

# Winter/Spring Academy 2018/2019

## 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(Winter) 5-7P @ \$290	<input type="checkbox"/> 11/16	<input type="checkbox"/> 11/30	<input type="checkbox"/> 12/7	<input type="checkbox"/> 12/14	<input type="checkbox"/> 1/4	<input type="checkbox"/> 1/11
	<input type="checkbox"/> 1/18	<input type="checkbox"/> 1/25	<input type="checkbox"/> 2/1	<input type="checkbox"/> 2/8	<input type="checkbox"/> 2/15	<input type="checkbox"/> 2/22
Friday(Spring) 5-7P @ \$290	<input type="checkbox"/> 3/1	<input type="checkbox"/> 3/8	<input type="checkbox"/> 3/15	<input type="checkbox"/> 3/22	<input type="checkbox"/> 3/29	<input type="checkbox"/> 4/12
	<input type="checkbox"/> 4/26	<input type="checkbox"/> 5/3	<input type="checkbox"/> 5/10	<input type="checkbox"/> 5/17	<input type="checkbox"/> 5/31	<input type="checkbox"/> 6/7

## Academy 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 (8 Classes) @ \$150

#### Friday 5-6P

<input type="checkbox"/> 11/6	<input type="checkbox"/> 1/4
<input type="checkbox"/> 11/30	<input type="checkbox"/> 1/11
<input type="checkbox"/> 12/7	<input type="checkbox"/> 1/18
<input type="checkbox"/> 12/14	<input type="checkbox"/> 1/25

### Group 3 (8 Classes) @ \$150

#### Friday 5-6P

<input type="checkbox"/> 2/1	<input type="checkbox"/> 3/1
<input type="checkbox"/> 2/8	<input type="checkbox"/> 3/8
<input type="checkbox"/> 2/15	<input type="checkbox"/> 3/15
<input type="checkbox"/> 2/22	<input type="checkbox"/> 3/22

### Group 5 (8 Classes) @ \$150

#### Friday 5-6P

<input type="checkbox"/> 3/29	<input type="checkbox"/> 5/10
<input type="checkbox"/> 4/12	<input type="checkbox"/> 5/17
<input type="checkbox"/> 4/26	<input type="checkbox"/> 5/31
<input type="checkbox"/> 5/3	<input type="checkbox"/> 6/7

### Group 2 (8 Classes) @ \$150

#### Friday 6-7P

<input type="checkbox"/> 11/6	<input type="checkbox"/> 1/4
<input type="checkbox"/> 11/30	<input type="checkbox"/> 1/11
<input type="checkbox"/> 12/7	<input type="checkbox"/> 1/18
<input type="checkbox"/> 12/14	<input type="checkbox"/> 1/25

### Group 4 (8 Classes) @ \$150

#### Friday 6-7P

<input type="checkbox"/> 2/1	<input type="checkbox"/> 3/1
<input type="checkbox"/> 2/8	<input type="checkbox"/> 3/8
<input type="checkbox"/> 2/15	<input type="checkbox"/> 3/15
<input type="checkbox"/> 2/22	<input type="checkbox"/> 3/22

### Group 6 (8 Classes) @ \$150

#### Friday 6-7P

<input type="checkbox"/> 3/29	<input type="checkbox"/> 5/10
<input type="checkbox"/> 4/12	<input type="checkbox"/> 5/17
<input type="checkbox"/> 4/26	<input type="checkbox"/> 5/31
<input type="checkbox"/> 5/3	<input type="checkbox"/> 6/7

★ Limited to 6 players/Group    ★ VertiMax in use

## Academy Holiday Camp

Holiday camps(position camps) are offered to all players (both Academy and non-Academy players) during Christmas and New Year time to help athletes be trained in good condition before the upcoming competitions. Players will be grouped by ages/levels.

### Setter Camp

- 12/27: 9-12P
- 12/28: 9-12P

- 12/27: 1-4P
- 12/28: 1-4P

### Hitter(OH/RS) Camp

- 12/27: 9-12P
- 12/28: 9-12P

- 12/27: 1-4P
- 12/28: 1-4P

### Middle Camp

- 12/27: 9-12P
- 12/28: 9-12P

- 12/27: 1-4P
- 12/28: 1-4P

### L/DS Camp

- 12/27: 9-12P
- 12/28: 9-12P

- 12/27: 1-4P
- 12/28: 1-4P

\$50/Camp

## Program Info & 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)