



- EST. 2010 -

2026/2027 Aggression Volleyball Club FAQs

What Aggression Volleyball Club Is About

Aggression is a community-first volleyball club that has been serving DeKalb County for nearly 20 years. Our vision for Aggression continues to be making high-quality club volleyball accessible to athletes with different experience/skill levels and family budgets. We are a different kind of club in that we focus on the individual growth of each athlete as both a volleyball player and a young adult. Whereas other clubs tend to focus more on a team's wins and losses, we concentrate on skill, leadership, teamwork, handling success with humility, and responding to failure with motivation. We are able to accomplish this because we are fortunate to have the best coaching staff in the area.

Bottom line: Club volleyball can feel overwhelming. This guide will help parents quickly understand the programs, costs, schedule, expectations, and policies for Aggression. It is meant to answer some of the more frequently asked questions.

Quick Program Guide

Program	Grades	Season	Best fit	Snapshot
Girls Premier-PLUS	6th-12th Girls	Nov-Jun	Athletes/families who want a longer season, more training, and a stronger team building and overall experience. (this program also takes the place of Spring)	2 practices/week. Approx. 20 tournament dates, usually within 90 minutes of Sycamore. Includes Diggin' in the Dells tournament & 2-night hotel stay for the athletes
Girls Premier	4th-12th Girls	Nov-early Mar	Athletes who want competitive club volleyball in a shorter season with the option to enroll in the Spring Season afterwards.	2 practices/week. 8-9 tournament dates, usually within 90 minutes of Sycamore.
Boys Premier	6th-12th Boys	Nov-Feb	Boys who are new to volleyball or experienced and want a competitive club option.	2 practices/week. 3-4 tournament dates, usually within 90 minutes of Sycamore. .
COED Select	4th-5th Girls & Boys	Nov-early Mar	Younger athletes ready for a beginner-friendly club experience.	2 practices/week. 4-5 tournament dates.
YOUTH (not a Club Program)	2nd-4th Girls & Boys	Nov-early Mar	Kids interested in learning volleyball basics without a full club commitment.	1 practice/week. No tryouts, no teams, and no tournaments. Lighter ball and shorter net.
Spring (not a Club Program)	4th-6th Girls & Boys & 7th-12th Girls	May-Jun	Families wanting a condensed spring season after the main club season.	2 practices/week. Tournaments typically within 90 minutes. Registration opens in March.

Important: Premier-PLUS does not automatically mean a higher skill level. It means a longer season, more tournament dates, more training, and a bigger time commitment.

2026/2027 Season Club Program Matrix

		6th-12th Grade Girls <i>Premier-PLUS Girls Program</i> Nov - Jun, 2027	4th-12th Grade Girls <i>*Premier Girls Program</i> Nov - Mar, 2027	4th-5th Grade Girls & Boys <i>Coed Select Program</i> Nov - Mar, 2027	6th-12th Grade Boys <i>NEW *Premier Boys Program</i> Nov - Feb, 2027
Practice	Days per Week - Most likely Mon/Wed or Tue/Thu after 5pm	2 Days	2 Days	2 Days	2 Days
Tournament Information**	Tournament Dates Entered (approximate)	20+	8 - 9	4 - 5	3 - 4
	Matches Played (approximate)	60+	24 to 30	12 to 15	9 to 12
	Multi-Day Tournaments and/or League Play	YES	YES	NO	NO
	Diggin' in the Dells w/ 2-Night Hotel Stay INCLUDED	YES	NO	NO	NO
Club Membership Perks	Sibling Discounts Available (\$50/sibling) Athlete Referral Program (\$50/referral) Discounted Private Lessons Discounted Club Programs Fundraising Available (raffle ticket sales) Work Programs (ie: Team Parent/Asst. Coach) Easy Payment Plans (upon request)	YES	YES	YES	YES
Additional INCLUDED Services	Complete Aggression Uniform Package Team Bonding Activities All Tournament Entry Fees (travel separate)	INCLUDED (2-night hotel stay incl)	INCLUDED	INCLUDED	INCLUDED
ONE ALL-INCLUSIVE PRICE		<u>\$2395</u> Returning Athlete	<u>\$1395</u> Returning Athlete	<u>\$995</u> Returning Athlete	<u>\$795</u> Returning Athlete
<u>NO "HIDDEN" COSTS</u>	<u>NO "Uniform Package" to Buy</u>	(\$2595 New Athlete)	(\$1545 New Athlete)	(\$1145 New Athlete)	(\$895 New Athlete)
*If an athlete chooses Premier and would like to play longer; Aggression offers a Spring Season that goes from late April to June. **JVA athlete insurance/Facility fee (\$75 Aug-June '27) is required for all programs. This is NOT an Aggression fee.					
WANNA PLAY FOR FREE?		Families can earn back 100% of their club dues by participating in Aggression's fundraising (our raffle), athlete referral program & other fun volleyball work programs (TBD)? Every year we have dozens of families who are able to do this!			
INTENTIONALLY SMALL. UNDENIABLY POWERFUL					

