



FAQs

What happens when my daughter makes a team?

Each coach will have a meeting with the athletes and parents immediately following the tryout time. At this time the coach and/or a member of the administrative team will discuss "what comes next." There will be paperwork handed out to all families that explains the process for accepting the position on the team, as well as how and when to complete the commitment paperwork. If your daughter is offered a position on a team, please be sure and speak with the coach prior to leaving the building to ensure that you have all of the necessary paperwork and information.

What happens if my daughter is not selected for a team at the tryouts?

It is never easy to be a part of the tryout process. Unfortunately, there will be times when athletes are not selected for a team. The good news is, we have many program options to give athletes additional opportunities to find a SynergyForce team.

We deliberately staggered the three levels' tryout times to allow girls multiple opportunities to make a team. There is no cost to attend another tryout. If an athlete is not selected for a team and wants to continue to grow and play volleyball, we have coaches that work in small groups and offer private lessons, as well as youth academy and other clinics throughout the winter and spring. Additionally, similar to last year, we will be offering programming for athletes to participate in a local juniors league. Information about these program opportunities will be available prior to tryouts.

When do team practices start?

All teams will officially begin practice the first week in December. Your coach will email your practice schedule and start date after teams are formed.

What happens if we need to miss a tournament?

If you have to miss a tournament, please let your coach know ASAP. It is important for the coach to be able to plan accordingly if an athlete is missing. There are no refunds or adjusted club dues if an athlete misses a tournament.

I played last year, do I have to buy a new uniform?

Yes, all athletes, new or returning, MUST purchase a new uniform package. There will be uniform sizing available after tryouts, date and time TBA. Please be sure and try the sample sizes on even if you played for SynergyForce last season. There are NO refunds or exchanges once the uniform is ordered.

Turn over for more FAQs

Do I need to sign up or register my daughter for any memberships?

All athletes will be required to complete one or more memberships in order to participate in the tournaments and practice. These memberships are different for different teams. Please do NOT complete any memberships until SynergyForce provides exact instructions to do so. You will receive an email with more information shortly after signing night.

What are the payment plan options?

The club fees are all listed on the one sheets that are available at the front desk. The club fees may be paid in full or paid in monthly installments depending on the team. There will be a deposit due for all teams at signing night. Any questions should be directed to Madeleine Dowd, madeleine@synergyforcevbc.com.

Who determines where tournaments are played?

The tournaments are assigned to specific venues that are selected by the governing body of that tournament. For example, the WCVBA power league tournament venues are selected by the WCVBA board members. SynergyForce coaches and staff do not have control over the location or venues for any tournaments.

What is a stay-and-play tournament? Which teams does this affect?

Some tournaments have what is referred to as a stay-and-play policy. This means that if a team is traveling more than an average of 60 miles to a tournament, that team is required to reserve and utilize a set number of room nights, at hotels selected by the tournament, in order to be eligible to participate in the tournament. These policies are set in place by the tournament. SynergyForce has no control over any of the requirements set forth by the tournament for their stay-and-play policies.

Premier teams do NOT have any tournaments that require a stay-and-play tournament on their schedule. IF a premier team chooses to add Far Westerns as an additional tournament, that team will receive further instructions on how to make their hotel reservations. Power and National teams all have at least one tournament that requires a stay-and-play policy. Please refer to the travel document provided once the athlete is selected for a power or national team.

What is the difference between National, Power, and Premier? How do I know which tryout to attend?

Our **National Program** is our highest level of competition. National teams compete at the highest levels in national qualifiers. The national teams travel to national qualifiers and elite invitational tournaments with the goal of qualifying for Girls Junior National Championships and to provide our athletes with multiple recruiting opportunities. These teams generally practice 3 times per week for 2 ½ hours per practice. Playing time is not guaranteed to any athlete.

Our **Power Program** is a competitive program that provides athletes the opportunity to compete at a high level of competition with less extensive travel. The power teams also participate in national qualifiers in appropriately matched competition levels. These teams practice 2 times per week for 2 ½ hours per practice. While playing time is not guaranteed in every match, athletes are given fair playing time at every tournament.

Our **Premier Program** focuses on developing players skills and knowledge of the game. The premier teams compete against teams that are comparable to their team's skill level at most tournaments. The majority of tournaments are local, meaning the greater Sacramento area. These teams practice 2 times per week for 2 hours per practice. Playing time is important to development, so each athlete sees the court during each match, providing guaranteed playing time for all Premier athletes.

What is the difference between the clinics and Evals? What is the difference between Evals and Tryouts?

Clinics - Clinics are designed to allow the athletes to get a high volume of reps and prepare for tryouts. These clinics provide an opportunity for the athletes to fine-tune their skills and prepare for the fast-paced design of tryouts.

Evaluations - The last few clinics before tryouts are called evaluations. The majority of the coaches that will be coaching that age group attend their age specific evaluations. This gives the coaches ample opportunity to see the athletes in many different skills and drills. It also gives the athletes the opportunity to interact with their age-specific coaching staff.

Tryouts - This is when all of the athletes that wish to play on a team for the program are run through drills and game-like play for the duration of the tryout time. The coaches for those teams, as well as many of our elite coaches, evaluate all of the athletes. Through the duration of the tryout time, the teams are formed and athletes are offered spots on those teams. If your athlete is not selected for a team during this tryout time, there are other options available. They can try out for another program, for example, if your daughter is not selected for a power team, we encourage them to return for premier tryouts. We will also be offering other opportunities such as in-house tournaments and juniors programs. There is more information on these programs available at the front desk.

How many athletes make the team?

The average roster holds 12-13 athletes

How many teams at each level?

Depending on the program. By program, most age groups have 2-3 teams.

What do the colors mean?

The colors indicate the different teams within that age group and program. For example, the power program, from top to bottom, uses Gold, Black, and Silver. For premier, it is Red, White, Blue, etc.

Do I have to attend all three days of tryouts?

No, the tryouts are staggered depending upon age and program. You only need to attend the tryout day and time for the age and program that you wish to tryout.

How do I know what level my daughter should try out for?

It is important that an athlete tryout for the program that is the best fit for both the family and the athlete's skill level. Our goal is to have every athlete play on a team where they thrive. Not every athlete will make the team that they "want" to make, and that is ok. The important thing is that the athlete competes at their level, sees court time during tournaments, builds friendships, grows as an athlete and a teammate, and has FUN. If you are unsure where your athlete would succeed in all of these areas, please feel free to find a coach for that age group and ask for their direction. All of our coaches are happy to have this discussion and assist in guiding your athlete towards the appropriate program.