



Club Comparison Guide

Not all volleyball clubs are the same. Use the following questions as guidelines to help you decide which program is right for you and your athlete.

	Carolina One State	Carolina One Regional/National	Other Club
How many players are on a team?	8-10	10-12	_____
How many practice hours per week?	2 (plus additional position training)	4-6	_____
How many teams practice per net?	1	1	_____
How many coaches per team?	1	2	_____
Is additional position training offered? Carolina One offers additional position training one night per week at no additional cost.	yes	yes	_____
Is speed, strength, and agility training offered? Carolina One offers speed, strength, and agility training by qualified Performance QSA coaches. Conditioning is built into Regional and National team practice time, and is an option for State players at an additional cost.	yes*	yes	_____
How many tournaments does the team travel to? All teams will attend the 1/2 day region certification tournament, plus 3 additional tournaments for State teams, 7 for Regional teams, and 9 for National teams. All National and select Regional teams will attend a National Qualifier.	3	7/9	_____
What is the cost and what does it include? Our price includes all coaching fees, gym fees, tournament entry fees, region registration fees, uniforms, position practice, and Performance QSA training fees (for Regional and National teams). There are no hidden costs.	\$500	\$900/\$1300	_____
Are there fundraising opportunities?	yes	yes	_____
Does the club have a clearly defined philosophy? Carolina One has a clearly defined mission and set goals that are available on our website. We also outline our expectations for our players and what parents can expect from the club at the beginning of the season.	yes	yes	_____
Is the club director involved and available for concerns?	yes	yes	_____
How well does the club communicate with families? Carolina One's website is the best source of information for all our programs. During club season, all teams will receive emails from the club director and their coach with necessary information regarding practices, tournaments, and any other important information.	very well!	very well!	_____

