

ROLLING THUNDER

VOLLEYBALL CLUB

TRYOUT SCHEDULE

PRACTICES IN LAKE ZURICH / PRACTICES IN ARLINGTON HEIGHTS AREA

These tryouts to be held at: Lake Zurich Middle School North • 95 Hubbard Lane • Hawthorn Woods, IL 60047

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 9/30	SUN. 10/7	SUN. 10/21	SUN. 10/28	SUN. 11/4
All 11/12/13 & Under	2026-2024	8:30am-11:00am	8:30am-11:00am			
14 & Under National	2023	1:30pm-4:00pm	11:00am-1:30pm			
14 & Under Regional	2023	11:00am-1:00pm	2:00pm-4:00pm			
15 & Under National and Premier	2022			10:30am-12:30pm	8:30am-10:30am	
15 & Under Regional	2022			8:30am-10:30am	10:30am-12:30pm	
16 & Under National and Premier	2021			1:00pm-3:30pm	1:00pm-3:00pm	
16 & Under Regional	2021			1:00pm-3:30pm	1:00pm-3:00pm	
17 & Under National and Premier	2020				3:00pm-5:00pm	2:30pm-5:00pm
17 & Under Regional	2020				3:00pm-5:00pm	2:30pm-5:00pm
18 & Under National and Premier	2019				3:00pm-5:00pm	2:30pm-5:00pm

PRACTICES IN ITASCA / ADDISON / SCHAUMBURG AREA

These tryouts to be held at: Itasca Park District • 350 East Irving Park Road • Itasca, IL 60143

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 9/30	SAT. 10/6	SUN. 10/21	SUN. 10/28	SUN. 11/4
All 11/12/13 & Under	2026-2024	6:00pm-9:00pm	5:00pm-8:00pm			
14 & Under National	2023	6:00pm-9:00pm	5:00pm-8:00pm			
14 & Under Regional	2023	6:00pm-9:00pm	5:00pm-8:00pm			
15 & Under National and Premier	2022			7:00pm-9:30pm	7:00pm-9:00pm	
15 & Under Regional	2022			7:00pm-9:30pm	7:00pm-9:00pm	
16 & Under National and Premier	2021			7:00pm-9:30pm	7:00pm-9:00pm	
16 & Under Regional	2021			7:00pm-9:30pm	7:00pm-9:00pm	
17 & Under National and Premier	2020				*3:00pm-5:00pm	*2:30pm-5:00pm
17 & Under Regional	2020				*3:00pm-5:00pm	*2:30pm-5:00pm
18 & Under National and Premier	2019				*3:00pm-5:00pm	*2:30pm-5:00pm

*These tryouts will be held at Lake Zurich Middle School North

PRACTICES IN ROUND LAKE / GRAYSLAKE AREA

These tryouts to be held at: Round Lake Area Sports Center • 2004 Municipal Way • Round Lake Beach, IL 60073

Athletes need to attend all tryout dates for their Age Group

11/12/13 & Under (5th-7th Grade) • 14 & Under (8th Grade) • 15 & Under (9th Grade) • 16 & Under (10th Grade) • 17 & Under (11th Grade) • 18 & Under (12th Grade)

AGE GROUP	GRADUATION	SUN. 9/30	SUN. 10/7	SUN. 10/21	SUN. 10/28	SUN. 11/4
All 11/12/13 & Under	2026-2024	11:00am-1:30pm	5:00pm-7:30pm			
14 & Under National	2023	11:00am-1:30pm	5:00pm-7:30pm			
14 & Under Regional	2023	11:00am-1:30pm	5:00pm-7:30pm			
15 & Under National and Premier	2022			1:00pm-3:00pm	7:30am-9:30am	
15 & Under Regional	2022			1:00pm-3:00pm	7:30am-9:30am	
16 & Under National and Premier	2021			1:00pm-3:00pm	7:30am-9:30am	
16 & Under Regional	2021			1:00pm-3:00pm	7:30am-9:30am	
17 & Under National and Premier	2020				*3:00pm-5:00pm	*2:30pm-5:00pm
17 & Under Regional	2020				*3:00pm-5:00pm	*2:30pm-5:00pm
18 & Under National and Premier	2019				*3:00pm-5:00pm	*2:30pm-5:00pm

