

Height of Volleyball Players

FLC, CU, Stanford, WNCC and the General Population



Purpose

The purpose of this mini-study is to illustrate that collegiate volleyball teams have rosters that include players taller than the general population of girls and young women.

This information can be valuable as adolescent girls set performance goals move through the different age divisions. Because girls grow at different rates it is common for a player to be a middle or outside hitter when they are 13 or 14. By the time they are 17 or 18 they may not be tall enough to play those positions and may be forced to play the libero position.

Knowing the information presented in this mini-study can help coaches and players set realistic performance goals. It can also help coaches work with their players and help them manage their expectations.

Methodology/Limitations of Study

Methodology

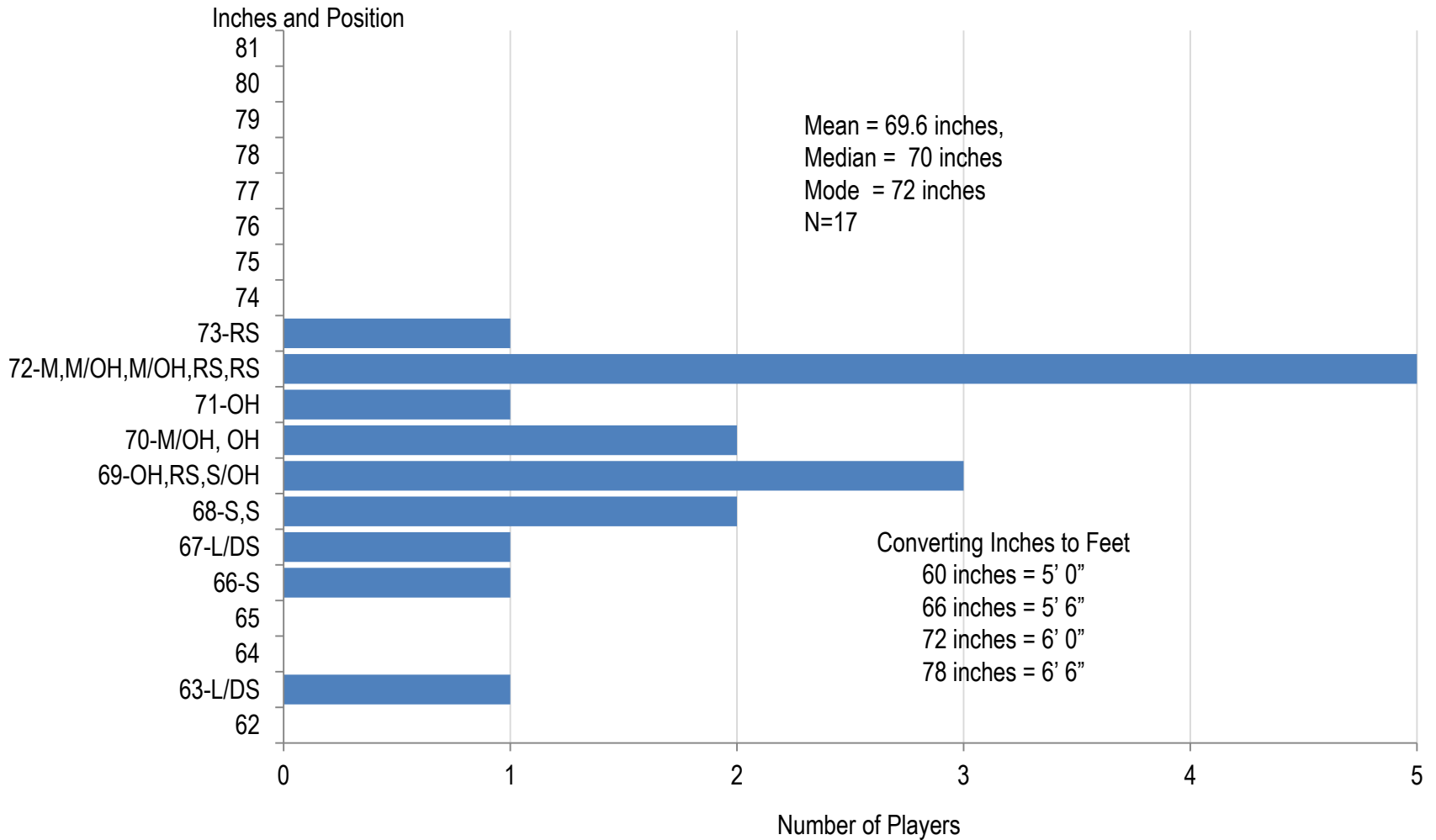
- The height and position of players were analyzed for Fort Lewis College, CU Boulder, Stanford, and Western Nebraska Community College.
- The data was collected on July 5, 2014 from online rosters. These schools represent a weak D2 school, a solid D1 school, a D1 powerhouse, and a powerhouse community college program.

