

Nebraska Power Volleyball Club (NPVC)

Parent Frequently Asked Questions

1. General Club Overview & Mission

Q: What is the mission of Nebraska Power Volleyball Club?

A: NPVC aims to develop confident athletes both on and off the court through quality coaching, player development initiatives, and strong community partnerships.

Q: Who are NPVC's organizational partners and sponsors?

A:

- **Bodybar Pilates:** Official club sponsor (and owned by Jen & Paul)
- **OrthoNebraska:** Strength, endurance, and conditioning partner.
- **Scheels:** Equipment sponsor and community partner.
- **Wired Edge:** Athlete mental-agility profiling platform.

Q: When does the season run?

A: The club season runs after Thanksgiving through May.

2. Tryouts, Teams & Roster Selection

Q: What age groups are planned for the upcoming season?

A: Planned age groups include 12s, 13s, 14s, 16s, 17s, and 18s. (15s are not currently planned; mixing age groups remains an option if needed).

Q: How much do tryouts and tryout clinics cost?

A: Tryout clinics and tryouts cost \$30 per session.

Q: What is the target roster size per team?

A: Target roster size is 10–11 players per team.

Q: Will we find out if our player made a team on the day of tryouts?

A: Yes, team selections and offers are announced at the end of the tryout day.

3. Practices, Facilities & Conditioning

Q: Where are practices held?

A: NPVC does not own a dedicated facility and rents gym space from local community partners. Primary practice and tryout locations include St. Luke United Methodist Church, Falling Waters, Whitetail, Green State Millard, The Crown, Trinity United, and Elkhorn Common Ground.

Q: Will we know our set practice days and times before committing to the team?

A: The final practice schedule will be finalized and posted to the website prior to team commitments. Target end of this week (10/3) to be published on website.

Q: How long are practice and OrthoNebraska conditioning sessions?

A:

- **Practices:** Typically 2 to 2.5 hours, depending on the site.
- **OrthoNebraska Sessions:** Approximately 45 min - 1 hour per session, scheduled before or after practices when possible.

Q: Are OrthoNebraska strength and conditioning sessions required?

A: While highly recommended and included in team fees to support player endurance and injury prevention, specific attendance policies are managed by team coaches.

4. Fees, Financials & Inclusions

Fee Component	Details & Coverage
Base Team Fee	\$1,800 total
Inclusions	Uniform jerseys, warm-up shirts, backpack (for new players), entry for 7 local tournaments, Wired Edge profiling, and

Fee Component	Details & Coverage
	OrthoNebraska strength/conditioning sessions
Exclusions	USA Volleyball membership/registration fees and personal gear (e.g., shorts, knee pads)
Initial Deposit	\$600 due the night of tryouts to accept a spot
Payment Schedule	Remaining balance paid in full or via 3 monthly installments (Dec, Jan, Feb)

5. Coaching Staff & Player Development

Q: What background and experience do NPVC coaches have?

A: NPVC coaches consist of a mix of experienced head coaches, returning staff, and former accomplished players. Coaching lead Paul provides continuous coach development, support, and cross-training across all team levels.

Q: Do coaches or NPVC offer additional private lessons outside of club practice?

A: Information regarding private lessons can be requested directly through the club leadership or individual team coaches.

Q: What tools are used for team communication and athlete profiling?

A:

- **PlayMetrics:** Primary platform for registration, schedules, attendance, and coaching notes.
- **Wired Edge:** Provides mental-agility profiling to tailor coaching approaches to individual player learning styles.

6. Tournaments & Multi-Sport Athletes

Q: How many local tournaments do teams participate in, and what competition level are they?

A: Teams participate in 7 local tournaments. Specific tournament schedules and division levels (Gold, Silver, Bronze) are communicated prior to or during season onboarding.

Q: Do you have any tournament dates already set?

A: NPVC is dependent on the Region releasing tournament schedules and host clubs publishing acceptance lists. Typically this begins in November - NPVC will publish as soon as we are able to. For planning purposes, it may be best to assume each weekend may have a tournament until schedules are posted.

Q: What is NPVC's policy on multi-sport athletes and practice/tournament conflicts?

A: NPVC supports multi-sport athletes and recognizes the benefits of competing in multiple sports. However, there is a direct correlation between time spent at practice and an athlete's growth and skill development throughout the season. While we strive to support multi-sport commitments, families are encouraged to communicate any scheduling conflicts well in advance through PlayMetrics so coaches can manage roster planning and expectations accordingly.