



2011-2012 Program Guide

NC Elite: Overview

Our club was founded by experienced volleyball coaches, with the ultimate goal of creating a competitive, fun and positive learning environment for all participants.

Mission Statement

NC Elite coaches and administrators are committed to the process of preparing our student-athletes for college. We strive for excellence through advanced level physical training and education of the sport. Our hope is that athletes who participate in the NC Elite Volleyball program will leave with a sense of accomplishment, pride and confidence to pursue their own volleyball aspirations.

NC Elite's goal is.....

to provide more young athletes with affordable opportunities to enjoy and grow in the sport of volleyball. We will offer National, Regional Plus, Regional Only and Developmental level teams for a variety of ages (11-18's). It is our goal to improve the overall experience and the level of volleyball instruction in the Triangle area.

NC Elite Frequently Asked Questions (FAQs)

What is NC Elite Volleyball Club?

We are a non-profit 501(c)3 Junior Olympic organization dedicated to the growth of volleyball in the Raleigh/Durham area. Developing young athletes ages 10-18 years old, to the peak of their ability. Our club is part of the national volleyball program administered by USA Volleyball Association; we will participate in local, state and national competitions.

What is club volleyball?

USA Junior Olympic (JO) Volleyball or Club Volleyball offers athletes the opportunity to play volleyball after their high school season. Club Volleyball is an avenue for girls 10 and boys to play in competitive tournaments and get advanced training. Most JO Club seasons run from November or December until April.

A few clubs continue training with their top teams until the National Championships, held in June. Club volleyball provides additional training, knowledge, and tournament play. Players will be placed on a team based on their age and skill level. Most tournaments offer 5 age group divisions (18's, 17's, 16's, 15's, and 14's; and sometimes even 13's & 12's). This allows girls to compete against each other in their same age group. Younger players may play up in an older age group, but players are not allowed to play in a younger age group. Each player has a different experience as a club member. Naturally, some players are more successful than are others. Players who put more effort into the program get more out of it.

Benefits of Junior Olympic Volleyball

FITNESS & IMPROVEMENT

You will get better! That is a guarantee. Every time you touch the volleyball makes you better than your competition.

NEW FRIENDSHIPS

Bringing girls together with similar goals from various schools makes friendships. The relationships that have been formed through practice and team play will be friendships that last a lifetime.

EXPOSURE TO COLLEGE RECRUITERS

College coaches regularly attend JO tournaments. The majority of colleges now recruit directly from club programs. Remember, if you want to play in college, plan to play club!

TOURNAMENT PLAY

JO Tournaments are where the hard practice pays off and many favorable memories are made. Understand that practice and training is where you receive the most instruction and experience. Tournament play is only a supplement to participating in Club. Club tournaments are usually far more competitive and more physically demanding than high school matches.

Why Play Junior Olympic Volleyball?

Junior Olympic (JO) volleyball programs have exploded all across the country. Only 25 years ago, the first National tournament was held, and only 20 teams made the trip. Today, in contrast, the National Tournament held in 2010 hosted 800 teams, was played on over 60 courts, and lasted 10 days. So successful are JO programs that most college coaches recruit exclusively from the JO program ranks. The fact is that if you plan to play in college, club is a MUST! We find that most girls have several goals. Some players want to learn more about the sport, improve their skill level, and get playing time in tournaments. For others, it's simply to extend their high school season by 6 months. For others, it may be to challenge starters on their school team for playing time next season. For a few, it will be the exposure needed to compete for future college scholarship opportunities. Today you will find that literally all athletes who play in college participated in club volleyball during high school. All participants enjoy competitive tournament play. Many successful high school coaches are encouraging their athletes to play club volleyball for the experience, instruction, and additional training time. Also, where you find successful high school programs, you will find players who participate in club volleyball. That is a fact! Is JO volleyball only for the college bound athlete? Certainly not! We are interested in building teams in the younger age divisions, as young as 12 and under (ages 10 and 11 and younger are encouraged), athletes who are just beginning their volleyball experience. For most players, JO volleyball is simply another challenging experience that should lead to a lot more fun on the court as playing skills improve. Many girls find that club ball is "their volleyball season" due to the fact that they experience little playing time during their high school season and find that tournament play is very rewarding.

