

# ROLLING THUNDER

## VOLLEYBALL CLUB

### TRYOUT SCHEDULE

#### PRACTICES IN LAKE ZURICH / PRACTICES IN ARLINGTON HEIGHTS AREA

These tryouts to be held at: Lake Zurich Middle School North • 95 Hubbard Lane • Hawthorn Woods, IL 60047

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 10/6	SUN. 10/13	SUN. 10/27	SUN. 11/3
All 11/12/13 & Under	2027-2025	8:30am-11:00am	8:30am-11:00am		
14 & Under National and Premier	2024	11:30am-2:30pm	11:30am-2:30pm		
14 & Under Regional	2024	11:30am-2:30pm	11:30am-2:30pm		
15 & Under National and Premier	2023			12:00pm-2:30pm	10:00am-12:30pm
15 & Under Regional	2023			12:00pm-2:30pm	10:00am-12:30pm
16 & Under National and Premier	2022			8:30am-11:30am	12:30pm-2:30pm
16 & Under Regional	2022			8:30am-11:30am	12:30pm-2:30pm
17 & Under National and Premier	2021			8:00am-9:00am*	8:00am-10:00am
17 & Under Regional	2021			8:00am-9:00am*	8:00am-10:00am
18 & Under National and Premier	2020			8:00am-9:00am*	8:00am-10:00am

\*This will be a Mandatory Check In and Meeting for all 17's and 18's.

#### PRACTICES IN ITASCA / ADDISON / SCHAUMBURG AREA

These tryouts to be held at: Itasca Park District • 350 East Irving Park Road • Itasca, IL 60143

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 10/6	SUN. 10/13	SUN. 10/27	SUN. 11/3
All 11/12/13 & Under	2027-2025	4:00pm-6:00pm	4:00pm-6:00pm		
14 & Under National and Premier	2024	4:00pm-6:00pm	4:00pm-6:00pm		
14 & Under Regional	2024	4:00pm-6:00pm	4:00pm-6:00pm		
15 & Under National and Premier	2023			1:00pm-4:00pm	1:00pm-4:00pm
15 & Under Regional	2023			1:00pm-4:00pm	1:00pm-4:00pm
16 & Under National and Premier	2022			1:00pm-4:00pm	1:00pm-4:00pm
16 & Under Regional	2022			1:00pm-4:00pm	1:00pm-4:00pm
17 & Under National and Premier	2021			8:00am-9:00am*	8:00am-10:00am*
17 & Under Regional	2021			8:00am-9:00am*	8:00am-10:00am*
18 & Under National and Premier	2020			8:00am-9:00am*	8:00am-10:00am*

\*These Meetings and Tryouts will be at Lake Zurich Middle School North.

#### PRACTICES IN ROUND LAKE / GRAYSLAKE AREA

These tryouts to be held at: Round Lake Area Sports Center • 2004 Municipal Way • Round Lake Beach, IL 60073

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 10/6	SUN. 10/13	SUN. 10/27	SUN. 11/3
All 11/12/13 & Under	2027-2025	10:30am-12:30pm	10:30am-12:30pm		
14 & Under National and Premier	2024	10:30am-12:30pm	10:30am-12:30pm		
14 & Under Regional	2024	10:30am-12:30pm	10:30am-12:30pm		
15 & Under National and Premier	2023			6:00pm-8:00pm	6:00pm-8:00pm
15 & Under Regional	2023			6:00pm-8:00pm	6:00pm-8:00pm
16 & Under National and Premier	2022			6:00pm-8:00pm	6:00pm-8:00pm
16 & Under Regional	2022			6:00pm-8:00pm	6:00pm-8:00pm
17 & Under National and Premier	2021			8:00am-9:00am*	8:00am-10:00am*
17 & Under Regional	2021			8:00am-9:00am*	8:00am-10:00am*
18 & Under National and Premier	2020			8:00am-9:00am*	8:00am-10:00am*

\*These Meetings and Tryouts will be at Lake Zurich Middle School North.

