



Carolina One Club Comparison Sheet

	Non-travel	State	Regional	Power/ National	Other Club
How many players are on a team?	8	8-9	9-10	10-11	_____
How many coaches per team?	1	1	2	2	_____
<p>best player to coach ratio in the area, meaning players get more touches or</p> How many practice hours per week?	2	2	4	5-6	_____
		plus additional position training			
How many teams practice per net?	1-2	1	1	1	_____
Is additional position training offered? Carolina One offers position training 2-3 times per month.	additional cost	yes	yes	yes	_____
Is speed, strength, and agility training offered? Carolina One has partnered with Performance QSA to offer speed, strength and agility training. Conditioning is built into Regional and National team practice time, and is an option for State players at no additional charge.	additional cost	yes	yes	yes	_____
How many tournaments does the team attend?	1 full plus scrimmages	3-4	6-8	8-10	_____
Carolina One's tournament schedules are appropriate for each team's age and skill level. Our National teams offer a very competitive tournament schedule with maximum college exposure, including 2 National Qualifiers.					
What is the cost and what does it include?	\$300	\$500	\$950	\$1100/\$1500	_____
Our price includes all coaching fees, gym fees, tournament entry fees, region registration fees, uniforms, position training and Performance QSA training fees. There are no hidden costs.	*does not include position training or QSA				
Are there fundraising opportunities?	yes	yes	yes	yes	_____



Other Factors to Consider:

Carolina One

Other Club

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 players and what parents can expect from the club at the beginning of the season.

How well does the club communicate?

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.

How qualified is the coaching staff?

All of Carolina One's coaches are IMPACT certified through USA Volleyball. In addition, we conduct a yearly coaches clinic to update our coaches on the latest techniques, rules and club policies. Some of our coaches choose to pursue additional training through the USAV CAP program. More than half of our coaches are former or current collegiate volleyball players, and we employ some of the best high school coaches in the state, as well as local college coaches.
