

Winter/Spring Academy 2020/2021

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) - 10 Classes

12/4; 12/11; 1/8; 1/22; 1/29

2/12; 2/19; 2/26; 3/5; 3/12

\$260

Winter Sunday(5-7P) - 10 Classes

12/6; 12/13; 1/10; 1/24; 1/31

2/14; 2/21; 2/28; 3/7; 3/14

\$260

Bonus Pack: \$430 (Friday + Sunday)

Spring Friday(5-7P) - 10 Classes

3/19; 3/26; 4/9; 4/16; 4/23

4/30; 5/7; 5/14; 5/21; 6/11

\$260

Spring Sunday(5-7P) - 10 Classes

3/21; 3/28; 4/11; 4/18; 4/25

5/2; 5/9; 5/16; 5/23; 6/13

\$260

Bonus Pack: \$430 (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: 12/4; 12/11; 1/8; 1/22; 1/29

Su 5-6P: 12/6; 12/13; 1/10; 1/24; 1/31

Group 3 @ \$190(10 Classes)

Fr 5-6P: 2/12; 2/19; 2/26; 3/5; 3/12

Su 5-6P: 2/14; 2/21; 2/28; 3/7; 3/14

Group 5 @ \$190(10 Classes)

Fr 5-6P: 3/19; 3/26; 4/9; 4/16; 4/23

Su 5-6P: 3/21; 3/28; 4/11; 4/18; 4/25

Group 7 @ \$190(10 Classes)

Fr 5-6P: 4/30; 5/7; 5/14; 5/21; 6/11

Su 5-6P: 5/2; 5/9; 5/16; 5/23; 6/13

Group 2 @ \$190(10 Classes)

Fr 6-7P: 12/4; 12/11; 1/8; 1/22; 1/29

Su 6-7P: 12/6; 12/13; 1/10; 1/24; 1/31

Group 4 @ \$190(10 Classes)

Fr 6-7P: 2/12; 2/19; 2/26; 3/5; 3/12

Su 6-7P: 2/14; 2/21; 2/28; 3/7; 3/14

Group 6 @ \$190(10 Classes)

Fr 6-7P: 3/19; 3/26; 4/9; 4/16; 4/23

Su 6-7P: 3/21; 3/28; 4/11; 4/18; 4/25

Group 8 @ \$190(10 Classes)

Fr 6-7P: 4/30; 5/7; 5/14; 5/21; 6/11

Su 6-7P: 5/2; 5/9; 5/16; 5/23; 6/13

Limited to 6 players/Group

VertiMax in use

General Program Rules

✓ Program size is limited and will be accepted on a first-come, first-served basis or specific program rules

✓ Minimum and maximum sizes of programs apply. We may 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, account credits will be issued and may be used for other registrations.

Questions: info@ncacademyvb.org

[ONLINE REGISTRATION REQUIRED](#)

www.ncacademyvb.org