



ERAA Volleyball

Frequently Asked Questions (FAQs)

My child is new to volleyball. Where should we begin?

If your child is grades 3-6 and is new to volleyball, the ERAA Fall “recreational” volleyball program is a good place for an introduction to the game of volleyball & basic volleyball skills.

Does my child need prior experience to play for ERAAVB?

Prior experience is NOT required to participate with ERAA, but may impact the team to which your child is assigned [this team assignment differs between Fall season & JO season].

Are there age restrictions to play for ERAA VB?

ERAA VB offers Fall programming for grades 3-8, and JO program for 11U through 14U.

What equipment does my child need to participate in ERAA volleyball?

Fall volleyball: you must provide your own court shoes, kneepads, and Spandex shorts. ERAA VB shirt will be provided based on your team.

JO Volleyball: You must provide own court shoes, knee pads, shorts and sleeves if needed. JO Season uniforms will include a short sleeve jersey and hoodie.

Team volleyballs are provided by ERAA to each team’s coach based on age level. These volleyballs are not allocated to a specific player, they are for full team use during a season. Coaches must return all to ERAA at the end of the season.

Age	Volleyball Size
Ages <8	Oversized & Lightweight (a.k.a. “1 st Touch”)
Ages 8-12	Official Size & Lightweight (a.k.a. “VolleyLites”)
Ages 13+	Official Size & Official Weight

How does ERAAVB compare with other volleyball programs?

ERAAVB is a community-based volleyball program. We are committed to providing quality volleyball instruction to our local community. We aim to be competitive at various levels.

ERAAVB is not a “Club” team (like Kokoro, Northern Lights, M1, or MN Select) which have more rigorous schedule commitments, and frequently do not accommodate multi-sport athletes.



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What's the difference between ERAA Fall "Recreational" and "Competitive" Volleyball?

- Fall “recreational” volleyball means your athlete will compete in a local league that includes teams from nearby Athletic Associations (typically ERAA, WAA, CGAA) and will play at a school facility in the area as well. Rec volleyball tends to include athletes with limited to no volleyball experience.
- Fall “competitive” volleyball means your athlete will compete in a higher-level skill league that is either 1) Northstar League administered by Kokoro VB, or 2) Northern Lights Fall League. Those leagues may play at facilities across the metro (could be No. St. Paul, Burnsville, Bloomington, Maple Grove, etc.).
- **What's the difference between Fall volleyball and Junior Olympic (JO) volleyball?**
 - Fall volleyball occurs late Aug through Oct. This session is more casual than JO season. Practices are typically 1x/week and matches 1x/week. Athletes have limited to no volleyball experience.
 - JO Volleyball occurs late Nov through April. This session is more competitive than Fall season. Practices are typically 2x/week with matches every 3-4 weeks (typically multiple matches per match day), may also include additional tournaments at coach/team discretion. Athletes have more volleyball experience and have played for several years.

My child's age level has tryouts. What is the tryout process? What skills/elements are considered during player evaluations/tryouts?

- Quantitative evaluations are done, by independent evaluators, for a variety of skills: serving from behind baseline, passing, serve receive, setting, & attacking. Qualitative input that may be considered in addition to tryout scores: on-court movement, body mechanics and footwork, game IQ, prior year coach's evaluations, team positional needs, and Board & Evaluators' knowledge of players skill, coachability, and attitude.

What is the process for team placement?

- Fall season “recreational” teams are balanced across age groups
- Fall “competitive” teams are determined by evaluations/tryouts. See specifics as detailed in ‘Tryout process’ above.
- JO season 10/11U: teams are determined by evaluations/tryouts. See specifics as detailed in ‘Tryout process’ above. We do our best to place all players on a team but may need to make cuts due to team size. Invitations to “play up” in age group are determined by tryout performance and at the discretion of the ERAA VB Board, Evaluators, and Coaches.
- JO season 12U and up: teams are determined by evaluations/tryouts. See specifics as detailed in ‘Tryout process’ above. We do our best to place all players on a team but may need to make cuts due to team size. Invitations to “play up” in age group are determined by tryout performance and at the discretion of the ERAA VB Board, Evaluators, and Coaches.