Practices

- Practices begin in mid-November.
- Most club teams practice twice per week. YOUTH practices once per week.
- Exact days and times are finalized after tryouts and teams are built.
- Likely schedule: YOUTH on Mondays; middle school and younger teams on Mon/Wed after 5pm; high school teams on Tue/Thu after 5pm. Boys Premier program will likely be on Tue/Thu after 5pm

Practice Locations

- Kishwaukee YMCA in Sycamore - 2500 Bethany Rd, Sycamore
- Sycamore Park District - 480 South Airport Rd, Sycamore
- Cornerstone School / ACS - 355 N. Cross St, Sycamore

Practice: Holidays & Weather Cancelations/Reschedules

Aggression is a family-first club and believes athletes should have breaks during Thanksgiving, Christmas/Winter Break, Spring Break, and Memorial Day. Coaches may request voluntary practices during these times, and Aggression may offer optional camps or private lessons.

For weather cancellations, Aggression generally follows the lead of surrounding schools. If school or after-school activities are canceled, practices may be canceled as well. Cancellations will be communicated at least two hours before practice by email and Facebook. Make-up practices may be offered, but are not guaranteed.

Also, individual practices may need to be rescheduled from time-to-time due to facility-hosted events outside of Aggression (a school dance, for example). This is rare, but can and does happen and will be communicated well in advance, if possible. We unfortunately don't own our own facility and because of this, we are sometimes at the mercy of the facility we're renting.

Team Placement

- **Guaranteed Placement:** Athletes who commit on the first or second day of summer tryouts for their age level are guaranteed a roster spot (assuming there is a team for their particular age/sex; in the rare case there is not a team, Commitment Deposits will be refunded in full and Aggression will help find the athlete a team with another local club).
- **After Summer Tryouts:** Aggression will try to place athletes during our Fall Tryouts (Sept & Nov), but roster spots cannot be guaranteed.
- **Team Rosters:** Preliminary teams are formed just after our final Fall tryout in Oct/Nov. However, teams are actually finalized during the first two weeks of practice as it's important we have the additional time to evaluate all athletes one last time and take into consideration schedules, position played, skill level, team needs, etc. For some athletes, these practices may be the first time they've been on the courts since our July tryouts as athletes are only required to attend one tryout. That said, any team changes are made with the athlete and the team in mind and will be communicated with the parents if the change results in a practice day/time change (ie: an eighth grade athlete being moved up to play on a 9th grade team).

Team size

- **Preferred roster size:** 11 athletes per team.
- **Hard cap:** 12 athletes per team.
- **Practice players:** Some athletes may practice with a team or make up a missed practice, but this does not increase competition rosters or play time for tournaments.

Payments & Fees

Families may pay in full by cash, Zelle (AggressionVBC@gmail.com), or check. We do not offer credit card payments at this time. Commitment Deposits are credited toward season dues and are required to reserve an athlete's roster spot in the program. Full payment for each program is due by Nov. 15th (Premier-PLUS athletes will have until Dec. 15th). For those attending a summer tryout or September tryout date, the following payment schedule is available if easier:

Program (Returning Athlete / New Athlete Dues)	Standard payment schedule (extended plans available)
YOUTH (\$445/\$495 plus \$75 JVA & Facility Fee)	Full payment due by Nov. 15, plus the \$75 JVA/facility fee.
Boys Premier (\$795/\$895 plus \$75 JVA & Facility Fee)	\$375 Commitment Deposit, \$375 due Oct. 1, balance due Nov. 15. (payments include the \$75 JVA/facility fee)
COED Select (\$995/\$1145 plus \$75 JVA & Facility Fee)	\$375 Commitment Deposit, \$375 due Oct. 1, balance due Nov. 15. (payments include the \$75 JVA/facility fee)
Girls Premier (\$1395/\$1545 plus \$75 JVA & Facility Fee)	\$575 commitment deposit, \$575 due Oct. 1, balance due Nov. 15. (payments include the \$75 JVA/facility fee)
Girls Premier-PLUS (\$2395/\$2595 plus \$75 JVA & Facility Fee)	\$675 commitment deposit, \$675 due Oct. 1, \$675 due Nov. 15, balance due Dec. 15. (payments include the \$75 JVA/facility fee)

- **JVA/Facility Fee:** Each athlete pays a separate \$75 fee for JVA membership, athlete insurance (in the rare case an athlete is injured while playing), and facility costs. This is added to the overall dues.
- **Extended Payment Plans:** Contact Dennis at Dennis.AVBC@gmail.com. Aggression will always try to work with families when possible. Extended payment plans require a \$35 recording fee.
- **Late Payments:** For Premier-PLUS families and those with approved extended payment plans, families receive one courtesy reminder after a payment is late. After that, an athlete may need to sit out of practice or tournaments until the account is current. If there are extenuating circumstances, please contact Dennis and he will speak with you. ****We do everything we can to avoid sitting a healthy and willing athlete.***

