



2024-25 Girls Program Guide

Ballyhoo Mission Statement

Ballyhoo Volleyball Club strives to create competitive and fun opportunities that contribute to the growth of our athletes. Equally as important, we strive to be an added resource to develop young athletes into young men and women who make a positive impact on their family and community.

Core Values

- **Athlete Focused:** Ballyhoo is a players first program. Our goal is to develop athletes physically, morally, and mentally.
- **Coaches:** Ballyhoo coaches and staff will treat ALL athletes and families with respect and grace.
- **Innovation:** Ballyhoo will provide curriculum outside of competition to develop character, leadership, and a sense of responsibility.
- **Greater Good:** All Ballyhoo athletes will be tasked with not only bettering themselves and their sport, but also their community.
- **Fun:** We take pride in creating a fun, energetic environment where all players learn valuable skills as they become a part of something bigger

Levels of Play & Tentative Schedules

Ballyhoo fields teams at many different age groups and ability levels. The **AAU level** is for players that are looking for less of a time and financial commitment but still want the experience of playing club volleyball locally. This is more geared for our U12-U14 teams. This level is primarily developmental and skill/team development will be the primary goal for coaches and players. The **Regional level** is for players that are ready for a higher level of competition and some bigger tournaments, but still want/need to further improve their individual skill set and volleyball IQ. Here players will get a taste of higher-level volleyball but will also be able to still focus on their own development. The **National level** is for players that are ready physically, mentally, and have the skill set to compete at the highest level. Being on a team at this

level is a commitment, and players on these teams usually have a strong desire to want to try to play at the collegiate level. While individual skill development is still hugely important, team success and development are bigger factors at this level than the others; playing time is not guaranteed and may not be equal.

All Ballyhoo teams practice twice per week during the regular season (Dec-end of season for 14s-18s, Dec-mid-Mar for 12s-13s) at Heritage Hills Athletic Club. Additional practice opportunities will be available throughout the season in the form of clinics for specific age groups and/or positions.

In addition to being a member of a Ballyhoo team, all athletes will have the opportunity to sign up for a free gym membership at Heritage Hills Athletic Club. Athlete's family members will also be offered special rates on gym memberships.

12s AAU: 4 single day AAU Events and one multi-day event (Jan-Mar). **Cost: \$900**

12s Regional: 4 single day AAU Events and two multi-day events (Jan-Mar). **Cost: \$900**

13s AAU: 4 single day AAU Events and one multi-day event. (Jan-Mar). **Cost: \$1100**

13s Regional: 4 single day AAU Events and two multi-day events (Jan-Mar). **Cost: \$1400**

14s Regional: 5 single day AAU Events and two multi-day events [MLK, Irish Rumble] (Jan-Apr). **Cost: \$1600**

14s National: 2 single day AAU Events and 5 multi-day events [MLK, Irish Rumble, Blue Ribbon Brawl, May Madness] (Jan-May) **Cost: \$1700**

15s Regional: 5 single day AAU Events and 3 multi-day events [MLK, Irish Rumble, May Madness] (Jan-May) **Finalized Cost: \$2000**

15 National: 2 single day AAU Event and 7 multi-day events [MLK, Charm City, Prez Day, Irish Rumble, MAPL York, York Strong Finish, May Madness] (Jan-early June). **Finalized Cost: \$2350**

16s Regional: 3 single day AAU Events and 4 multi-day events [MLK, Prez Day, Irish Rumble, York Strong Finish, May Madness] (Jan-May) **Finalized Cost: \$1950**

16s National: 1 single day AAU Event, 8 multi-day events, and AAU Nationals [MLK, Charm City, Prez Day, Irish Rumble, MAPL York, York Strong Finish, May Madness, Top Court Finals, AAU Nationals]. (Jan-Jun) **Finalized Cost: \$2450**

17s Regional: 1 single day AAU Event, 7 multi-day events [MLK, Charm City, Prez Day, Irish Rumble, York Strong Finish, May Madness, PA State Championships] (Jan-May) **Finalized Cost: \$1950**

17s National: 1 single day AAU Event, 8 multi-day events, and AAU Nationals [MLK, Charm City, Prez Day, Irish Rumble, MAPL York, York Strong Finish, May Madness, Top Court Finals, AAU Nationals]. (Jan-Jun) **Finalized Cost: \$2700**

18s National: 5 multi-day events [MLK, Charm City, Prez Day, Blue Ribbon, MAPL York] (Jan-Mar) **Projected Cost: \$1500**

All tournaments listed are tentative and subject to change until official acceptance into event occurs. If a tournament is unavailable, every attempt to find a similar replacement will be made. Final costs are not set until after tryouts and team selection, as the number of athletes on the team can have an impact on what the final cost ends up being. Projected cost includes post-season event where applicable.