How will we be notified of team placement?

- You will be notified via email from a designated member of the ERAA VB Board of your team assignment and coach. If team placement is pending tryout results, we make every effort to communicate within 1 week of tryouts completion.



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Are there refunds?

- Fall Season: Cancellations made in writing to the Volleyball Director prior to player placement on a team will be refunded their registration costs, minus a \$25 fee. No refunds will be provided once players are placed on teams.
- JO Season:
 - Cancellations made in writing to the Volleyball Director prior to player placement on a team will be refunded their registration costs, minus a \$50 fee.
 - Once tryout results have been posted, you must **ACTIVELY DECLINE** a roster spot with the 24 hours if you elect not to participate with ERAAVB for the JO season – this is the only format for obtaining a registration refund following tryouts. If you are placed on an ERAA JO team and decline your ERAA roster assignment within 24-hours of ERAA notification (this is automated 24-hour clock), you will be refunded your registration cost, minus a fee of \$25.
 - After the 24-hour decline window, no cost/fees will be refunded by ERAAVB.

After tryouts, where do we find team rosters with coaches and practice schedules for all the teams?

ERAA VB does not publicly post all rostering, coaches, or practice schedules for the privacy of participants. Once your athlete is placed on a team, you will receive your specific team's roster, coach(es), and pertinent practice/match schedule details via email.

What if we don't agree with/like the team our child is placed on?

We understand that tryouts are an evaluation of an athlete's performance in a small window of time. We also know that there are things every player can benefit from being on any team. There are skills to be learned from being the least experienced on a team (personal skill development, watching the more advanced players, playing at a more advance level & being challenged, etc.), and there are skills to be learned by being the best player on a team, being a strong leader and good example, helping build your team's skill & confidence, being an example for others, etc.). All these skills matter when the time comes for advanced play.

Note: ERAAVB will not disclose rosters/coaches of other teams or discuss tryout ratings of other players. If you have questions about your player specifically, please reach out to us. We encourage the growth and development of any player who desires to improve.

Who are the coaches?

Fall "recreational" and "competitive" volleyball:

ERAAVB is a community association that has experienced tremendous growth of our program in the past few years. For "recreational," we rely on volunteers (e.g., parents, guardians, aunts/uncles, teachers, etc.) and appreciate those who volunteer so we can run our program to its fullest potential. For "competitive," we have paid, experienced coaches who must all pass a background check and receive basic training.

JO Volleyball

- 10/11U: We have paid coaches..
- 12U and up: Tryouts determine placement on teams for these levels. ERAAVB provides paid, experienced coaching staff for all teams at this level, with guidance from the ERAA Coaching Coordinator.



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Can I request a friend? Carpool buddy?

ERAA VB does not honor buddy or carpool requests due to the current complexity of forming balanced teams by skill, age, schools, etc. For parent coach volunteers, at the discretion of ERAAVB you may be offered ONE buddy request.

How can I (as a parent/guardian) get involved with ERAAVB?

Join ERAAVB as a Coach. We depend on volunteers in our community to coach our Fall volleyball program and the lower levels of our JO program. While it's helpful to have a bit of volleyball knowledge, ERAAVB can provide guidance on practice plans, drills, and mini-games for your team practices. If you have competitive volleyball knowledge (e.g., you've played or coached at an advanced level), please contact us if you'd like to be considered for a paid coaching position. For more info about coaching, please see "Who are the Coaches?" noted above.

Join the ERAAVB Board. We welcome any volunteer application for the VB Board if you are looking to get involved and help build out the volleyball program. With growing participation numbers, we know the ERAAVB program & its processes are still a work-in-progress. We aim to provide as much transparency as possible, as we continue to build and grow a strong volleyball program for our East Ridge community.