

# NATIONAL TEAM ROSTER GUIDELINES & EXPLANATIONS

## Intention:

This program is for athletes who have an interest and aspiration in training for and competing at the highest level including potentially playing for a college program some day.

## Travel Expectation:

Athletes are required to travel nationally (or internationally) to compete in USAV Qualifiers as well as Multi-Day JVA and AAU events.

## Training Expectation:

Athletes are trained by our experienced highest level National and Elite coaches. They receive training through positional work, team training and common training. A dedicated trainer will work with the athletes on speed, conditioning, strength and agility..

## Competition Expectation:

Athletes are required to compete in all of their events. Teams will be registered and compete in the following divisions.

Elite - AAU/JVA (Open, Premier), USAV (Open, USA)

Sigma - AAU/JVA (Spirit, Classic), USAV (Liberty, American)

Theta - AAU/JVA (Premier, Club) USAV (Liberty)

Omega - AAU/JVA (Classic), USAV (American)

## Roster Limits:

Starting in the 2025-2026 season we will only be adding positional players to our rosters as follows.

### Maximum of 12 athletes per National team roster

2x to 3x - Outside (Leftside) Hitter

1x to 2x - Opposite (Rightside) Hitter

2x to 3x - Middle Blocker

1x to 2x - Setter

1x to 2x - Libero & Defensive Specialist

## Roster Limit Notes:

Libero and Defensive Specialist - These positions are BY FAR the largest and most competitive group of players with limited roster spots available. Athletes will need to excel at serve receive and defense. In addition they should be extremely mobile and quick while on the court. We recommend younger athletes (5th-9th grade) being open to learning new positions if and when possible.

Middle Blocker - This position is BY FAR the smallest group of players. This is one of the most demanding positions physically on the court so these players must be athletic, mobile and quick. Athletes who are taller and longer tend to fill these spots. Players must be efficient at blocking and transitioning quickly on and off the net.

Outside Hitter - This position is another popular position which is the second largest group of players. If an athlete intends to play this position then it is highly recommended they be proficient at serve receive and defense. Additionally, they will need to have explosive power and play high above the net. If you are on the smaller side with a lower vertical then we recommend looking at the Libero, Defensive Specialist or Setter positions.

Opposite Hitter - This position is sometimes a combination position with many setters who have height, length and athleticism also hitting Opposite when they get to the front row. This position is a natural position for lefty hitters. At this level you will need to be an effective blocker in addition to being a go to power hitter.

Setter - This position is always in high demand. If you have good hands and enjoy being involved in every play then this position is for you. It is a challenging position which takes quite a bit of on court knowledge and court awareness. We recommend any younger Libero or DS to think about this position early in their volleyball careers.

## Team Options:

We will be players to fill the following team. Each team will have a roster size of 10-12 players.

18 Elite

17 Elite

16 Elite

15 Elite

14 Elite

13 Elite

12 Elite

11 Elite

18 Theta

17 Theta

16 Theta

15 Theta

14 Theta

13 Theta

12 Theta

18 Sigma

16 Sigma

15 Sigma

14 Sigma

13 Sigma

16 Omega

15 Omega