Why Club?

It is our firm belief that enrolling your daughter in club will give her the edge she needs to succeed in volleyball in the future. The sport of volleyball is growing in popularity and expanding in its number of players each year. If your daughter is planning on playing volleyball in college or thinks that she might like to play volleyball at the collegiate level, then it is imperative that she plays club, now. We cannot stress this enough! Even if she can only play for one season, that alone will improve her game tremendously. Your daughter might be the best player at her school. If that's true, then great. The unfortunate thing is she always plays with and against people that are not as good as her. She may never be challenged or, even worse, play at a level that is below her potential. If she plays club, she will be playing with girls that are equal to or better than her. This will push her and make her the best player she can be.

FAQs

How long is the club season?

The typical USAV season for National level teams lasts from Nov to July. However, most regional and regional plus level teams will conclude their seasons in April.

When are NC Elite tryouts?

Tryouts are typically held the 3rd or 4th weekend in October (**14 and Under**) and the first Sunday in November following the NCHSAA Championships (**15-18s**). [Carolina Region/ USAV Tryout Guidelines](#)

How much does NC Elite volleyball club cost?

NC Elite's budget is an all- inclusive fee for the season (*minus player's food costs and travel to all designated driving events*) and is based on **a 10 player per team roster**. However, teams may have up to as many as 12 players/ team based on the discretion of the individual team coach. Since budgets are based on 10 player/ team costs may vary from team to team based on individual team travel schedules and number of players committed to each team.

NC Elite Club fees are split into **4- 7 monthly payments** to make it more affordable for families. In addition payments can now be made using a credit card via **Paypal**.

Program Options

The National (Travel) Program

Designed for the athlete committed to playing volleyball in college and who is willing to make sacrifices for her progress, her team, and her sport. These teams will travel out of state and take on the best competition our country has to offer. These players have the athleticism and skill to match up against the very best prospects. *NC Elite administrators and coaches are committed to helping players and parents successfully navigate the entire college recruiting process.*

All national teams will participate in AAU nationals in Orlando, FL instead of USAV nationals and airfare is calculated into dues. Should players arrange for transportation well in advance with their family a \$300 credit will be applied to their account. Typical dues for a player on a **National level travel team** (-1 and -2 teams) can range from **\$3,800 - \$5,500** per player which covers **EVERYTHING** including club dues, uniform fees, hotel stays for the entire season. *(Player transportation to all events and player food costs at tournaments are the only items not included in club fees).*

The Regional Plus Program (Mostly NC, 1-VA and 1-GA or MD)

Designed for the intermediate volleyball player or the multi-sport athlete seeking experience and development of her fundamentals while still gaining valuable exposure as select out of region events. She is very serious about competing in high school and may be open to playing in college later on. These levels are appropriate for a multi-sport athlete who is unable to commit to a more extensive practice and travel schedule or who is unable or unwilling to make a larger financial commitment.

Typical dues for a **Regional Plus level team** can range between **\$2,200 - \$2,700** per player for the season.

The Regional Only Program (ONLY NC)

Designed for the beginner or recreational volleyball player seeking experience and development of her fundamentals at in region events. She is serious about improving her game to compete for a position in middle/ high school. These levels are appropriate for the beginner or recreational player who is unable to commit to a more extensive practice schedule or who is unable or unwilling to make a larger financial commitment.

Typical dues for a **Regional Only level team** can range between **\$1,300 - \$1,700** per player for the season.

