

# Fall Academy 2019

At Academy, we are very proud of our world-class, truly professional coaching staff led by Coach Li, the well-known former head coach of China National Women Team, and Coach Bunn, who has 20-yr D1 coaching experiences. We offer the best-quality training for student-athletes with challenging and unique approaches that focus on developing fundamental skills.

## Youth Academy (#1 Recommendation)

Youth Academy, a featured program, is a year-round training program designed to develop young students with the focus of systematically teaching fundamentals. Students will be grouped based on age/skill into Beginner (Age 8 & Up), Intermediate (Age 11 & Up), and Advanced (Age 13 & Up).

### Friday(5-7P) - 10 Classes

9/6 9/13 9/20 9/27 10/4 10/11 10/18 10/25 11/1 11/8

\$260

### Sunday(5-7P) - 8 Classes

9/8 9/15 9/22 9/29 10/6 10/13 10/20 11/3

\$220

Bonus Pack: \$360 (Friday + Sunday)

## Academy Position Clinic

Position Clinic is a skill/position specific coaching program designed to focus on different areas of the game: hitters(outside/right side), middle hitter/blocker, and defense(L/DS). All clinics include some serving practices. Players are grouped based on skill levels.

9/8

9/15

9/22

9/29

10/6

10/13

10/20

### Hitter(OH/RS)

Sun 3-5P

### Middle(MH/MB)

\$35/Clinic(No Walk-ins)

### Defense(L/DS)

## Academy Setting School

Setting school provides developing and experienced setters with systematic training that helps them to become capable and confident setters

9/8

9/15

9/22

9/29

10/6

10/13

10/20

### Intermediate

Sun 3-5P

\$35/Clinic(No Walk-ins)

### Advanced

## Power Jump - Led by Coach Moss

Regardless of what position you play, vertical Jump is critical in the game of volleyball. POWER JUMP is designed to help players improve vertical explosiveness. It is geared to not only improve the athletes vertical jumping and conditioning, but visualization exercise and mental training designed to help athletes reach their full potential. The journey toward improve, meant starts here!!!

### Group 1 @ \$170

Fr 5-6P: 9/6; 9/13; 9/20; 9/27; 10/4

Su 5-6P: 9/8; 9/15; 9/22; 9/29

### Group 2 @ \$170

Fr 6-7P: 9/6; 9/13; 9/20; 9/27; 10/4

Su 6-7P: 9/8; 9/15; 9/22; 9/29

### Group 3 @ \$170

Su 5-6P: 10/6; 10/13; 10/20; 11/3

Fr 5-6P: 10/11; 10/18; 10/25; 11/1; 11/8

### Group 4 @ \$170

Su 6-7P: 10/6; 10/13; 10/20; 11/3

Fr 6-7P: 10/11; 10/18; 10/25; 11/1; 11/8

★ Limited to 8 players/Group

★ VertiMax in use

## Academy Boys

Academy launches the boys-only programming by firstly introducing Academy Boys, the all-skill training program for 10-15 yr-old boys who are interested in learning and developing volleyball skills. We also plan to offer more boys-only training options if there is sufficient interest from boys.

9/8

9/15

9/22

9/29

10/6

10/13

10/20

3-430P; FREE, No registration required

## Program/Registration Rules

- ✓ Program size is limited and will be accepted on a first-come, first-served basis
- ✓ Minimum and maximum sizes of programs apply. We reserve the right to cancel any program that does not reach minimum requirements.
- ✓ Group/age/skill levels are established for programs. Group placement/movement are decided by Academy staff/coaches
- ✓ Online registration/payment are required for all programs. Walk-in accepted if space permits, higher fees might apply.
- ✓ Full refund if the program is canceled by Academy. Otherwise, issued credits could be used for other registrations.

**ONLINE REGISTRATION REQUIRED**

Questions: [info@ncacademyvb.org](mailto:info@ncacademyvb.org)

[www.ncacademyvb.org](http://www.ncacademyvb.org)