

2010 Calendar

2009 Lakeshore Region Youth Team



National High Performance Tryouts

March 7, Lansing, MI

March 25, Indianapolis, IN

April 11, Vernon Hills, IL

*Additional tryout dates and Information
about the national can be found at:*

<http://usavolleyball.org/volleyball-disciplines>

Lakeshore Region High Performance Tryouts

Friday April 16, 2010 Kalamazoo MI

Location: Kalamazoo College

6:00 - 9:00 PM

Sunday May 2, 2010 Lansing, MI

Location : TBA

6:00 - 9:00 PM

2009 Lakeshore Region Select Team



For more information contact Dennis Cooper

(269) 683-8157 Cell (574) 298-0898

email: lakeshoreHP@comcast.net

**Check the Lakeshore Region Website
for locations and directions to
High Performance events.**

www.lakeshorevolleyball.org



High Performance Program



USA Volleyball
National Teams

OLYMPIC TEAM

USA National Team
USA National Training Team

USA JUNIOR NATIONAL TEAM

National Junior A2 Training Camp*
Regional Junior Teams

USA YOUTH NATIONAL TEAM

USA Youth National Developmental A1 Camp
Lakeshore Region Youth Camp/Team
Continental Youth Camp/Team
USA Youth National Developmental A2 Camps

USA NATIONAL SELECT CAMP

USA National Select A1 Camps
Lakeshore Region Select Camp/Team
Continental Select Camp/Team
USA Select Developmental A2 Camps

**Lakeshore Region High Performance
Sponsored By**



What is the High Performance Program?

The USA Volleyball High Performance program is a national program coordinated by USA Volleyball for the player identification and development pipeline leading up to the USA Women's National and Olympic teams. The program goals are to teach to developing players the techniques and systems of the USA women's national team. In addition, the High Performance Programs give each player throughout the country an opportunity to attend a tryout, be evaluated, identified and, if selected, be placed in the appropriate training program. The USAV High Performance Program has two levels, National and Regional, and three age groups; Junior Age Group born 1992 or 1993, Youth Age Group born in 1994 or 1995, and Select Age Group born in 1996 or later.

Should I try out for the National or Regional Programs?

Any player who wishes to be evaluated should try out. The evaluators at each tryout will determine if each player has the skills required. In addition, the process of participating in a tryout can be an excellent learning and growth experience. The Regional High Performance is part of the National Pipeline, and allows a player to compete and learn the US National systems style of play.

The evaluators at all of the tryouts will be looking for athletic ability, physical attributes, and volleyball skill. Players may attend more than one tryout, and do not need to attend a National tryout prior to attending the Lakeshore Region Tryout. The Lakeshore Region is conducting a High Performance Regional Program for the Youth Age Group (born in 1994 - 1995) and the Select Age Group (born in 1996 or later) this year.

If I am selected, what's next?

Players selected for a National program will attend training camps and competitions according to their age group. Details for each age group are available on the website at www.usavolleyball.org.

Players selected for the Regional High Performance Programs, will participate in a training camp in July with the opportunity to play on the Lakeshore Region High Performance Team.

The goals of the camp are:

1. Learn the techniques and systems of the US Women's National team.
2. Receive instruction and training from experienced coaches and practice with highly skilled teammates at the Lakeshore Region High Performance Training Camp in July.
3. Have the opportunity to be evaluated by college coaches.
4. Compete in an International competition at the 2010 USA High Performance Championships in July.

All participants will be expected to pay all of their own costs for the training camps and competitions. Participants may seek sponsorships or other financial aid. Since this program is part of the National Team pipeline, financial assistance is allowed. Details will be available by contacting Dennis Cooper, LRVA High Performance Committee Chairperson.

Will High Performance interfere with my club or school season?

The High Performance program, both at the National and Regional levels, is designed to not interfere with player's responsibilities to their club team. The Lakeshore Region program tryouts will be held Friday April 16th, and Sunday May 2nd. We will select 24 participants for each age group from the tryouts that will then participate in a multi-day camp July 12-15. From among the camp participants, a ten player team for each age group will be selected to participate in the 2010 USA High Performance Championships in Sevierville, TN. The USA High Performance Championships brings together Junior, Youth, and Select age group teams from USAV Regions together with US teams, and a few international teams for international competition, complete with all of the protocol and rules of International competition.

How do I get more information?

Contact Dennis Cooper, Lakeshore Region High Performance Chairperson, (269) 683-8157 or email lakeshoreHP@comcast.net.

About USA Volleyball

The United States Volleyball Association (USAV) is the National Governing Body (NGB) for the sport of volleyball in the United States and is recognized by the Federation International de Volleyball (FIVB) and the United States Olympic Committee (USOC). The vision of USAV is to be acknowledged as the world leader in the sport of Volleyball. For complete information about High Performance and all of the USA Volleyball programs, go to www.usavolleyball.org



About Lakeshore Region

Lakeshore Region Volleyball Associations (LKRVA) is member organization of USA Volleyball (USAV). The Region sanctions competitions, provides training for players, coaches and officials, and serves as a catalyst for USAV programs. For more information about the Lakeshore Region and activities, go to www.lakeshorevolleyball.org

