



	State	Regional	Power	Elite	National	Club A	Club B
How many players are on a team?	8-9	8-10	9-11	9-12	9-12	_____	_____
How many coaches per team? C1 is one of the only clubs in SC to offer two coaches for our Power, Elite and National teams, meaning players get more instruction and more touches on the ball.	1	1 plus practice coaches	2	2	2	_____	_____
How many training hours per week? For Power, Elite, and National teams, training hours include both team practices and speed, agility & strength training through LIFEperformance.	3-4	3-4	4-5	4-6	4-6	_____	_____
How many teams practice per net?	1-2	1	1	1	1	_____	_____
Is additional position training offered? C1 offers position training at least 2 times per month at no additional cost.			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			_____	_____
How many tournaments does the team attend? C1 tournament schedules are appropriate for each team's age and skill level. Elite & National teams offer a competitive tournament schedule with maximum college exposure.	4-5	6-7	8-9	9-10	11-12	_____	_____
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.	\$750	\$1100	\$1600	\$2200	\$2500	_____	_____
Are there fundraising opportunities?			yes			_____	_____
Does the club participate in USAV and Palmetto Region tournaments?			yes			_____	_____



Other Factors to Consider:

Other Club Other Club

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 best coaching staffs in the Palmetto Region. Many of our coaches are successful middle school, high school, college, and 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 USA Volleyball, and C1 offers additional professional development for all of our coaches.

What tournaments do the teams participate in?

Carolina One teams participate in USA Volleyball sanctioned tournaments in the Palmetto Region and throughout the country. Each team level follows an appropriate tournament schedule. USA Volleyball tournaments offer strong competition and local as well as national locations.

How long has the club been in operation?

Carolina One is the longest running club in the Greenville & Pickens areas of South Carolina, entering our 10th season. Since our founding in 2007, we have not merged or had a director change.
