



# CAPITAL VOLLEYBALL ACADEMY

## FAQs

*Q: Why play club volleyball?*

A: The benefits of club volleyball are endless. For all athletes who are serious about improving their volleyball skills and for high school players seeking to continue their volleyball career at the collegiate level, club volleyball provides the needed opportunities for skill development training essential during the off-season. Players benefit from numerous practice hours with high level coaches, as well as match experience during tournaments. Tournaments also allow players to compete in front of college coaches, which assist in the recruiting process. But most of all, club volleyball players come away from each season with great memories, life lessons and lifelong friends.

*Q: Why should I play for Capital Volleyball Academy (CVA)?*

A: There are five key factors to a successful junior club volleyball organization. Those factors are 1) the quality of coaching, 2) the level of tournament competition, 3) the quality of training facility utilized, 4) the club's infrastructure and 5) the customer service the club provides. Driven by these key factors, our staff continually strives to improve the junior club experience.

Quality of Coaching – CVA has the top Junior volleyball coaching staff in the Madison area. Our staff consists of many current and former High School coaches from many of the top programs in the Big 8, Badger, and Capitol Conferences as well as current and former collegiate coaches and former collegiate athletes. They support our mission of providing the absolute best training available in order to help our athletes reach their goals. All of our



coaches are IMPACT certified and are mentored by Mark Rushton and Cathy Noth. All of our coaches are evaluated during the course of the season and benefit from participating in our in-house coaching clinics. An essential part of our success is the professional development and ongoing development of quality coaches. CVA coaches are students and teachers of the game and maintain strong discipline in the practice and match environment...and always in a positive manner.

Level of Tournament Competition – Our National Program teams at each age group will all be competing in the same tournaments, regardless of which team you are on. The goal is to achieve maximum collegiate coach exposure, and provide the most competitive tournament schedule possible. If your goal is to play collegiately, there is no substitute. Our Regional Program teams will find appropriate competition level within Wisconsin, reducing travel and time commitment, while still providing the challenging experience needed for team growth.

Quality of Training Facilities – Capital has exclusive volleyball use of both of the premier practice facilities in the Madison area (SEA-Stoughton and Verona Athletic Center). These facilities both utilize floating wood suspension flooring and oversized spacing between courts, maximizing training space, and reducing stress on athletes' bodies and reducing the chances of stress injuries over the course of the season.

Club Infrastructure & Customer Service - With consistent leadership and proven success, CVA has the most experienced and knowledgeable leadership staff in the area. Our leadership team brings over 125 years of combined service to the volleyball community. Mark Rushton, Cathy Noth, Franco Marcos, Meg Peterman and Quinn Lukens provide assistance to families for all things ranging from recruiting assistance, travel arrangements, tournament scheduling, tournament hosting, private lessons, camps and clinics, specialty position training, coach mentoring, and administrative support.



***Q: When and where are the tryouts for CVA?***

A: Tryouts will be held at the SEA-Stoughton (2300 Hwy 51-138 in Stoughton, WI 53589) and at the SEA-Verona (411 Prairie Heights Dr. in Verona, WI 53593). Dates and time can be found at [www.cvamadison.net](http://www.cvamadison.net)

***Q: I cannot make a tryout date. What should I do?***

A: If you know you cannot make a tryout date, please contact Mark Rushton (Club Director) at [mark.rushton@cvamadison](mailto:mark.rushton@cvamadison). Please note that after our final try-out date in November, there are limited opportunities to make a team.

***Q: Why National Program Offers instead of individual team offers (Navy, Red, etc.)?***

A: If your goal is to play collegiately, then our National Program is the only program in the Madison area that provides the training, competition and collegiate coach exposure to help you reach your goal. We find that players who enjoy competing and who find value in their development THRIVE in the CVA training environment, regardless of which team they are on. Our hope is that players understand and enjoy the feeling of being in a gym where all players are utilizing the same drills, are working with all coaches and are receiving the same attention and instruction. These are things that Capital Volleyball Academy prides itself on providing.

CVA has proven year after year that our ability to train every player with the same care and attention to their individual needs while following the same teaching progressions that create an early consistent skill base, allows athletes to reach a much higher ceiling than they would achieve on any “#1” team, anywhere else. We commit to providing the absolute best training to all of our athletes to help them reach their maximum potential. We value the growth and development of each player as both a person and athlete.