Limitations of Sample

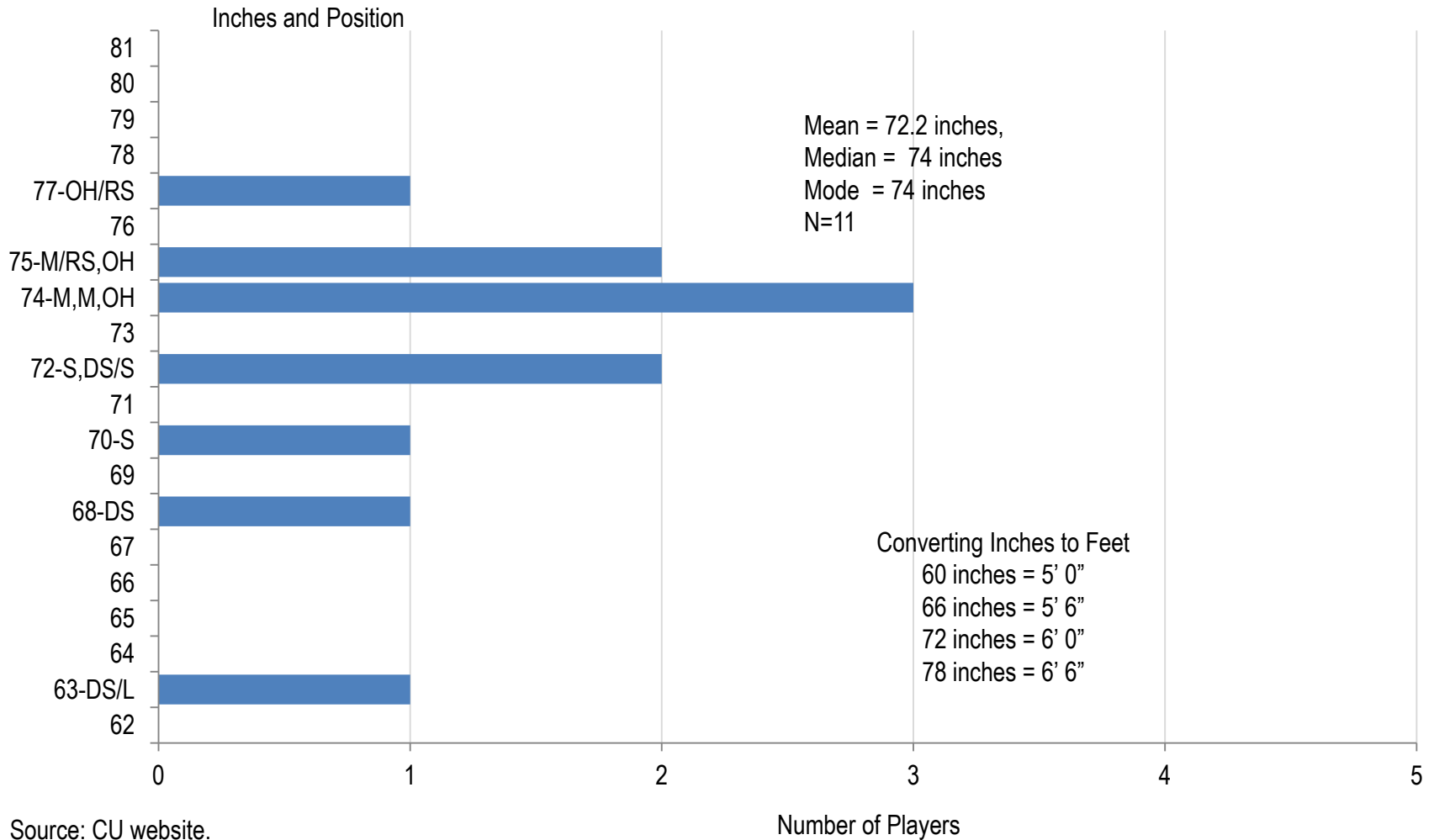
- Some schools may adjust the height of the players on their rosters for various reasons.
- The rosters in July may not reflect the entire team that will play in the 2014 season.
- This analysis looks at 54 players. This sample may not be completely representative; however, the results are useful if the limitations are considered.
- A more scientific study would limit the players to those who had significant playing time.



