

Looking to get started in Juniors Volleyball?

If you find volleyball interesting and are thinking about playing, there are several avenues of opportunity to learn the game and develop skills. In general, the recommendation is to start playing as soon as possible. The more you touch the ball, the better you will become.

Recreation Programs

There are many recreation programs at the local level. Most Parks and Recreation Departments sponsor leagues the year around. Others are sponsored by CYO, YWCA, or YMCA organizations. While some are instructional in nature, most are oriented around leagues that spend most of their time playing. While starting in an instructional setting is the best place to start, just going out and playing will benefit you.

High School Teams

Others start playing volleyball their freshman year for their school. While the school programs are generally instructional in nature, the season is short and the teams are often large. Most teams have a competitive selection process.

USAV Volleyball

The Chesapeake Region of the national USAV organization provides support to clubs, officials, and tournament play in the Delaware, Maryland, Northern Virginia, the District of Columbia and the panhandle of West Virginia. USAV has players competing in local and national tournaments in the USAV categories for Junior, Adult, and Masters for both genders.

At the Juniors level, we have over 100 clubs with boys' and girls' teams for ages 10 & under to 18 & under. The CHRVA Junior web page, found at www.chrvajuniors.org, contains a variety of information useful to beginning players including the locations of volleyball clubs.

USA Volleyball is a select program that requires travel to tournaments to play other teams. The practices, coaching, and play are at a higher level of competition than recreational leagues. The amount of commitment, practices, and tournaments entered vary from team to team and club to club. Teams range from developmental to very experienced hoping to go to the National Championships.

In the Chesapeake Region, indoor teams are formed and run by the clubs. Each club has a different style with different numbers of teams, practice schedules, cost, tournaments and other items. They also provide the support activities necessary for running a quality sports organization. The Juniors Web Page contains more information and listing of most of the clubs in the Region.

Most clubs run an information session for parents and players in the fall. It is a good opportunity to hear their philosophy and expectations for the next season. If you have the opportunity, attend the information session from more than one club. You should contact each club in your area and find out their plans.

Most indoor clubs have a selection process. They range from pro forma skills clinics designed to introduce new players to the club to serious try outs depending on the number of players they are looking for. Region rules require that the selection process start during an Open Tryout Period designated in the Juniors Recruiting Policy. This document can be found on the Juniors page of the CHRVA website.

Outdoor clinics and tournaments are run spring through fall on both grass and sand by CHRVA partners. You do not need to belong to a specific club to participate but you must be a member of USAV. Membership options can be found on the website.

OTHER OPTIONS

Most opportunities to learn volleyball require joining a league or program. There are few camps during the school year. The school year is occupied by school programs, local leagues and USAV travel teams. There are few introductory clinics for beginning players.

There a large number of Volleyball camps held each summer. Some are challenging and oriented toward experienced players. If this is your first time playing volleyball, make sure the camp has a section for the novice. Advertising will start in early spring. Most will have information on the web and are held at high schools, colleges or volleyball facilities.

It is also possible to start a single team club. If you are interested in that option, look on the CHRVA Juniors web site for additional information. The Junior's leadership is available for discussions.