2012 Tournament Schedule

DATE	SITE	DIVISIONS
12/31/11 – 1/1/12	Greensboro	Quest for Excellence
1/7/12	TBA	All Divisions 12's, 16's, 17's, 18's
1/14/12	TBA	All Divisions 13's, 14's, 15's
1/14-16/12	Richmond	Monument City Classic
1/21/12	TBA	All Divisions 12's, 16's, 17's, 18's
1/28/12	TBA	All Divisions 13's, 14's, 15's
2/4/12	TBA	All Divisions 12's, 16's, 17's, 18's
2/4-5/12	Hampton Roads	MAPL #1
2/11/12	TBA	All Divisions 13's, 14's, 15's
2/18/12	TBA	All Divisions 12's, 16's, 17's, 18's
2/18-20/12	Washington, DC	Capitol Hill Classic
2/25/12	TBA	All Divisions 13's, 14's, 15's
3/3/12	TBA	All Divisions 12's, 16's, 17's, 18's
3/10/12	TBA	All Divisions 13's, 14's, 15's
3/10-11/12	Raleigh	MAPL #2
3/17/12	TBA	Regionals-All
3/24/12	TBA	12's, 16's, 17's, 18's Regionals - All
3/30-4/1/12	Atlanta	13's, 14's, 15's Big South Qualifier
3/31-4/2/12	Baltimore	North East Qualifier
4/6-8/12	Baltimore	12s,13s,14s & 16s North East Qualifier
4/7-9/12	National Harbor	17s & 18s North East Qualifier
4/14/12	TBA	15s National Bid tournaments- All ages

6/2-3/12	Greensboro	MAPL
6/19-27/12	2012 AAU Nationals Orlando, Fl.	Pre-National Prep All Girl's Teams
6/28-7/7/12	USAVO JO Nationals Columbus, OH	

2011-12 Payment Schedule

<i>TEAM (Girl's)</i>	Signing Day	15-Dec	15-Jan	15-Feb	15-Mar	15-Apr	15-May	Total	<i>Uniform Package</i> <i>Signing day</i>
Volley U (10-14s Developmental)	\$275	\$200	\$200					\$675	Included
12 Black (Reg ONLY)	\$350	\$267	\$267	\$266				\$1,150	150
13 Cardinal (Reg ONLY)	\$350	\$267	\$267	\$266				\$1,150	150
14 Silver (Reg ONLY)	\$370	\$360	\$360	\$360				\$1,450	150
15 Silver (Reg ONLY)	\$370	\$360	\$360	\$360				\$1,450	150
13 Black (Reg Plus MCC & Big South)**	\$420	\$420	\$420	\$420	\$420			\$2,100	250
14 White (Reg Plus MCC & Big South)**	\$420	\$420	\$420	\$420	\$420			\$2,100	250
14 Cardinal (Reg Plus MCC & Big South)**	\$420	\$420	\$420	\$420	\$420			\$2,100	250
15 Cardinal (Reg Plus MCC & Big South)	\$490	\$490	\$490	\$490	\$490			\$2,450	250
15 White (Reg Plus MCC & Big South)	\$490	\$490	\$490	\$490	\$490			\$2,450	250
16 White (Reg Plus MCC & Big South)	\$490	\$490	\$490	\$490	\$490			\$2,450	250
16 Cardinal (M. National w/ AAU)	\$565	\$565	\$565	\$565	\$565	\$565	\$560	\$3,950	250
17 Cardinal (M. National w/ AAU)	\$565	\$565	\$565	\$565	\$565	\$565	\$560	\$3,950	250
18 Cardinal (M. National w/ AAU)	\$565	\$565	\$565	\$565	\$565	\$565	\$560	\$3,950	250
14 Black (M. National w/ AAU)	\$565	\$565	\$565	\$565	\$565	\$565	\$560	\$3,950	250
15 Black (Full National w/ AAU)	\$775	\$700	\$700	\$700	\$700	\$700	\$700	\$4,975	250
16 Black (Full National w/ AAU)	\$775	\$700	\$700	\$700	\$700	\$700	\$700	\$4,975	250
17 Black (Full National w/ AAU)	\$775	\$700	\$700	\$700	\$700	\$700	\$700	\$4,975	250
18 Black (Full National w/ AAU)	\$775	\$700	\$700	\$700	\$700	\$700	\$700	\$4,975	250



12s Team Guide

Teams will have **2 team practices a week** from 5:30- 7:30pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the end of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

Coaches			12 Black
			Jess Soler
Tournament	Location	Date	Regional
Carolina Region Tournament	TBA	1/7	✓
Carolina Region Tournament	TBA	1/21	✓
Carolina Region Tournament	TBA	2/4	✓
Carolina Region Tournament	TBA	2/18	✓
Carolina Region Tournament	TBA	3/3	✓
Carolina Region Championship	TBA	3/17	✓
Club Fees			\$1,150
Uniform Package			1 jersey, 1 pair spandex 2 practice t-shirts warm-up jacket \$150

