



Boys Volleyball at The OC Volleyball Club

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Club Volleyball for boys at The OC Volleyball Club is an opportunity for male student-athletes of varying abilities to develop their skills through practice and competition while also learning the important values of team, spirit, sportsmanship, and hard work in the competitive athletic environment.

Opportunities in 2017-18 are available for boys in the 9-16* age range. The club volleyball season for boys at The OC will typically consist of 1 practice per week, starting in November, with tournament play beginning as early as January. The season should conclude with OKRVA Regionals in early May.

*for other ages, please contact The OC for more information on other opportunities



So, why play boys' volleyball?

When some people think of volleyball, they imagine games at pool parties or at picnics, or that it's just a "girls sport." However...

Boys volleyball is one of the fastest-growing high school sports in the U.S. and one of the world's most popular sports. Here's why:

- Fast-paced and high-flying: Take the best parts of other sports, mix in high-speed jumping and hitting, and you have volleyball.
- Great cross-training: Athletes playing other sports often transition to volleyball with relative ease and find that it enhances motor skills, decision-making, and muscle mechanics.
- Lower injury-risk sport: While no sport is injury-free, volleyball has one of the lowest injury rates.
- Fun: Remember, there's a reason people play volleyball at parties, picnics, and get-togethers.
- Lifelong sport: At the 2013 U.S. Nationals, nearly 100 male players showed up to play in the 70 & up division.

