

# Winter/Spring Academy 2019/2020

## 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).

### Winter Friday(5-7P) - 13 Classes

11/15; 11/22; 12/6; 12/13; 1/3; 1/10  
1/24; 1/31; 2/7; 2/14; 2/21; 2/28

\$300

### Winter Sunday(5-7P) - 13 Classes

11/17; 11/24; 12/8; 12/15; 1/5; 1/12  
1/26; 2/2; 2/9; 2/16; 2/23; 3/1

\$300

### Bonus Pack: \$490 (Friday + Sunday)

### Spring Friday(5-7P) - 13 Classes

3/6; 3/13; 3/20; 3/27; 4/3; 4/17; 4/24  
5/8; 5/15; 5/29; 6/5; 6/12

\$300

### Spring Sunday(5-7P) - 13 Classes

3/8; 3/15; 3/22; 3/29; 4/5; 4/19; 4/26  
5/10; 5/17; 5/31; 6/7; 6/14

\$300

### Bonus Pack: \$490 (Friday + Sunday)

## 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 @ \$190(10 Classes)

Fr 5-6P: 11/15; 11/22; 12/6; 12/13; 1/3  
Su 5-6P: 11/17; 11/24; 12/8; 12/15; 1/5

### Group 3 @ \$190(10 Classes)

Fr 5-6P: 1/10; 1/17; 1/24; 1/31; 2/7  
Su 5-6P: 1/12; 1/19; 1/26; 2/2; 2/9

### Group 5 @ \$190(10 Classes)

Fr 5-6P: 2/14; 2/21; 2/28; 3/6; 3/13  
Su 5-6P: 2/16; 2/23; 3/1; 3/8; 3/15

### Group 7 @ \$190(10 Classes)

Fr 5-6P: 3/20; 3/27; 4/3; 4/17; 4/24  
Su 5-6P: 3/22; 3/29; 4/5; 4/19; 4/26

### Group 9 @ \$190(12 Classes)

Fr 5-6P: 5/1; 5/8; 5/15; 5/29; 6/5; 6/12  
Su 5-6P: 5/3; 5/10; 5/17; 5/31; 6/7; 6/14

### Group 2 @ \$190(10 Classes)

Fr 6-7P: 11/15; 11/22; 12/6; 12/13; 1/3  
Su 6-7P: 11/17; 11/24; 12/8; 12/15; 1/5

### Group 4 @ \$190(10 Classes)

Fr 6-7P: 1/10; 1/17; 1/24; 1/31; 2/7  
Su 6-7P: 1/12; 1/19; 1/26; 2/2; 2/9

### Group 6 @ \$190(10 Classes)

Fr 6-7P: 2/14; 2/21; 2/28; 3/6; 3/13  
Su 6-7P: 2/16; 2/23; 3/1; 3/8; 3/15

### Group 8 @ \$190(10 Classes)

Fr 6-7P: 3/20; 3/27; 4/3; 4/17; 4/24  
Su 6-7P: 3/22; 3/29; 4/5; 4/19; 4/26

### Group 10 @ \$190(12 Classes)

Fr 6-7P: 5/1; 5/8; 5/15; 5/29; 6/5; 6/12  
Su 6-7P: 5/3; 5/10; 5/17; 5/31; 6/7; 6/14

Limited to 8 players/Group  VertiMax in use

## 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)