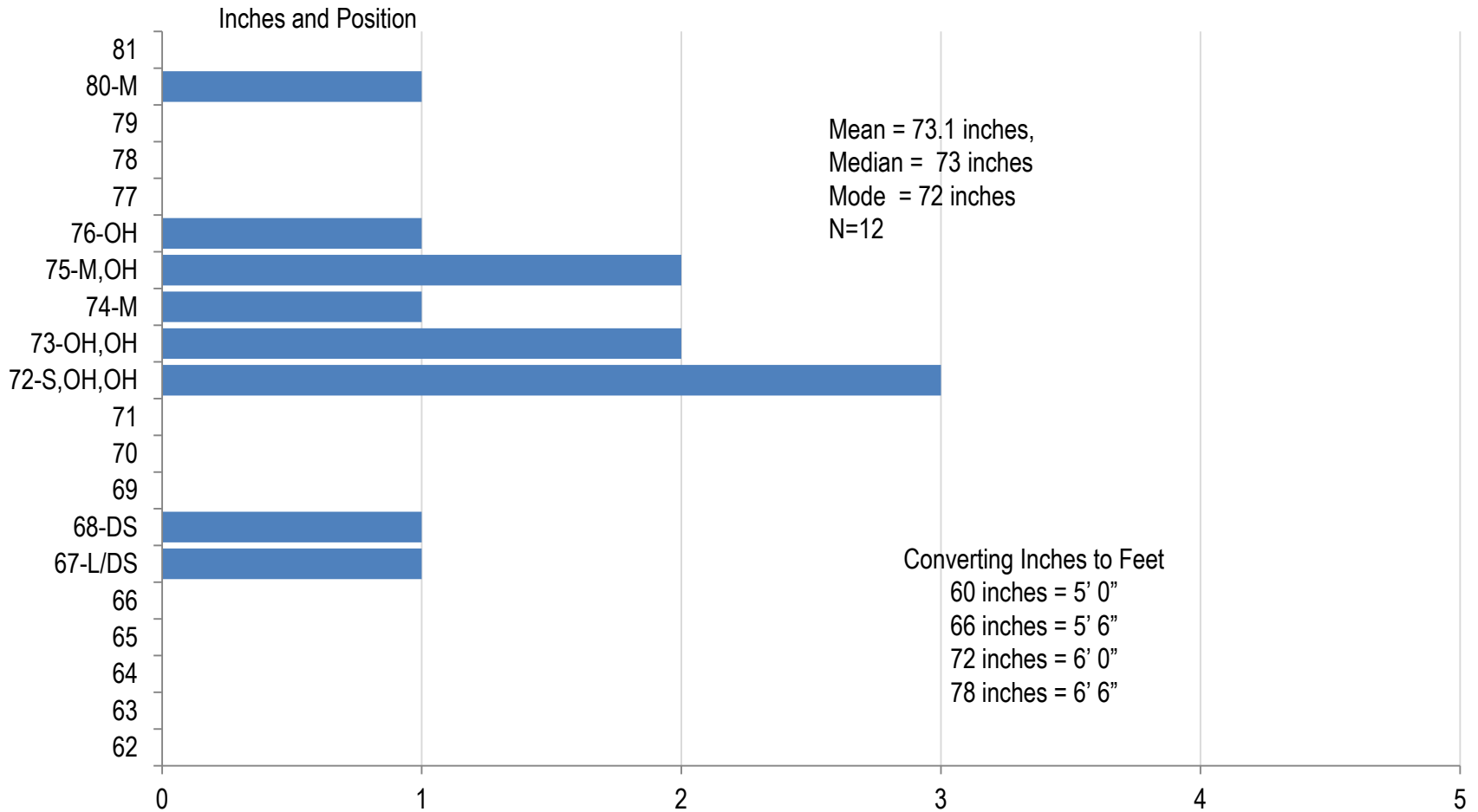
Height of Fort Lewis College Players



Height of CU Players