Discounts & Fundraising

- **Returning athlete discount:** Available to athletes returning from the previous club season. Spring Season is not considered a club season.
- **Referral credit:** \$50 credit for each new athlete referred to the club (Club Programs only; not Spring or YOUTH). Referred athletes can mention this when registering for tryouts.
- **Sibling credit:** If a sibling joins for the first time, the \$50 credit is applied to the older/current sibling's dues. A new sibling does not qualify for the returning athlete discount.
- **Coach discount:** Coaches with athletes in the program receive half off the season in addition to coaching pay.
- **Raffle fundraiser:** Premier, Boys, and Select athletes are required to sell 12 tickets at \$10 each. Premier-PLUS athletes will be required to sell 15 tickets. Spring and YOUTH are exempt, but may participate for the \$5 bonus mentioned below.
- **Extra raffle tickets:** Athletes earn \$5 cash for each ticket sold beyond the required minimum (ie: athlete sells an extra 48 tickets, they would earn \$240)
- **Raffle opt-out:** Families may buy the required number of tickets themselves, and the athlete's name will still be entered in the raffle.

Refunds & Prorating

Once an athlete signs our Commitment Form and submits the Commitment Deposit, the family is responsible for the full season dues (see Commitment Form). Aggression builds teams and commits to coaches, courts, gear, insurance, and tournament costs based on each rostered athlete and this is decided well before the season even begins. Being a small club, we count on those promised funds.

A full refund is issued only in the rare case that Aggression cannot place an athlete because of an unforeseen club/team issue. In that situation, Aggression will help place the athlete with another local club if the family would like this.

What Is Included?

Aggression does not charge hidden club fees. The separate \$75 JVA/facility fee is the only added fee collected by Aggression. There is **NO UNIFORM PACKAGE to purchase**; every Aggression athlete will be given the following:

- **New Select and Premier athletes:** Tryout shirt, practice shirt, Aggression volleyball, and jersey.
- **Returning Select and Premier athletes:** Tryout shirt, practice shirt, and jersey. Returning 12U athletes moving up to a 13U team will also receive an Aggression volleyball (official size & weight)
- **Premier-PLUS athletes:** Tryout shirt, practice shirt, jersey, tournament warm-up/hoodie and pants, backpack, and an Aggression volleyball (for new athletes only).
- **Jerseys:** Jerseys must be returned at the end of the season. If a jersey is kept or not returned, the replacement fee is \$50.
- **Other gear:** All other gear is the athlete's to keep.

Tournaments & Matches

- Girls Premier & Select teams compete in the Chicago Volleyball League (CVL), totaling between 8-9 dates.
- Premier-PLUS teams play CVL plus additional one-day and two-day tournaments, totaling about 20 dates. They will also compete in the Diggin' in the Dells 2-Day tournament in April (in Wisconsin Dells); for this tournament athlete's **2-night hotel accommodations are included**.
- Most tournaments are Saturday/Sunday events within 90 minutes of Sycamore.
- Tournaments usually last 3-4 hours, with at least 3 matches per tournament.
- Exact match times are often released only days before the tournament. Coaches will share times as soon as they receive them. We apologize in advance for this as it makes planning very difficult for families - and us - but it has nothing to do with Aggression, unfortunately.
- Teams may play a December warm-up tournament and may be invited to optional/additional one-day events.
- Boys Premier tournament dates are still TBD because this is a new program. Likely, the Boys will play 3 total tournament dates.

Proposed tournament dates are available on the Aggression website and online calendar. Please go to Aggression/VBC to download our Club Calendar. It's important to note that dates and times of tournaments and/or events can change.

Parent Involvement

Aggression wants our athletes to learn how to communicate with their coaches. This is imperative to their own growth and overall confidence. When an athlete has a concern, the athlete should talk with the coach first. Coaches will follow up with parents when needed. If the concern is not resolved, a parent meeting can be requested. We do enforce a strict 24-hour rule for parents wanting to speak with coaches during a tournament; parents will need to wait until a full 24 hours after the tournament weekend.

Parents are welcome and encouraged to watch practices as long as the facility allows it.

Playing Time

Athletes receive equal opportunity to grow and develop during practice. Tournament playing time is earned, not automatically given.

Coaches decide playing time based on attendance, practice habits, attitude, performance, and skill. Aggression is a competitive club, so playing time is not based only on fairness. For middle school and younger teams, coaches make a strong effort to provide every athlete with reasonable playing time.

Final note: Dates, times, locations, and pricing are subject to change, though changes rarely happen.

