

Winter/Spring Academy 2021-22

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

11/5; 11/12; 11/19; 12/3; 12/10
1/14; 1/21; 1/28; 2/11; 2/25

\$260

Spring Friday(5-7P) - 10 Classes

3/11; 3/18; 3/25; 4/8; 4/22
4/29; 5/6; 5/13; 5/20; 6/10

\$260

Bonus Pack:

20 Classes
(Fri + Sun)

\$430

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20 Classes
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\$430

Winter Sunday(5-7P) - 10 Classes

11/7; 11/14; 11/21; 12/5; 12/12
1/16; 1/23; 1/30; 2/13; 2/27

\$260

Spring Sunday(5-7P) - 10 Classes

3/13; 3/20; 3/27; 4/10; 4/24
5/1; 5/8; 5/15; 5/22; 6/12

\$260

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!!!

Winter Group 1 @ \$190(10 Classes)

Fr 5-6P: 11/5; 11/12; 11/19; 12/3; 12/10

Su 5-6P: 11/7; 11/14; 11/21; 12/5; 12/12

Winter Group 3 @ \$190(10 Classes)

Fr 5-6P: 1/14; 1/21; 1/28; 2/11; 2/25

Su 5-6P: 1/16; 1/23; 1/30; 2/13; 2/27

Spring Group 1 @ \$190(10 Classes)

Fr 5-6P: 3/11; 3/18; 3/25; 4/8; 4/22

Su 5-6P: 3/13; 3/20; 3/27; 4/10; 4/24

Spring Group 3 @ \$190(10 Classes)

Fr 5-6P: 4/29; 5/6; 5/13; 5/20; 6/10

Su 5-6P: 5/1; 5/8; 5/15; 5/22; 6/12

Winter Group 2 @ \$190(10 Classes)

Fr 6-7P: 11/5; 11/12; 11/19; 12/3; 12/10

Su 6-7P: 11/7; 11/14; 11/21; 12/5; 12/12

Winter Group 4 @ \$190(10 Classes)

Fr 6-7P: 1/14; 1/21; 1/28; 2/11; 2/25

Su 6-7P: 1/16; 1/23; 1/30; 2/13; 2/27

Spring Group 2 @ \$190(10 Classes)

Fr 6-7P: 3/11; 3/18; 3/25; 4/8; 4/22

Su 6-7P: 3/13; 3/20; 3/27; 4/10; 4/24

Spring Group 4 @ \$190(10 Classes)

Fr 6-7P: 4/29; 5/6; 5/13; 5/20; 6/10

Su 6-7P: 5/1; 5/8; 5/15; 5/22; 6/12

* Limited to 6
players/Group
* VertiMax in use

Spring League

Academy Spring League is a post-season program offering players to continue their skill development while continuing competitive play.

At least 1-yr club experiences required

Held on multiple courts led by Academy experienced coaches

Two groups (Tu & Th) are offered. Players could choose to sign up either one or both groups.

Eight 2-hr-session program by USAV ages

Each age group(12/13's & 14-16's) only forms up to 6 teams, first come, first serve.

1st hr skill training; 2nd hr competing in teams of 4-6's

Players will be placed on a team of their age/level by coaches

This league is open for Academy and non-Academy players

Tu Group(5-7P)

12/13's

14-16's

4/19; 4/26; 5/3; 5/10; 5/17; 5/24; 5/31; 6/7

\$250/Player



\$450/Player(Tu & Th)

Th Group(5-7P)

12/13's

14-16's

4/21; 4/28; 5/5; 5/12; 5/19; 5/26; 6/2; 6/9

\$250/Player

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, issued credits could be used for other registrations. No refund after the program begins

Questions: info@ncacademyvb.org

[ONLINE REGISTRATION REQUIRED](#)

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