***Q: How and when will the teams be determined?***

Over the course of the first 2 weeks of the season, players will be able to continue competing and demonstrating many of the intangibles that are difficult to assess during a short tryout time-frame. This system also eliminates the problem of “having a bad tryout”, as athletes will have an extended period of time to get past the nerves, and let their best abilities shine through. Coaches will be able to work with the athletes in the practice environment to assess how competitive, coachable and driven the players are. The team that each individual athlete is ultimately on can be influenced by a variety of factors including, but not limited to: depth at each position, positional versatility, and individual performance and intangibles. However, our focus will always be to put each player in the situation that best fits that player.

***Q: Will playing club volleyball guarantee me a college scholarship?***

A: Playing club volleyball will NOT guarantee you a college scholarship. However, we are pleased to be able to say that every Capital Volleyball Academy player who had the desire to continue playing collegiately has been able to have that opportunity. For 2019-20, Quinn Lukens will be our Recruiting Coordinator, and he will work directly with athletes and their families to assist with their college recruiting utilizing our partnership with the SportsRecruits platform. Mark will assist Quinn and our athletes with their recruiting needs. Over the years, Mark and Quinn have coached over 100 athletes who have gone on to play volleyball collegiately.

***Q: At what age can athletes start playing for CVA?***

A: We currently offer teams for high school seniors through typically 5<sup>th</sup> grade. We continue to work very hard to introduce the sport of volleyball to younger athletes in the Madison area.



***Q: What tournaments do CVA teams play in?***

A: In an effort to cut down on travel costs, CVA teams will play a mixture of AAU, JVA and USA Volleyball events in 2019 - 2020. We strive to keep the vast majority of our travel between Minneapolis and Chicago and offer the most competitive tournament schedule of any club in the Madison area. National teams will also travel to tournaments throughout the Midwest (within driving distance) that offer a great deal of recruiting exposure and competition. All National Program teams will compete in the end of the season AAU National Championships in Orlando. As the schedules are finalized at the beginning of the season, those schedules will be available online at [www.cvamadison.net](http://www.cvamadison.net)

***Q: What is CVA's philosophy on playing time?***

A: At CVA, on our National Program teams, we believe playing time is earned, not given. Capital's dues guarantee our athletes quality coaching, practice time, physical training and the very best skill training in the Madison Area. An athlete's playing time is based on several criteria: being coachable, being a good teammate, practice performance, match performance, injury/sickness, skill progression and practice attendance.

CVA's Regional Program teams playing time will follow a 30% rule. All players on the team will receive playing time in a minimum of 30% of pool play games played during a tournament as long as they meet the same set criteria listed above for the National Program teams.



*Q: Can my daughter play school sports, such as basketball, soccer, track or softball, and still play on a CVA team?*

A: Yes, all athletes can participate in school athletics or other activities while playing for CVA. The athlete will not be penalized for missing practice; however, playing time is partly determined by practice performance. Club volleyball is a major commitment for all of the athletes, and we expect our athletes to treat it as such. We ask that if there are scheduling conflicts, the athletes communicate early with their coach to make sure the coaches can effectively plan practices and competitions with full information about those conflicts. We also expect athletes to attend as much of their CVA practices as possible, when practice conflicts occur (arriving late, leaving early, etc.) so that they can stay up to speed with team system development and training, as well as individual skill development progression. CVA encourages multi-sport athletes and is extremely proud to have many athletes who excel at sports in addition to volleyball within our program.

*Q: Do you know who will be coaching which team?*

A: We wait to finalize our coaching staff until tryouts are completed and we have time to analyze our potential teams. We pride ourselves on being able to select the "right" coach for each team based on that team's make-up and personality. Because many of our coaches also coach for high school volleyball programs in the area, we need to wait and see which athletes are on each team. WIAA rules state that high school coaches cannot coach their school players during the off-season.



