

# **Iowa High Performance FAQ's**

## **General:**

- Where can I find the most up to date information about Iowa High Performance Program?
  - The Iowa Region HP Page of our website will have the most up to date information. You can also follow the HP Program on Instagram (@IOWA\_HP), Twitter (@IOWA\_HP) and Facebook (Iowa High Performance).
- Who can participate in the Iowa HP Program?
  - To take part in Iowa High Performance, you must be a member of the Iowa Region, or if not a current USAV member, live in Iowa, go to school in Iowa or your region does not have an All-Star/HP Program and participate in HP Tryouts. Please contact Molly at Molly@iavbreg.org if you have questions about participation eligibility.

## ○ **Tryouts:**

- What do athletes need for Tryouts?
  - Athletes should bring anything they need to play in and a water bottle.
  - For check in athletes should bring:
    - A medical release form
    - Proof of USAV membership (printed or on phone).
  - They will be given a shirt and a number to wear at every tryout they attend. Shirts will be taken with them after the tryout is over, but we will collect their numbers.
- What is the cost to try out for Iowa HP?
  - The price to tryout is \$40, and if you would like to tryout more than once it is an additional \$20 per additional tryout.
- Where are the tryout locations?
  - We generally have 6 tryouts across the state. We usually have a tryout in the following areas: 1 in Western Iowa, 1 in Cedar Rapids/Iowa City area, 3 in Des Moines, and finally 1 in the Quad Cities area.
- What if I missed the registration deadline, can my athlete still attend tryouts?
  - Of course, they can still come to tryouts. We accept walk up registrations, please make sure to bring all the required paperwork. Also, please DO NOT sign up for the following tryouts if missed the deadline.
- What types of payments do you take for walk up registrations?
  - Cash, Credit Cards, and Checks.
- What age division does my athlete belong in?
  - High Performance age divisions are slightly different than the age divisions for USAV club. HP age divisions are derived from FIVB age divisions & run in two-year cycles based strictly on athlete's birth years. Which means that your athlete will remain at the same age level for two seasons (should they tryout year one of the cycle), and there are no waivers. The age divisions (birth years) are strictly enforced.
- Can my athlete tryout for an older division?
  - No, athletes need to tryout for their assigned age group. The Iowa High Performance staff will then move athletes up based on skill and positional needs.

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- What if my athlete would like to tryout for more than one position?
  - If your athlete would like to tryout for more than one position, please indicate that on the registration forms. Then during the tryout, the athlete should divide time between the two courts, moving courts by themselves.
- When will the results of tryouts be posted? And where?
  - Results of tryouts will be posted on the tryout page of our website during the week following our last tryout. We will put a message on the home page of the website as well as post it to social media.
- What information will I need to read the results?
  - Results are posted by age division with an athlete's tryout number and their initials. Please make sure to check ALL age divisions for your athletes' number.
- Will we be notified if our athlete has been selected to attend HP Camp?
  - In the days following the posting of our tryout results, a staff member will send you an email notifying you that your athlete has been selected as well as the next steps to accepting the invite to camp.
- Will we receive an evaluation of my athlete's performance?
  - Following tryouts athletes will not be given a copy of their evaluation.

### **HP Individual Skills Camp:**

- If my athlete is listed as an "Alternate" when will we be notified if they will be moved up to an invite?
  - You will be notified after all responses are due and we hear from each athlete that was invited. You will be notified via email informing if you will be moved to an invite or if the camp is full.
- Are there fundraising options and payment plans for camp?
  - We believe that athletes should be able to accept the opportunity they earned to participate in the HP Program. With that said each year we offer various fundraising options that allow athletes to raise money for camp. We also have the option to setup payment plans by emailing the HP Coordinator.
- What is the price of HP Camp?
  - Our HP Camp prices will be posted on our HP camp page as soon as they are finalized.
- Does my athlete have to stay in the provided housing during out HP Skills Camp?
  - We prefer that our athletes stay in the housing (dorms) during the Skills Camp. We believe that this adds to the quality of the camp experience as well as the bonding between athletes. It also allows our staff to have consistent supervision of athletes.
- Will my athlete be guaranteed to room with the person they requested?
  - Each athlete can request up to 3 roommates. While we do our best to match up athlete's request, we cannot promise that they will be roomed with their requested roommate(s). If for some reason they are not roomed with a requested roommate, we will do our best to room them near those requested. Due to athlete numbers and room numbers the number of athletes per room will vary.

