyond high school and onto the collegiate level. These teams practice two nights per week, practices will vary from 1.5-2 hours. Practices consist of individual team time, and or shared court time.

**LOCAL:** Power, Charge, Force, Electric, Surge; with Power being the top and after that teams vary by caliber.

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