

# REGIONAL TEAM ROSTER GUIDELINES & EXPLANATIONS

## Intention:

Top Flight's REGIONAL Program is for athletes who are looking to train and compete at the Jr High and High School level. Another popular group choosing regional are those that are multi-sport athletes and do not want conflict during either season.

## Travel Expectation:

These athletes do not travel out of the state and will play events within a one hour radius of our facility in Elgin Illinois.

## Training Expectation:

Athletes are trained by our Regional coaches many of which are also our National and Elite coaches. They receive training through positional work, team training and common training.

## Competition Expectation:

Regional teams will have a shorter season with all tournaments being within the Chicagoland area. The Regional teams will compete in the Chicago Volleyball League, Top Flight Classic events and other local events.

## Roster Limits:

We will be adding positional players to our rosters as follows.

### Maximum of 12 athletes per Regional team roster

Up to 3x - Outside (Leftside) Hitter

Up to 2x - Opposite (Rightside) Hitter

Up to 3x - Middle Blocker

Up to 2x - Setter

Up 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.

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. 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 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 accepting players to fill the following teams. Max team roster size of 10-12 players. (17U will combine with 18U)

|          |          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|----------|
| 18 Psi   | 16 Psi   | 15 Psi   | 14 Psi   | 13 Psi   | 12 Psi   | 11 Psi   |
| 18 Gamma | 16 Gamma | 15 Gamma | 14 Gamma | 13 Gamma | 12 Gamma | 11 Gamma |
| 18 Kappa | 16 Kappa | 15 Kappa | 14 Kappa | 13 Kappa | 12 Kappa | 11 Kappa |
| 18 Nu    | 16 Nu    | 15 Nu    | 14 Nu    | 13 Nu    | 12 Nu    | 11 Nu    |
|          | 16 Zeta  | 15 Zeta  | 14 Zeta  | 13 Zeta  | 12 Zeta  | 11 Zeta  |
|          | 16 Xi    | 15 Xi    | 14 Xi    | 13 Xi    |          |          |
|          | 16 Chi   | 15 Chi   | 14 Chi   | 13 Chi   |          |          |
|          |          | 15 Tao   | 14 Tao   |          |          |          |
|          |          | 15 Phi   | 14 Phi   |          |          |          |
|          |          | 15 Rho   | 14 Rho   |          |          |          |