# ROLLING THUNDER

## VOLLEYBALL CLUB

### National Program:

This Program is for those athletes that want to compete at the highest level and train if they so choose to participate at the collegiate level. All National teams from U14-U18 will participate in a season ending National event. Teams will be entered into the most competitive tournaments that we believe will maximize their team development. Our three-phase conditioning unit works on tying in their volleyball training with overall fitness and it offers positional training to maximize athletes development.

### Premier Program:

This Program replicates our National Program with only local tournaments. The length of the season, number of practices, and training is the same as our National Program. The end of the season tournament would be local in nature. Teams will be entered into the most competitive tournaments that we believe will maximize their team development. This Program includes our three-phase conditioning unit tying in their volleyball training with overall fitness and it offers positional training to maximize athlete's development

### Regional Program:

This Program is designed for those athletes that play a Travel Spring Sport. This Program ends in April so it enables athletes to participate in their Travel Programs that generally get started in April. This Program meets these athlete's needs as far as scope and volleyball training and includes a limited conditioning unit. All tournaments are local and a short drive from their homes.

## 2019 - 2020 Girls Programs: National - Premier - Regional

Program / Age	Junior National U11-U13	Junior National U13-U18	Junior Premier U14-U18	Junior Regional U14-U18
<b>Training Locations</b>	•Arlington Hts/Buffalo Grove •Hawthorn Woods/Lake Zurich •Grayslake/Round Lake •Itasca/DuPage County	•Arlington Hts/Buffalo Grove •Hawthorn Woods/Lake Zurich •Grayslake/Round Lake •Itasca/DuPage County	•Arlington Hts/Buffalo Grove •Hawthorn Woods/Lake Zurich •Grayslake/Round Lake •Itasca/DuPage County	•Arlington Hts/Buffalo Grove •Hawthorn Woods/Lake Zurich •Grayslake/Round Lake •Itasca/DuPage County
Season Start - Finish	November - June	November - June	November - June	November - April
Training Days per Week	2-3	3	3	2
Training Hours per Week	5-8	8-10	8-10	4+
Tournaments Out of Town	0	0-3*	0	0
Tournaments per Month	2-3	2-3	2-3	2
Multi Sport Athletes**	Yes	Yes	Yes	Yes
Strength and Quickness	Limited	Yes	Yes	No
Access To Weight Training	No	Limited	Limited	No
Dedicated Positional Training	Limited	Yes	Yes	Limited
Roster Size	10-12	10-11	10-12	10-12

\*Total number of Tournaments Out of Town will be explained at our parent meetings during tryouts

\*\*Depending upon Position



## AGE DEFINITIONS

- 18 and Under Division:** Athletes born on or after September 1, 2001
- 17 and Under Division:** Athletes born on or after September 1, 2002
- 16 and Under Division:** Athletes born on or after September 1, 2003
- 15 and Under Division:** Athletes born on or after September 1, 2004
- 14 and Under Division:** Athletes born on or after September 1, 2005
- 13 and Under Division:** Athletes born on or after September 1, 2006
- 12 and Under Division:** Athletes born on or after September 1, 2007
- 11 and Under Division:** Athletes born on or after September 1, 2008



## REGISTRATION PROCEDURE

- STEP 1.** Complete the Great Lakes Region Registration:
- a. Go to [www.greatlakesvolleyball.org](http://www.greatlakesvolleyball.org) and complete the online process. Go to Renew Membership if your child has been part of Club volleyball in the past. Go to New Membership if you are registering for the first time. Select Tryout Membership.
  - b. Print Confirmation Page at the end of the registration process.
- STEP 2.** Complete the Rolling Thunder VBC Registration:
- a. Go to [www.rollingthundervbc.com](http://www.rollingthundervbc.com) and click on "Registration" on the main menu.
  - b. Bring the Printed Confirmation Page from Step 1 to the first tryout.
  - c. The Rolling Thunder Tryout Fee will be \$35.00 (non-refundable)

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call us at (847) 540-0487 • visit [rollingthundervbc.com](http://rollingthundervbc.com) • email us at [admin@rollingthundervbc.com](mailto:admin@rollingthundervbc.com)