



St. Rose CYO Travel Volleyball
Parent Information Sheet
Grades 5 thru 12
(Updated: 11/12/2025)

St. Rose CYO
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www.strosecyo.org

St. Rose CYO Travel Volleyball is a competitive Volleyball program that abides by the rules and guidelines set forth by CYO of Long Island (CYOLI), in conjunction with St. Rose CYO policies.

Below is a brief overview of the **Travel Volleyball Guidelines for Grades 5 - 12**. A detailed version of this document can be found on the St. Rose CYO website under Downloads.

- **Tryout Fee:** \$30.00 due at registration (non-refundable). Late registration or walk-ins on the day of a tryout session are not permitted.
- **Players selected to a Travel team:**
 - **Girls 5-12 Season Fee:** **\$275.00** per player (includes practices, participation in CYOLI Travel League (10 games + playoffs and jersey).
 - **Boys 6-8 Season Fee:** **\$220.00** per player (includes practices, participation in CYOLI Travel League (8 games (no playoffs) and jersey).
 - Registration and payment for the season must be completed by **December 15, 2025**.
 - Practices begin in January, and Games are scheduled from February through May.
 - The Travel fee payment is required in total for a player to be allowed to participate in practices and games.
- **Team Grade Levels:**
 - **Single-Grade Teams:** Players are placed on teams according to their grade levels. These teams will compete in a division that corresponds to the grade level of the players on the team. For example, if you have a team of only 7th-graders, they will compete in the 7th-grade division.
 - **Multi-Grade Teams:** Multi-grade teams consist of players from different grade levels, with a specific grade range defined for each team. Players on these teams must fall within the specified grade range. These teams will compete in the division of the highest grade level represented on the team. For example, if a team comprises players from 5th and 6th grades, they will compete in the division for 6th-grade teams.
- Each grade will have two (2) tryout sessions. **Players must attend one (1) FULL tryout session* to be considered for a travel team.** It is highly recommended that players attend both tryout sessions to ensure adequate time for proper evaluation. *Late arrival and/or early departure from the tryout session is **NOT** considered a **FULL** tryout.
- Players must play on the team for which they are selected and cannot request specific team placement. Once a player is ROSTERED, they cannot opt out of playing for that team. If a player chooses to opt-out, the player cannot participate in any St. Rose CYO program for the current year and is not eligible to try out for Travel Volleyball the following season.
- Evaluators and coaches will be selecting the team.
- Teams will consist of a minimum of 10 players and a maximum of 12 players.
- Grade levels will consist of a maximum of 2 teams.
- Players will be notified via email within approximately 48 - 72 hours upon completion of the final try out date for each grade level if they *have* or *have not* been selected to a Travel Team.
- Uniform fitting will occur shortly after the team selection process has been completed.
- Head coach will schedule a pre-season meeting to review playing time and team rules.