Tryouts Dates & Times

U15's-U18's – Are Completed Use the LATE SIGN UP to be considered for any open spots

U12's-U14's will take place in October Dates and times are posted on the web site.

*Please plan on arriving 15-20 minutes early to help with the check in procedure so we can get started on time! When possible, athletes should attend both tryout sessions. All tryouts and open gyms will be held at **Heritage Hills Athletic Club**: 2810 E Prospect Rd, York, PA 17402. Sign up online for tryouts at: www.ballyhoosportsacademy.com*

Open Gyms – see web site for dates and times

Open gyms are a great way to learn more about clubs and get a feel for which one(s) you may be interested in trying out for. Most clubs offer open gyms and most of the time they are free! They're a great way to meet coaching staffs, get a feel for what other players might be trying out, as well as ask questions to coaches/directors that are important to your daughter and family when deciding on where to play. They also help coaches get a feel for how a player's ability and skill level that will help to make decisions on team placement during the tryout process!

FAQ

- How are teams selected?
 - Summer tryouts are the primary source of evaluating players. Players will receive an email afterwards, either offering them a place on a team, a place on a wait list, or no offer.
 - Coaches are looking for the best fit of athletes, which is more than just skill. Players are evaluated on coachability, athletic potential, and ability to work well as part of a team.
- What if I cannot attend tryouts?
 - Please make sure to register for tryouts so that the staff knows a player is interested in receiving an offer. Open gyms can be used in the place of tryouts and coaches will do their best to evaluate but there is no guarantee.
- Will there be additional tryouts?
 - After the offers are extended on July 31st, teams will be formed. If the club feels that the team should not field a full 10 players from the summer tryout, another tryout will be offered after the HS season. Players not selected after the summer tryout may have an opportunity to tryout again in November at no additional cost, if we still need additional players.
- When are practices?
 - Each team will practice 2x a week with occasional opportunities for a 3rd practice for positional work.
 - Practices occur Sunday through Thursday. Sunday for 2 hours between 12pm and 8pm. Mon – Thursday either 5:30-7:15pm or 7:15-9pm. Practice times will be relayed once teams are

formed. It is very important that players attend practice and families discuss the commitment when traveling from outside the York area to attend practices.

- What tournaments do teams attend?
 - Tournament schedules and levels of play are determined by the club once the team has been formed. The club aims to put the teams in competitive events throughout the season. The majority of tournaments are local (Lancaster, York area) and currently there are no plans for over night tournaments for regional or AAU level teams. AAU Nationals is included in the tuition cost for the 16 and 17 National teams.

Unsolicited Advice For Parents and Athletes

1. Don't forget to enjoy the now!
 - We spend so much time preparing, planning and hoping for the future, we end up missing the beauty in the moments right in front of us.
2. Your coaches are people too and this is not their full-time job.
 - They coach because they're passionate about volleyball and working with kids not because they make millions of dollars off of it!
3. If you're ONLY playing club because it'll earn you a college scholarship then
 - There's a good chance that might not happen
 - You will not enjoy yourself as much as you should because of the pressure you're putting on yourself
 - Play for the love of the game and the love of being part of something bigger than yourself, or a million other reasons; but not just because you want a college scholarship.
4. Tryouts are not fun.
 - We all hate them: players, coaches, and parents.
5. No matter where you played last year or what team you were on last year, there's no guarantee that you'll be on that team again. Be open to change and willing to compete.
6. Be honest with yourself and what you're looking for from club. Sometimes being on the "best" team isn't the best team for you.
7. No matter where you end up playing, Parents & Players: embrace the experience. Parents: work with the coaches & leadership, not against. Remember that all adults involved want the same thing even if it doesn't always feel that way. If the adults don't act like adults, the kids certainly won't.