



FREQUENTLY ASKED QUESTIONS **Practices and Tournament Schedules**

As we move into the club season, Xceleration has dribbled out information in the past few weeks to its members on the club's plans for practices and tournaments. Here are a few questions that are top of mind for many. Under normal circumstances, we would have communicated these plans at the Parents Meeting during Tryouts and then reiterated at the club's Signing Night. If you have any additional questions, please [Contact Us.](#)

1. **Why are the older groups (15s-18s) reducing their practice days to Sundays Only from mid-December through March?**

Due to the pandemic, the high school volleyball and competitive club seasons are concurrent this year, with the high schools deciding to delay their regular season that normally starts in August to later in the year, beginning December 14 through March 20, 2021. As a result of this schedule conflict, most clubs in the area, including Xceleration, are electing to accommodate the high school programs. We are working collaboratively with high school leagues to avoid conflicting schedules that would make it difficult for our athletes to focus their attention. We believe that high school volleyball is an important part of the girls' development and they should be allowed to continue participating. The overwhelming majority of clubs are cutting back to the Sunday Only practices during the high school season.

2. **Can individual teams choose to expand their respective practice schedules?**

As noted above, the concurrent high school volleyball and competitive club seasons would make it difficult for players to juggle an expanded student-athlete schedule. Furthermore, we have several coaches doing both high school and club programs; this could mean 7 days a week of practice/play, with some days in double sessions depending on tournament schedules. We believe this would create work-life balance issues and doing both high school and club programs full time would be unsustainable.

3. **Why do practice schedules for the 12s to 14s teams differ from the older groups? Why are the younger groups starting practices after Thanksgiving?**

Under normal conditions, the club season begins after Thanksgiving through May 31 (for most teams). Xceleration has moved the start of the season earlier for the older groups (15s-18s) to begin on November 8, to accommodate the high school programs and schedules described above. Since the younger age groups (12s-14s), including coaches on these teams (i.e., no significant high school



conflicts), are not generally impacted by the high school programs, we are maintaining the regular season schedule, which starts after Thanksgiving.

4. **Our friends who are affiliated with other clubs have already started activities, why aren't we?**

Clubs have all been doing things differently under COVID restrictions. There is no single policy for how clubs are handling this. Some, but very few, formed teams early and started team pods. These were not full practices. Many were conditioning on the grass, doing limited drills, etc. Other clubs had not formed teams yet and were doing tryout pods or training sessions. And on another extreme, some other clubs were completely shut down.

5. **The practices and tournament schedules are always changing, can we finalize the dates for our planning purposes?**

We expect that our practice and tournament schedules will continue to evolve throughout the season, as many factors will dictate what we are able to do, including changes due to additional health restrictions and policies set by tournament organizers, to name just a few.

We show the tournaments that we currently plan to attend but would consider them to be placeholders at this time because tournament organizers have not solidified dates, or it is questionable if the tournaments will even be held. It would be highly dependent on local health mandates at that time. We continue to ask for your patience and flexibility to allow us all the opportunity to get practices and tournaments moving as currently planned. At this time, we will follow the practice schedule shown below in Attachment A and the tournaments in our [2021 Tournaments](#) handout.

6. **Our family is planning to take some time off during the holidays, what is the practice schedule for Thanksgiving, Christmas, and New Year's?**

Attachment A includes the timing for holiday breaks. For the younger age groups (12s-14s), they begin practices immediately after Thanksgiving and take Christmas week off from either December 21 or 22 through December 27 or 28. For the older groups (15s-18s), Thanksgiving break is from November 23-29. Since we have limited practices to Sundays Only starting December 14, these teams will practice on the Sundays before and after Christmas Day and New Year's Day.



ATTACHMENT A

12Blue

Practice begins after Thanksgiving on Monday, November 30

Mon/Wed: 6:00 – 7:30 PM

Off Dec 21 – 27, 2020

Practices resume Monday, December 28, 2020 through end-of-season

13Blue

Practice begins after Thanksgiving on Tuesday, December 1

Tue/Thu: 6:00 – 7:45 PM,

Sun: 12:00 – 2:00 PM

Off Dec 22 – 28, 2020

Practices resume Tuesday, December 29, 2020 through end-of-season

13White

Practice begins after Thanksgiving on Monday, November 30

Mon/Wed: 6:00–7:30 PM

Off Dec 21 – 27, 2020

Practices resume Monday, December 28, 2020 through end-of-season

13/14 Combo

Practice begins after Thanksgiving on Monday, November 30

Mon/Wed: 6:00–7:30 PM

Off Dec 21 – 27, 2020

Practices resume Monday, December 28, 2020 through end-of-season

14Blue

Practice begins after Thanksgiving on Tuesday, December 1

Tue/Thu 6:00 – 7:45 PM,

Sun: 2:00 – 4:00 PM

Off Dec 22 – 28, 2020

Practices resume Tuesday, December 29, 2020 through end-of-season

14White

Practice begins after Thanksgiving on Tuesday, December 1

Tue/Thu: 6:00 – 7:45 PM,

Sun: 10:00 AM – 12:00 PM

Off Dec 22 – 28, 2020

Practices resume Tuesday, December 29, 2020 through end-of-season



All practices begin November 7, 2020 for 15s - 18s

Break: Oct 30 – Nov 7, 2020

Practice: Nov 8 – Nov 22, 2020 (follow scheduled days below)

Break: Nov 23 – Nov 29, 2020

Practice: Nov 30 – Dec 13, 2020 (follow scheduled days below)

High School Season: Limited Practice Dec 14 – Mar 20, 2021, Sundays Only

Practice: Mar 21 – End of Season 2021 (follow scheduled days below)

15Blue

Mon/Wed: 6:00 – 7:45 PM,

Sun: 2:00 – 4:00 PM

Dec 14-Mar 20, Sundays Only

15White

Mon/Wed: 8:00 – 9:45 PM, Sun: 2:00 – 4:00 PM

Dec 14-Mar 20, Sundays Only

16Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 12:00 – 2:00 PM

Dec 14-Mar 20, Sundays Only

16White

Mon/Wed: 8:00 – 9:45 PM, Sun: 12:00 – 2:00 PM

Dec 14-Mar 20, Sundays Only

17Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM

Dec 14-Mar 20, Sundays Only

18Blue

Tue/Thu: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM

Dec 14-Mar 20, Sundays Only

18White

Mon/Wed: 8:00 – 9:45 PM, Sun: 4:00 – 6:00 PM

Dec 14-Mar 20, Sundays Only