



Rock Hill Volleyball Club

Benefits of Rock Hill Volleyball Club

FITNESS & IMPROVEMENT

You will get better! That is a guarantee. Every time you touch the volleyball makes you better than your competition.

NEW FRIENDSHIPS

Bringing girls together with similar goals from various schools makes friendships. The relationships that have been formed through practice and team play will be friendships that last a lifetime.

EXPOSURE TO COLLEGE RECRUITERS

College coaches regularly attend JO tournaments. The majority of colleges now recruit directly from club programs. Last year over 98% of the high school girls from Georgia and South Carolina who received college scholarships played club. Remember, if you want to play in college, plan to play club!

INVESTMENT IN YOUR ATHLETE

The training, knowledge, self-esteem and experience your daughter will receive will be priceless. You will not find an alternative where players can receive equal training and experience compared to participating in a JO program. For a college bound player, club is becoming a must. Consider this - each year a few high school players get to compete for a state championship. Every year, multiple Palmetto Region teams participate in National Qualifier tournaments as well as the USA Junior Olympic National Championships and AAU National Championships.

TOURNAMENT PLAY

JO Tournaments are where the hard practice pays off and many favorable memories are made. Understand that practice and training is where you receive the most instruction and experience. Tournament play is only a supplement to participating in Club. Club tournaments are usually far more competitive and more physically demanding than high school matches.