

# Fall Academy 2022

## Youth Academy (#1 Recommendation)

A featured year-round 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) @ \$230

9/9 9/16 9/23 9/30 10/14 10/21 10/28 11/4

### Bonus Pack@ \$370 (Fr + Su)

### Sunday(5-7P) @ \$230

9/11 9/18 9/25 10/2 10/16 10/23 10/30 11/6

## Academy Choice - BEST alternative to school volleyball

THE BEST alternative to school volleyball. Choice offers the ideal option to volleyball players who do not play school ball. Choice serves our community from grades 6-12 with volleyball training and competition throughout the fall. Registration is based on player's current grade level, not their age group.

✓ Register players based on their school grades

✓ Teams will be formed for competition events or scrimmages

✓ 8-week program: 8/30; 9/1, 6, 8, 13, 15, 20, 22, 27, 29; 10/4, 6, 11, 13, 18, 20

✓ Players will be grouped by skill levels/positions

✓ Two weekday practices with competitions

✓ T/Th 530-730P

### High School Varsity (11-12th Grade)

\$350/Player

### High School JV (9-10th Grade)

### Middle School Varsity (7-8th Grade)

### Middle School JV (6-7th Grade)

## Specific Clinic

Specific 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.

9/11

9/18

9/25

10/2

10/16

10/23

10/30

11/6

### Attacking

### Defense

\$35/Clinic(No Walk-ins)

## Academy Setting School

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

9/11

9/18

9/25

10/2

10/16

10/23

10/30

11/6

### Intermediate

### Advanced

\$35/Clinic(No Walk-ins)

## Power Jump - Led by Coach Moss

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 @ \$150

Fr 5-6P: 9/9 9/16 9/23 9/30

Su 5-6P: 9/11 9/18 9/25 10/2

### Group 2 @ \$150

Fr 6-7P: 9/9 9/16 9/23 9/30

Su 6-7P: 9/11 9/18 9/25 10/2

### Group 3 @ \$150

Fr 5-6P: 10/14 10/21 10/28 11/4

Su 5-6P: 10/16 10/23 10/30 11/6

### Group 4 @ \$150

Fr 6-7P: 10/14 10/21 10/28 11/4

Su 6-7P: 10/16 10/23 10/30 11/6

## Program 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. No refund/credit will be issued after the program begins.

[ONLINE REGISTRATION REQUIRED](#)

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