



	C1VB Club	C1VB Select	Club A	Club B
How many players are on a team?	8-10	9-12	_____	_____
How many coaches per team? C1 is one of the only clubs in SC to offer two coaches for more than just our top team level, meaning players get more feedback and more touches.	1 plus practice asst	2	_____	_____
How many training hours per week? For Select level teams, training hours include both team practices and speed, agility & strength training through LIFEperformance.	3-4 <i>plus additional position training</i>	4-6	_____	_____
How many teams practice per net?	1-2	1	_____	_____
Is additional position training offered? C1 offers position training at least 2 times per month at no additional cost.	yes	yes	_____	_____
Is speed, strength, and agility training offered? C1 has partnered with LIFEperformance to offer speed, strength and agility training. Andrea Bentley and staff will offer training for all players during position practices as well as dedicated off-site training times for all power, elite and national teams.	yes	yes	_____	_____
How many tournaments does the team attend? C1 tournament schedules are appropriate for each team's age and skill level.	4-7* *Plus extended season options	8-9*	_____	_____
What is the cost and what does it include? Our price includes all coaching fees, gym fees, tournament entry fees, region registration fees, uniforms, speed, strength & agility training, and position practices. Our price is all-inclusive and there are no hidden costs.	\$795-\$1160	\$1650-\$2050	_____	_____
Are there fundraising opportunities?		yes	_____	_____
Does the club participate in USAV and Palmetto Region tourname		yes	_____	_____



Other Factors to Consider:

Club A

Club B

Does the club have a clearly defined philosophy?

Carolina One has a clearly defined mission and club goals, available on our website. We also outline our expectations for players and what parents can expect from the club at the beginning of each season.

How well does the club communicate and how organized is club administration?

C1 consistently excels in timely communication and distribution of information to our members. The C1 website is the best source of information throughout the year, and players and parents receive timely emails from coaches and club directors. We use an online club management system, which allows families unlimited access to team information and individual account information. There is also an app available for team members.

How qualified is the coaching staff?

Carolina One has assembled one of the strongest coaching staffs in the Palmetto Region. Many of our coaches are successful middle school, high school, college, or club coaches in the Upstate. More than 2/3 of our coaches coached, played, or are currently playing collegiate volleyball. All of our coaches are IMPACT certified through USAB, and C1 offers additional professional development for all coaches.