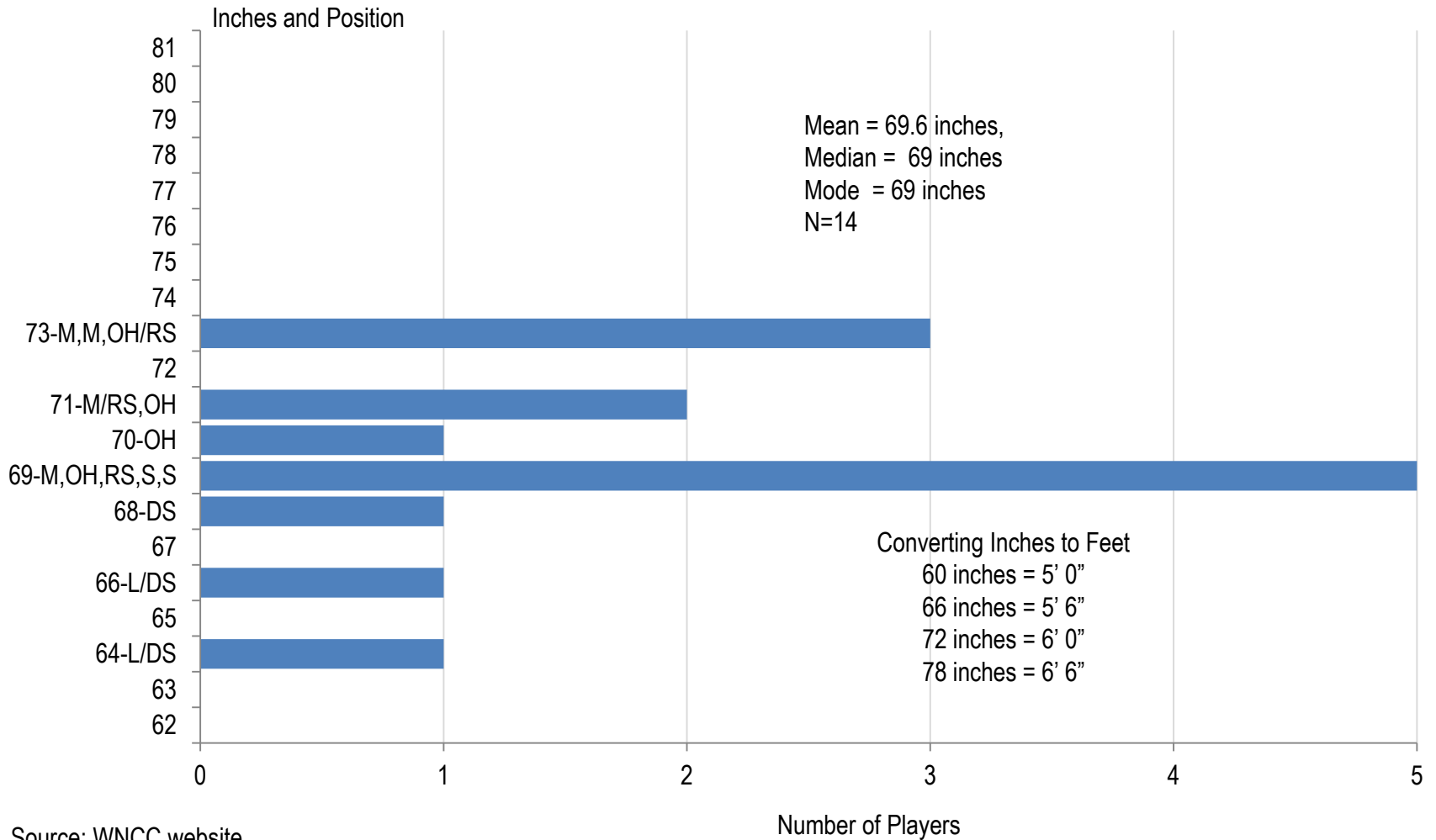
Height of Stanford Players



Source: Stanford website.

