

IOWA ROCKETS VBC

BEFORE YOU ATTEND TRYOUTS information

1. Complete the Iowa Rockets tryout registration form. Tryout fee is \$30. (\$45 if you do not pre-register online **at least 24 hours before the tryout.**) Cash is always accepted or make checks payable to Iowa Rockets VBC. Mail your fee to: Iowa Rockets 3 Rapid Creek Dr. NE Iowa City, IA 52240. Or you may bring the fee to any clinic in an envelope marked 'Tryout' with your name and age group written clearly. (Sorry, we can't take credit cards.)
2. You **must** register with the Iowa Volleyball Region on-line at www.iavbreg.org **before** you attend a (any) tryout. (Iowa Region registration will take credit cards.)
3. What to bring with you to tryouts:
 - a. Shoes, kneepads, water bottle, etc.
 - b. Tryout fee of \$30 (if you registered online) or \$45 (if you did not pre-register).
 - c. A *smile* and lots of energy!
4. We encourage you to attend both tryout dates for your age group. The tryout fee is \$30 (or \$45) whether you attend one or both tryouts.

Completing your Iowa Rockets tryout registration

- Once you submit your Iowa Rockets tryout registration you will not be able to retrieve it to change anything. If you absolutely need to modify your registration information you may do so on the day of the tryout. (Please do not submit 2 registration forms.)
- For your reference, you may print a copy of this "Before you attend tryouts information."
- Online registration cut-off is 24 hours before the tryout date & time.

What to expect after tryouts

- 11s-14s: We will contact every player on/before Tues, Nov 1st. Be sure we can get in contact with Player or Parent on Mon, Oct 31st (daytime & nighttime) via the phone numbers you listed in the tryout registration. **Note that 80% of the calls will be made on MONDAY.**
- 15s-18s: We will contact every player on/before Tues, Nov 8th. Be sure we can get in contact with Player or Parent on Mon, Nov 7th (daytime & nighttime) via the phone numbers you listed in the tryout registration. **Note that 80% of the calls will be made on MONDAY.**
- **Please be ready with your answer if you are invited to join Iowa Rockets when we call.** If you have questions about Rockets, please read *In a Nutshell* section on (<http://iowarockets.com/index.php/rockets-science/>) page which can answer many questions. If you still have questions, call to ask us – but call *well in advance* of tryouts.
- If you are invited to join Iowa Rockets, please attend the All Club Parent/Player/Coach meeting in mid-November – date, place and time to be announced.

INFORMATION ABOUT TEAM TYPES

- **Gold/Silver Teams** - \$795; 7-8 tournaments total, most tournaments are in state, 1 or 2 overnights
- **11s and 12 Gold Team** - \$645; 6-8 tournaments total, in state, 1 overnight
- **12 Black Team** - \$795; 7-8 tournaments total and includes some larger/overnight tournaments
- **Black Teams** - \$945; 8-9 tournaments total, 1 or 2 out of state, several overnights.
- **R and 1 Teams** - \$945; 8-9 tournaments total, 3 or 4 out of state, several overnights. All "R" and "1" teams should expect two or more tournaments after Iowa Regionals. This may include: Northern Lights National Qualifier, Pre-nationals tournaments, ASICS Junior Nationals, and possibly AAU Nationals or USAV Nationals.
- **There are NO extra or hidden fees** (except for post season play, if qualified). Fees are all inclusive.

Iowa Regional Tournament 2023

- All Iowa Rockets teams attend the Iowa Regional tournament. Please review the dates below to be sure you are available for volleyball.
- **All 16s, 17s, 18s teams – Sat/Sun March 11/12**
- **All 11s thru 15s teams - Sat/Sun March 25/26**

For more detailed information about Rockets – go to the Iowa Rockets website, click "Rocket Science" to read "In a Nutshell". (<http://iowarockets.com/index.php/rockets-science/>)