

Welcome to the Red Rock Volleyball club

# 2023-24 Club Season

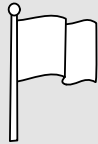
## Information Guide



In this Guide We will Cover...



Practice  
& Teams



Tournaments



Location



Club Fees



Travel

## Practice Schedule



1

Fall/Winter Season: During the Fall and Winter season, all team have indoor practices scheduled 2-3x per week. Practices are usually on Tuesdays, Thursdays, Saturdays and Sundays. Additionally, we run optional fitness/conditioning sessions before practice at Riekes Center. The Fall/Winter season runs mid-August through the first week of January.

2

Spring Season: During the spring season, most players break to play for their middle school or high school indoor volleyball teams. During this time mid-January through early May, we offer optional indoor positional camps 1x per week on Sunday Evenings at SportsHouse.

3

Summer Season: During the summer season, all the players return to their respective teams in early May each year. Teams resume their indoor practices 2-3x per week. Teams attend 1 or 2 tournaments. We have we have a summer beach program in July and August each year. We offer group lessons over the summer.



[www.redrockredwoodcity.com](http://www.redrockredwoodcity.com)

[directors@redrockvolleyball.com](mailto:directors@redrockvolleyball.com)

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Information Guide Continued:

## Type of Red Rock Teams



1

Red Rock Volleyball Club offers **two** types of teams. We have travel teams and regional teams.

2

**Travel teams** play in the NCVA power League with tournaments in the Bay Area and Sacramento area for most tournaments. Travel teams also play in a SoCal tournament in the summer. Travel teams also may attend qualifiers out of state such as Florida.

For travel teams, Fall/Winter season run August 24 - January 7

For travel teams, summer season runs May 15 - July 6

3

**Regional teams** play in the NCVA Power League with tournaments in the Bay Area and Sacramento area for most tournaments. Regional teams also play in a SoCal tournament in the summer.

For regional teams, Fall/Winter season run August 24 - January 8

For regional teams, summer season runs May 16 - June 16



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Information Guide Continued:

## Tournaments



1

Fall/Winter Season: During the Fall and Winter season, all Red Rock team play in the NCVA Power League and Far Western Qualifier. The Power League consists of seven days of tournaments played on Saturday and/or Sundays August through December each year. The Far Western Qualifier Tournament is held over two days usually in the first or second weekend in January each year.

2

Spring Season: During the spring season, most players break to play for their middle school or high school indoor volleyball teams. There are **no** club tournaments during this timeframe, but we do run indoor Positional Camps on Sunday evenings..

3

Summer Season: During the summer season (May 15 - July 1) teams resume their indoor practices 2-3x per week. Teams will play in the follow tournaments over the summer:

- ~ SoCal Cup in greater Los Angeles area in June (travel teams and regional teams)
- ~ Junior Nationals or AAU's in late June-Early July (travel teams only)
- ~ Beach Practices 2x per week in July and August. (optional add-on)



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Information Guide Continued:

## Location:



1

### Fall/Winter Season:

Red Rock Practices at:  
HOME OF RED ROCK VOLLEYBALL CLUB  
SportsHouse  
3151 Edison Way  
Redwood City, CA 94063

2

### Winter/Spring Camps:

Red Rock Practices at:  
HOME OF RED ROCK VOLLEYBALL CLUB  
SportsHouse  
3151 Edison Way  
Redwood City, CA 94063



3

### Summer Season:

Red Rock Practices at:  
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Information Guide Continued:

## Club Fees:



### Fall / Winter Season

\$3,500 - \$4,500

Price **includes:**

#### Indoor Team Practices

2x-3x per week - Tue, Thu, Sat, Sun  
(August 24 - January 8)

#### Indoor Tournaments

9 tournament days  
(August 24 - January 8)  
Tournaments are on Sat and/or Sun

### Summer Season

\$1,000 - Regional teams

\$1,500 - Travel teams

Price **includes:**

#### Indoor Team Practices

3x per week - Tue, Thu, Sat, Sun  
May 16 - June 18 (Regional teams)  
May 16 - July 6 (Travel teams)

#### Indoor Tournaments

SoCal (3-day) Regional & Travel teams  
AAU in Florida (4-day) Travel teams only

## Optional Activities

#### Indoor Positional Camps

(Winter/Spring)  
1x per week  
5:30-7:00pm - Sundays  
January 22 - May 7  
\$600

## Optional Summer Activities

#### Beach Practices (Summer)

2x per week - Mon/Thu  
(June 26 - August 3)  
\$500

#### Group Lessons (Summer)

Weekly - Mon, Tue, Wed, Thu  
June, July, and August  
see website for details



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Information Guide Continued:

## Clothing Fee:

Uniform Package

Fee: \$500

2 Jerseys

3 practice t-shirts

1 Long sleeve warmup

1 hoodie

2 shorts

1 sweatpant

1 backpack



Clothing package is \$500 for new players. All new players are required to purchase the complete clothing package. Returning players must order jerseys each year but all remaining clothing items can be ordered a la carte as needed each year.

## Travel:



Travel cost are not included in club fees. It is the responsibility of each family to get their athlete to/from all tournaments and matches.

The club sets the travel day for any out of region tournament to be the day before play begins. Families should book their airfare to arrive early enough to get a good night sleep before the tournament.

## Hotel:



### Hotel Accommodations

Some of the travel tournaments we attend are "Stay-to-Play" events which means that our players are required to stay at the assigned hotel in order to participate in the event.

Families will be emailed a specific list of hotels they can book at to meet this requirement.



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