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- Can my athlete room with an athlete in another age division?
  - At HP Skills Camp we try not to room athletes with athletes from other age divisions when possible. Male & Female athletes will never be roomed together.
- When will athletes find out who they are rooming with?
  - Rooming lists are ever changing, basically up until the last minute before check in. With that said athlete roommates will not be shared prior to check in.
- Are parents allowed to watch at our HP Skills Camp in June?
  - We will do an introduction meeting after check in and parents may stick around for a while following that meeting for their athletes first training session. Then following the first training session camp will be a closed event. The final day of the HP Skills Camp our athletes will be divided into teams and a tournament will be played. We encourage parents to attend and watch the tournament, then attend a short recap meeting.
- Will we receive an evaluation of my athlete's performance?
  - Following the HP Skills Camp athletes will not receive a copy of their evaluation.

### **HP Travel Team:**

- What are the requirements to be eligible for travel team selection?
  - Athletes who want to be considered for travel are required to be at camp for at least 3 out of the 4 days. \*Note – if you have a conflict please email the HP Coordinator with more information and the HP Staff will determine if the absence is excused.
- How will I be notified that my athlete has been selected to the HP Travel Team?
  - We will post our Travel Teams at the end of HP Skills Camp. Then within 48 hours of the close of camp you will receive an email from the Iowa Region with the steps on how to accept or decline your offer.
- If my athlete is listed as an "Alternate", when will we be notified if they will be moved up to an invite?
  - You will be notified after all responses are due and we hear from each athlete that was invited. You will be notified via email informing if you will be moved to an invite or if the camp is full.
- Are there fundraising options and payment plans for camp and/or travel team?
  - We believe that athletes should be able to accept the opportunity they earned to participate in the HP Program. With that said each year we offer various fundraising options that allow athletes to raise money for the travel team. We also have the option to setup payment plans by emailing the HP Coordinator.
- If my son/daughter makes the travel team when are practices?
  - Our travel teams do not practice like a normal club teams do. In place of practice time our athletes will attend our Pre-Tournament Team Camp. This camp will happen a couple of days prior to our trip to the USA All-Star Championships.
- When will we know the hotel that our Iowa HP teams are staying at?
  - Once we book our hotel rooms, we will post them under the logistics section on our HP Championships page.

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- Where can we find the most up to date travel information?
  - The most up to date information will be emailed to travel teams as well as posted on the logistics portion of the website.
- Does the Iowa HP Program reserve rooms for families?
  - Iowa HP does not book or reserve rooms for our families. Our hotel information is published as soon as we confirm our booking, and parents are welcome to stay at the same hotel. If we have extra rooms, we will offer them to our travel team families on a first come first serve basis.
- Will my athlete be guaranteed to room with the person they requested?
  - Each athlete can request up to 3 roommates. While we do our best to match up athlete's request, we cannot promise that they will be roomed with their requested roommate(s). Due to athlete numbers and room numbers the number of athletes per room will vary, boys as well as girls will be roomed with up to 3 other roommates.
- Can my athlete room with an athlete in another age division?
  - For Travel Team rooming we try not to room athletes across age divisions. However, in the interest of saving room athletes may be roomed in pairs with athletes from other teams in the same age division. Male & Female athletes will never be roomed together.
- When will athletes find out who they are rooming with?
  - Rooming lists are ever changing, basically up until the last minute before check in. With that said athletes will not find out their roommates prior to check in.
- Will I be able to take my athlete during the tournament to spend time with them?
  - Parents & families will have access to their athletes throughout the tournament. However, the days and times are determined by each teams coaching staff; as athletes need to be checked out and checked in upon return with their coaches.

If you have any other questions that haven't been answered please feel free to contact the HP Coordinator, Molly MacQueeney at 515-727-1860 or by email at [molly@iavbreg.org](mailto:molly@iavbreg.org).