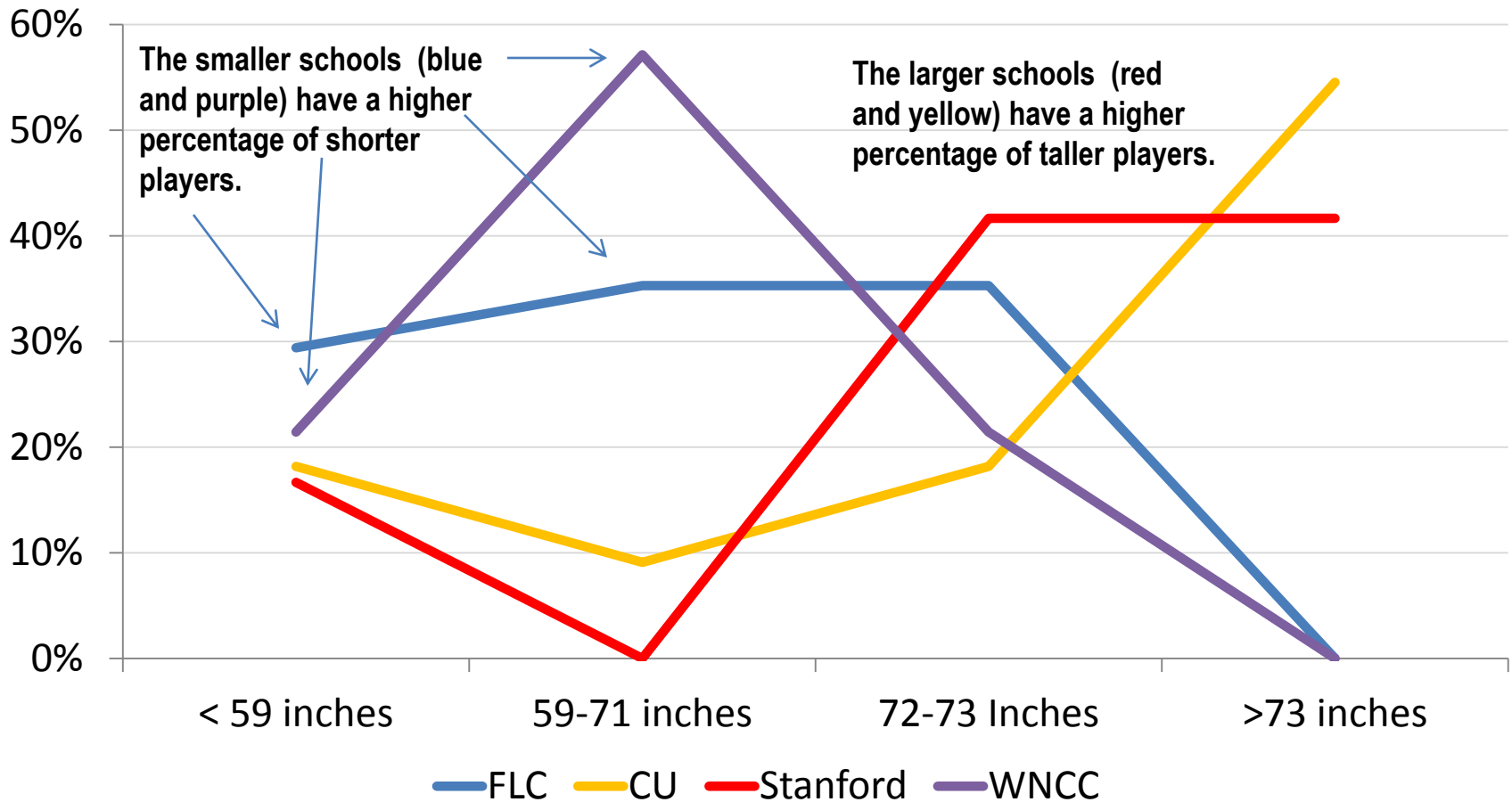
www.garyhorvath.com

Height of WNCC Players



Source: WNCC website.
www.garyhorvath.com

Percentage of Players by Height by School



Height Groups by School for 54 Players

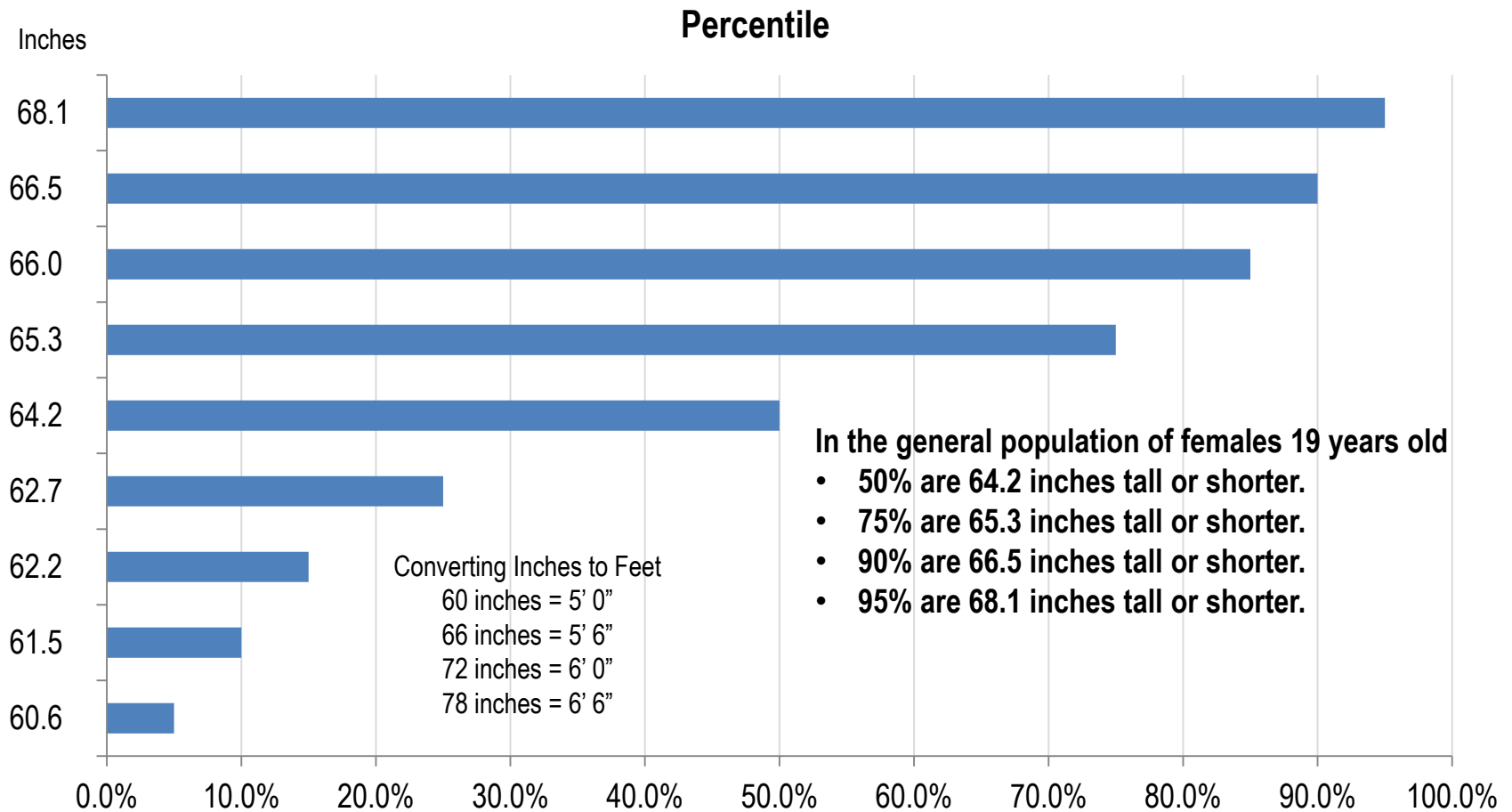
Players Shorter than 6'0"

- 12 were 68 inches tall or shorter.
 - 5 played at FLC.
 - 2 played at CU.
 - 2 played at Stanford.
 - 3 played at WNCC.
- 15 were at least 69 inches tall and less than 72 inches.
 - 6 played at FLC.
 - 1 played at CU.
 - 0 played at Stanford.
 - 8 played at WNCC.

Players 6'0" or Taller

- 16 were 72 or 73 inches tall.
 - 6 played at FLC.
 - 2 played at CU.
 - 5 played at Stanford.
 - 3 played at WNCC.
- 11 were taller than 73 inches.
 - 0 played at FLC.
 - 6 played at CU.
 - 5 played at Stanford.
 - 0 played at WNCC.

CDC Percentile of Girls 19 Years Old and Their Height in Inches – General Population



Source: Center Disease Control - Anthropometric Reference Data for Children and Adults: United States, 2007–2010 Series .

Conclusion

At the collegiate level, volleyball is a sport that favors women who are taller than the average. Key findings from this analysis follow:

- The median height for the general population is 5'4". The median height for this sample is 5'11".
- The median height for the smaller colleges is 5'9". The median height for the D1 schools is 6'1".
- In the general population 95% of the girls are 5'8" or shorter.
- In this sample, 22% of the volleyball players were 5'8" or shorter.
- In other words, 78% of the players came from 5% of the population and 22% came from 95% of the population.

William Morgan started volleyball for men who did not want to participate in a sport that required as much rigor or skill as basketball. Today, volleyball is as demanding physically and mentally as many other sports. It is played predominantly by young women. What would William Morgan think if he saw the physique, skill, and tactics exhibited by the athletes who play women's college volleyball?



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