**Q: I don't know what age group my son or daughter should tryout for. How is that determined?**

**A: The following chart will help you determine which age group to try out for:**

- 18 and Under (typically 12th graders) Players who were born on or after September 1, 2001
- 17 and Under (typically 11th graders) Players who were born on or after September 1, 2002
- 16 and Under (typically 10th graders) Players who were born on or after September 1, 2003
- 15 and Under (typically 9th graders) Players who were born on or after September 1, 2004
- 14 and Under (typically 8th graders) Players who were born on or after September 1, 2005
- 13 and Under (typically 7<sup>th</sup> graders) Players who were born on or after September 1, 2006
- 12 and Under (typically 6<sup>th</sup> graders) Players who were born on or after September 1, 2007
- 11 and Under (typically 5<sup>th</sup> graders) Players who were born on or after September 1, 2008



**USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION**  
For use during the 2019-2020 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under <sup>1</sup>	18 & Under	17 & Under	16 & Under	15 & Under <sup>2</sup>	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Oct	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Nov	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Dec	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Jan	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Feb	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Mar	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Apr	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
May	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
June	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
July	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Aug	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012

<sup>1</sup> Players who were born on or after September 1, 2001 OR players who were born on or after September 1, 2000 and a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year.

<sup>2</sup> **Male Only** - Players who were born on or after September 1, 2005 OR players who were born on or after September 1, 2004 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year are eligible to play in the 14 & Under division. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002.

The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during the USAV 2016 Annual Meetings and research justified the continuation of the cut-off date of September 1.



***Q: How many teams will CVA have at each age level?***

A: CVA will have 2 National Program teams at each age level (13U-18U) and 1 or 2 Regional Program teams per age level (13U-16U)

***Q: How many players do you place on a team?***

A: We will have 10-11 players per team. Having this number of players allows us to give all of each player a fair amount of playing time. This also allows our coaches flexibility in case a player, for whatever reason, is unable to attend a tournament.

***Q: Is there a fee for the tryout? What do I need to bring?***

A: Each athlete must register online @ [www.cvamadison.net](http://www.cvamadison.net) and pay a \$45 tryout fee. Once you have registered online, you must print the Tryout Waiver and Release Form and it must be signed by a parent/guardian. This must be handed in at registration or you will not be able to participate at tryouts until complete. You also need to be a 2020 member of Badger Region Volleyball which you register through web point on the Badger Region website. After registering with the Badger Region web point, you must print the Concussion Release Form and it must be signed by a parent/guardian and handed in at tryouts. Our \$45 tryout fee is a separate cost from the registration cost you are charged for membership with the region. Athletes should bring athletic shoes, athletic clothing (spandex and knee pads recommended), and a water bottle to tryouts.

***Q: Do I need to register online for the tryout? If so, how do I do so?***

A: Yes, online registration is required for both the Badger Region (WebPoint) and at CVA ([www.cvamadison.net](http://www.cvamadison.net)). To register for Badger Region, please visit registration page <http://badgervolleyball.org/register-with-badger-region-usav/> and click on either new or returning member. Select 'Tryout Membership'



***Q: When will I know if I made a team?***

A: All players are required to attend the tryout for their age group. Players will be notified at the end of the tryout if they will receive an offer to join a CVA team. If you do not receive an offer, you may be asked to come back to the next tryout for that age division to continue your tryout process.

***Q: I was selected and offered onto a team, what is my next step?***

A: Immediately following the final try out, players selected to a Capital Volleyball Academy team will receive a welcome letter with further instructions.

***Q: Where will my child practice?***

A: CVA is the only club utilizing the top two facilities in the Madison area. Practices will be held at the SEA-Stoughton and the SEA-Verona. The SEA-Stoughton is located at 2300 Hwy 51-138 in Stoughton, WI 53589. The SEA-Verona is located at 411 Prairie Heights Drive in Verona, WI 53593. Exact locations, times, and dates will be posted online at [www.cvamadison.net](http://www.cvamadison.net).

***Q: How much are CVA dues?***

A: Unfortunately, club volleyball carries with it costs for court rental, coaches' stipends and travel expenses, tournament entry fees, and equipment. At CVA, we do everything we can to keep your club dues as low as possible while still providing the absolute best training in the Madison area. Information regarding 2019-20 dues will be discussed at the Open House informational meetings on September 29th and November 10th (see Open House information on our website [www.cvamadison.net](http://www.cvamadison.net)). Dues are paid either in-full or in installments over the course of 3 or 4 payments. Payment plans are available. If you have further questions, feel free to contact us by e-mail at [mark.rushton@cvamadison.net](mailto:mark.rushton@cvamadison.net).

