



# 2012 Pumas Volleyball

[www.andovervolleyball.org](http://www.andovervolleyball.org)



The Andover Pumas Girls' Junior Olympic Volleyball Club is holding tryouts for its 9<sup>th</sup> season; registration is now open on our website. Each team competes in at least five local tournaments in the New England area as part of the New England Regional Volleyball Association (NERVA). Practices are generally on Saturdays from January through early May. These teams are a great way to improve your volleyball skills and build friendships. Coaches have club, high school and/or college experience, and most are excellent players as well.

## Age Groups

12s - Birthdays on or after 9/1/99

14s - Birthdays on or after 9/1/97

15s - Birthdays on or after 9/1/96

16s - Birthdays on or after 9/1/95

17s - Birthdays on or after 9/1/94 (some may be merged with 18s)

18s - Birthdays on or after 9/1/93 or still in High School

Note: See our website for rules on playing up. Girls are not allowed to play down in age.

**Divisions** - There are two divisions girls may try out for: Power and Club. See the website for recommendations.

**Power:** These are the elite Pumas teams, and will play against other club's elite teams. The Power division has 14U, 16U, and 18U age groups. Girls who try out for Power must be able to commit to two practices per week: one on Saturday for 2 ½ hours, one evening during the week (usually Tuesday) for 2 hours, and will travel to at least two additional tournaments, including one that may be out of New England (eg., New York, Baltimore, and Reno are possibilities). Conflicts with High School sports or vacations must be discussed with the appropriate coach during tryouts. Girls who do not make the Power division are encouraged to try out for the Club division.

Power teams will be entered (space permitting) into the NERVA Open division qualifier tournament in February. If they do well, they begin the season in the NERVA Open division, where tournaments have adult refs and are held at higher quality gyms. Otherwise they would compete in the Club division, but could play their way up to Open during the season, and would still practice twice a week and be a Pumas Power team.

**Club:** This is the general, larger division, with all age groups. About 80% of girls play in this division. These teams practice once per week on Saturday mornings or afternoons for 2 ½ hours, at either UMass Lowell, Lowell Catholic, GLTS in Andover, or other local gym. Teams are formed by age and skill level demonstrated at tryouts.

## **The Season**

The Pumas season runs from Nov/Dec tryouts through May 6, 2012. Both divisions will have five Sunday tournaments in the New England area: **Mar 11 & 25, Apr 15 & 29, May 6**. The power teams will have a qualifier (**weekend of Feb 4/5 (16U) or 11/12 (18U)**) and at least one additional tournament (**Jan 14-16** or other). Parents provide transportation to practices and tournaments. Most club tournaments are within an hour's drive, but some may be up to 2 hours away. Players should try to plan their vacations around practices and tournaments if possible.

## **Conditioning:**

Pumas has an agreement with CATZ (Competitive Athlete Training Zone) in Wilmington MA to provide highly discounted athletic training/injury prevention to our players. Club players can purchase training at discounted club prices. Our 14s Power teams receive one free team conditioning session per week for 17 weeks, scheduled by each team independently. Players on other power teams may buy this benefit individually for just \$130 for the season. See the CATZ website at <http://www.catzsports.com/locations/home/6>

## **Tryouts**

Girls must try out for the youngest age division that they qualify for. In Power, if a girl wants to play up, she may also try out for the older division for an additional \$30 tryout fee. For example, a 15U player wanting to play 18 Power must try out for both 16 Power and 18 Power, and if she doesn't make the Power division she should try out for 15U Club. If she makes the Club division, she will be put on a team with girls of similar strength. Our club divisions have AA, A, B, and C levels. See our website for a guide to skill and experience levels for each division.

Any girl cut from Power is invited and required at the Club division tryouts at no additional fee.

Players are strongly encouraged to attend all appropriate tryout sessions, but must attend at least one. The tryouts are competitive, especially at the older divisions, and some cuts may be made, even after the first tryout. Teams will be formed with approximately 10 girls per team.

**Tryout Schedule**

Law = Lawrence Boys and Girls Club: 136 Water St, Lawrence MA

UML = UMass Lowell Campus Recreation Center: 100 Pawtucket St, Lowell MA

Each session lasts 2 ½ hours, except the 12s will be 1 ½ hours on the second day.

POWER TRYOUTS									
	Sunday 11/13			Sunday 11/20			Sunday 11/27		
Age Group	7:30	10:00	12:30	7:30	10:00	12:30	7:30	10:00	12:30
14U Power	Law				Law				Law
16U Power			Law	Law				Law	
17/18U Power		Law				Law	Law		

CLUB TRYOUTS								
	Saturday 12/3				Saturday 12/10			
Age Group	7:00	9:30	Noon	2:30	7:00	9:30	Noon	2:30
12U Club	UML							UML
14U Club	UML							UML
15U Club		UML					UML	
16U Club			UML			UML		
17/18U Club				UML	UML			

Please arrive 20-30 minutes early for your tryout. At your first tryout, you must bring the **tryout fee** along with a **medical form** (and **photo form** if you are new to the club), and must have registered with NERVA on-line. See our web site for forms and instructions. It’s essential to pre-register on our web site as soon as possible. There is no charge, it will save you time and \$30 at check-in, and it helps us know how many girls to expect.

**Fees**

The fee to try out for either Power or Club divisions is \$30 **if you pre-register on-line by November 6**, and \$60 afterwards. The girl **must bring two checks** to the first tryout date, written to “AVC”. Check 1: \$30 or \$60 non-refundable tryout fee. Check 2: \$100 deposit toward the season fee (listed below). The \$100 check will be refunded to girls who are cut or who drop out by notifying us by letter, email, or phone on or before November 27 (power) or December 10 (club). Uniforms get ordered after these dates, and no refunds will be given.

- **Power:** \$960, the balance of \$860 being payable by **November 30**. This includes 40 practice sessions (2 per week), 7-8 tournaments, uniforms and sweats, equipment, end of year party, and other in-season events. Power 14s include weekly CATZ; we’ve found enormous benefit for required athletic training at this age. Other power players may buy the weekly CATZ package for the season, at a huge discount.
- **Club:** \$480, the balance of \$380 being payable by **December 19**. This includes 18 practice weeks, five tournaments, uniforms, equipment, end-of-year party, and other in-season events.

Travel expenses are the responsibility of the individual players. A girl will not be put on a team unless the season fee is paid on time. A discount of \$100 each is given to 2<sup>nd</sup>, 3<sup>rd</sup>, etc. siblings. Make checks payable to “AVC”, and send to 10 Stouffer Circle, Andover MA 01810. Please see the web site FAQ for our refund policy.

**More Information**

For more info (such as directions, schedule, or FAQ), see our website at [www.andovervolleyball.org](http://www.andovervolleyball.org), or call or email Steve McRoy – [steve@andovervolleyball.org](mailto:steve@andovervolleyball.org) - 978-852-0744 (cell)