*These tryouts will be held at Lake Zurich Middle School North

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VOLLEYBALL CLUB

National Program:

This Program is for those athletes that want to compete at the highest level and train if they so choose to participate at the collegiate level. All National teams from U14-U18 will participate in a season ending National event. Teams will be entered into the most competitive tournaments that we believe will maximize their team development. Our three-phase conditioning unit works on tying in their volleyball training with overall fitness and it offers positional training to maximize athletes development.

Premier Program:

This Program replicates our National Program with only local tournaments. The length of the season, number of practices, and training is the same as our National Program. The end of the season tournament would be local in nature. Teams will be entered into the most competitive tournaments that we believe will maximize their team development. This Program includes our three-phase conditioning unit tying in their volleyball training with overall fitness and it offers positional training to maximize athlete's development

Regional Program:

This Program is designed for those athletes that play a Travel Spring Sport. This Program ends in April so it enables athletes to participate in their Travel Programs that generally get started in April. This Program meets these athlete's needs as far as scope and volleyball training without the three-phase conditioning unit most will receive in their Spring Travel Program. All tournaments are local and a short drive from their homes.

2018 - 2019 Girls Programs: National - Premier - Regional

Program / Age	Junior National U11-U13	Junior National U14-U18	Junior Premier U14-U18	Junior Regional U14-U18
Training Locations	Arlington Hts/Buffalo Grove Hawthorn Woods/Lake Zurich Grayslake/Round Lake Itasca/DuPage County	Arlington Hts/Buffalo Grove Hawthorn Woods/Lake Zurich Grayslake/Round Lake Itasca/DuPage County	Arlington Hts/Buffalo Grove Hawthorn Woods/Lake Zurich Grayslake/Round Lake Itasca/DuPage County	Arlington Hts/Buffalo Grove Hawthorn Woods/Lake Zurich Grayslake/Round Lake Itasca/DuPage County
Season Start - Finish	November - June	November - June	November - June	November - April
Training Days per Week	2-3	3	3	2
Training Hours per Week	5-8	8-10	8-10	4+
Multi Sport Athletes	Yes	Yes	Yes	Yes
Strength and Quickness	Limited	Yes	Yes	No
Access To Weight Training	No	Limited	Limited	No
Tournaments per Month	2-3	2-3	2-3	2
Tournaments Out of Town	0	0-3*	0	0
Dedicated Positional Training	Limited	Yes	Yes	Limited
Roster Size	10-12	10-11	10-12	10-12

*Total number of Tournaments Out of Town will be explained at our parent meetings during tryouts



AGE DEFINITIONS

- 18 and Under Division:** Athletes born on or after September 1, 2000
- 17 and Under Division:** Athletes born on or after September 1, 2001
- 16 and Under Division:** Athletes born on or after September 1, 2002
- 15 and Under Division:** Athletes born on or after September 1, 2003
- 14 and Under Division:** Athletes born on or after September 1, 2004
- 13 and Under Division:** Athletes born on or after September 1, 2005
- 12 and Under Division:** Athletes born on or after September 1, 2006
- 11 and Under Division:** Athletes born on or after September 1, 2007



REGISTRATION PROCEDURE

- STEP 1.** Complete the Great Lakes Region Registration:
- a. Go to www.greatlakesvolleyball.org and complete the online process. Go to Renew Membership if your child has been part of Club volleyball in the past. Go to New Membership if you are registering for the first time. Select Tryout Membership.
 - b. Print Confirmation Page at the end of the registration process.
- STEP 2.** Complete the Rolling Thunder VBC Registration:
- a. Go to www.rollingthundervbc.com and click on "Registration" on the main menu.
 - b. Bring the Printed Confirmation Page from Step 1 to the first tryout.
 - c. The Rolling Thunder Tryout Fee will be \$30.00 (non-refundable)

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 call us at (847) 540-0487 • visit rollingthundervbc.com • email us at admin@rollingthundervbc.com