

Winter/Spring Academy 2022-23

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).

Winter Friday(5-7P) - 8 Classes

11/11; 11/18; 12/2; 12/9

1/13; 1/20; 1/27; 2/10

\$240

Bonus Pack

16 Classes

(Fr + Su)

\$390

Winter Sunday(5-7P) - 8 Classes

11/13; 11/20; 12/4; 12/11

1/15; 1/22; 1/29; 2/12

\$240

Spring Friday(5-7P) - 8 Classes

3/10; 3/17; 3/24; 4/14

4/21; 4/28; 5/5; 5/19

\$240

Bonus Pack

16 Classes

(Fr + Su)

\$390

Spring Sunday(5-7P) - 8 Classes

3/12; 3/19; 3/26; 4/16

4/23; 4/30; 5/7; 5/21

\$240

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!!!

Winter Group 1 @ \$150(8 Classes)

Fr 5-6P: 11/11; 11/18; 12/2; 12/9

Su 5-6P: 11/13; 11/20; 12/4; 12/11

Winter Group 3 @ \$150(8 Classes)

Fr 5-6P: 1/13; 1/20; 1/27; 2/10

Su 5-6P: 1/15; 1/22; 1/29; 2/12

Spring Group 1 @ \$150(8 Classes)

Fr 5-6P: 3/10; 3/17; 3/24; 4/14

Su 5-6P: 3/12; 3/19; 3/26; 4/16

Spring Group 3 @ \$150(8 Classes)

Fr 5-6P: 4/21; 4/28; 5/5; 5/19

Su 5-6P: 4/23; 4/30; 5/7; 5/21

Winter Group 2 @ \$150(8 Classes)

Fr 6-7P: 11/11; 11/18; 12/2; 12/9

Su 6-7P: 11/13; 11/20; 12/4; 12/11

Winter Group 4 @ \$150(8 Classes)

Fr 6-7P: 1/13; 1/20; 1/27; 2/10

Su 6-7P: 1/15; 1/22; 1/29; 2/12

Spring Group 2 @ \$150(8 Classes)

Fr 6-7P: 3/10; 3/17; 3/24; 4/14

Su 6-7P: 3/12; 3/19; 3/26; 4/16

Spring Group 4 @ \$150(8 Classes)

Fr 6-7P: 4/21; 4/28; 5/5; 5/19

Su 6-7P: 4/23; 4/30; 5/7; 5/21

* Up to 8
players/Group
* VertiMax in use

Spring League

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; This league is open for Academy and non-Academy players

Held on multiple courts led by Academy experienced coaches

8-week program with 2 practices per week (Tu & Th) by USAV ages

2 age groups: 12/13's & 14-16's; Each age group 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

Tu & Th 5-7P: April/18, 20, 25, 27; May/2, 4, 9, 11, 16, 18, 23, 25, 30; June/1, 6, 8

► \$450/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](mailto:info@ncacademyvb.org)

[ONLINE REGISTRATION REQUIRED](#)

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