

Block Out Volleyball Academy

2024 Local Travel Team FAQs

Our Vision

Our dream is to create a training opportunity that involves the most valuable pillars: mental, physical, and fundamental training. Our goal is to create a team that works and grows together and coaches that care for your athletes' health and mental well being.

We want to create an environment where athletes can thrive, while also bonding/growing with their age appropriate peers. We want to truly stand out from other clubs- because we are not a club. That is why we are considering who we are offering spots to and is why we do not have tryouts.

We admire the hustle, but we also understand that much valuable rest, recovery, other extracurriculars and just kids being kids is equally as important. In this facility, athletes will receive excellent coaching, skills and strength improvements, mental performance that will go way beyond just sports, and a place where they can feel comfortable to open up and have fun. Yes, we want to be competitive in every aspect, but we want our girls to truly love every second of what they do here. We are pouring every resource that we possibly can into these girls in hopes that we make a lasting impact and help to shape amazing young women on and off the court.

If you are offered a spot- you will have 4 days to accept. We want to work in these selected teams with athletes who are just as committed to us as we are to them. If you decide to decline, there will be absolutely no hard feelings. All of our services remain the same day to day. We want athletes to make the best decision for themselves and their families. This is just another opportunity that we did not have before.

Team Information

How many athletes per team?

- 10 per team & 2 *practice players (we are open to have two athletes that want to work and train with the team but don't want to travel or just want to come to select tournaments)
- (ideally) 2 setters, 3 middles, 3 outsides, 2 liberos, 2 practice players(utility- well rounded in skills)

We anticipate having a 13s, 14s, 15s, & 16s team and athletes will play WITH their age group. Whole teams are able to play up in tournaments, but we will not be pulling a 14 year old to play up on a 16s team.

Cost will be \$3,977

- **This will include:**

- Tournament entry fees
- 6 weeks of practices from Oct-Dec (twice a week positional skill training and strength training)
- 3 weeks of team practices in Dec (Twice a week skill/strength training)
- All practices from Jan-April (Twice a week skill training + strength training)
- Coaches per diem & fees
- Coaches's hotel fees

*** All fees MUST be paid by October 15th- payment schedule TBA

Commitment fee \$500 (pays for tournament entry fees & Coaches' hotel fees)

We are currently working to have mental performance seminars, a recovery suite with Coach DJ at tournaments, and access to a nutritionist.

- Spirit Packs are not included in the total fees. Athletes are allowed to purchase the items they want, but items with ** are required (total \$185)
 - All uniforms & swag will be Nike Apparel
 - Jerseys (2-3)**
 - Spandex (2)**
 - Leggings (2)
 - Knee pads
 - Socks (2)
 - Shoes
 - Elbow pads

- Dri-fit practice shirts (2)**
- Backpack
- Hoodie
- Sweatpants

Tournament Schedule

Teams will play in five local tournaments from January to April:

- **Alabama Icebreaker, Hoover AL**
 - January 6-7
- **Birmingham Blitz, Birmingham, AL**
 - January 27-28
- **Southern Showdown, Hoover, AL**
 - February 24-25
- **Bama Beast**
 - March 23-24
- **APRIL TOURNAMENT TBA**

Practice Schedule

Athletes will practice at Blockout Academy (possibly looking into practices being held at Lawson State Community College as well):

- 6-week development programs (athletes will work on their specific skill set in our Fall 6-week programs) after school seasons end (mid October to December)
- Team practices begin with twice a week skills training and strength training (1 hour each) and two hour practices on Saturday or Sunday (December 2-17)
- Starting January 2nd-April athletes will practice

Two practices during the week (that consist of one hour of skills training and one hour of strength training and 2 hour team practice on the weekend).

NO PRACTICE SPRING BREAK WEEK

*** There is NO PROMISE that your athlete will play as much as other players. We will utilize our strongest assets at the time and no spot is safe- if your athlete wants to play more, work harder and improve ***

**We will also have pre-season pictures for whole teams and individuals taken sometime in the Fall/Winter as their jerseys come in

REQUIREMENTS / EXPECTATIONS

- Athletes MUST be a current member of BOA and enrolled in classes to be considered for a team or recommended by their coach.
- Athletes will be primarily focused on skills training, strength training, and mental performance.
- Additional Mental Performance Seminars/Clinics and mandatory team bonding will happen throughout the year
- Teams will be finalized by mid-October
- Rules and expectations of girls will be the same as they are at BOA:
 - NO DRAMA/GOSSIPING
 - Respect your coaches/teammates
 - Work hard!
 - No excuses!
 - Respect the facility/wherever we go- clean up after yourself
- Rules and expectations of parents will be the same as they are at BOA:
 - Respect coaches, other parents, and officials
 - Parents are responsible for getting athletes to and from tournaments.
 - Practices are closed
 - Athletes should discuss any issue with Coach first
 - There will be assigned meeting/call times if parents have questions/concerns.

PERKS

- Game footage will be posted to our social media platforms and athletes will get extreme exposure (170K followers & counting)
- Access to a nutritionist
- Recovery suite on tournaments
- Letters of recommendation from our coaches