Tournament Schedules are tentative and subject to change



13s Team Guide

Teams will have **2 team practices a week** from 5:30- 7:30pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the end of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

Coaches			13 Black	13 Cardinal
			Stevie Mussie Jen Bunn	Micholene Schumacher Cori Spade
Tournament	Location	Date	Regional Plus	Regional
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	
Carolina Region Tournament	TBA	1/14		✓
Monument City Classic	Richmond, VA	1/13-15	✓	
Carolina Region Tournament	TBA	1/28	✓	✓
Carolina Region Tournament	TBA	2/11	✓	✓
Carolina Region Tournament	TBA	2/25		✓
MAPL # 2	Raleigh, NC	3/10-11	✓	
Carolina Region Tournament	TBA	3/10		✓
Carolina Region Championship	TBA	3/24	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	
Club Fees			\$2,100	\$1,150
Uniform Package			2 jerseys 2 pair spandex 2 practice t-shirts warm-up jacket 1 pair warm up pants	1 jersey, 1 pair spandex 2 practice t-shirts 1 warm-up jacket
			\$250	\$150

Tournament Schedules are tentative and subject to change



14s Team Guide

Teams will have **2 team practices a week** from 5:30- 7:30pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the end of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

Coaches			14 Black	14 Cardinal	14 White	14 Silver
			Francois Atallah Angela Cotticio	Joal Knaub Penelope Tipiana	Joella Schiepan Anterio Kittrell	Romel Lightburn Hannah Sue
Tournament	Location	Date	National	Regional Plus	Regional Plus	Regional
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	✓	✓	
Carolina Region Tournament	TBA	1/14				✓
Monument City Classic	Richmond, VA	1/13-15	✓	✓	✓	
Carolina Region Tournament	TBA	1/28	✓	✓	✓	✓
MAPL #1	Hampton Rd, VA	2/4-5				
Carolina Region Tournament	TBA	2/11	✓	✓	✓	✓
Carolina Region Tournament	TBA	2/25	✓	✓	✓	✓
MAPL # 2	Raleigh, NC	3/10-11	✓	✓	✓	
Carolina Region Tournament	TBA	3/10				✓
Carolina Region Championship	TBA	3/24	✓	✓	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	✓	✓	
MAPL Pre-Nationals	Greensboro, NC	6/2-3	✓			
AAU National Championships	Orlando , FL	6/19-27	✓			
Club Fees			\$3,950	\$2,100	\$1,450	\$1,450
Uniform Package			2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	1 jersey 1 pair of spandex 2 practices tees 1 warm up jacket	1 jersey 1 pair of spandex 2 practices tees 1 warm up jacket
			\$250	\$250	\$150	\$150

Tournament Schedules are tentative and subject to change



15s Team Guide

Teams will have **2 team practices a week** from 5:30- 7:30pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the end of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

			15 Black	15 Cardinal	15 White	15 Silver
Coaches			Shaun Dyk Lauren McManus	Galina Podolski Ethan Roseborough	Deanna Ludwick Annette Watson	Lindsay Hamrick Phoebe Blankinship
Tournament	Location	Date	National	Regional Plus	Regional	Regional
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	✓		
Carolina Region Tournament	TBA	1/14			✓	✓
Monument City Classic	Richmond, VA	1/13-15	✓	✓		
Carolina Region Tournament	TBA	1/28	✓	✓	✓	✓
MAPL #1	Hampton Rd, VA	2/4-5				
Carolina Region Tournament	TBA	2/11	✓	✓	✓	✓
Carolina Region Tournament	TBA	2/25	✓	✓	✓	✓
MAPL # 2	Raleigh, NC	3/10-11	✓	✓		
Carolina Region Tournament	TBA	3/10			✓	✓
Carolina Region Championship	TBA	3/24	✓	✓	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	✓		
North East Qualifier (NEQ) - South	National Harbor, MD	4/7 -9	✓			
MAPL Pre-Nationals	Greensboro, NC	6/2-3	✓			
AAU National Championships	Orlando , FL	6/19-27	✓			
Club Fees			\$4,975	\$2,450	\$2,450	\$1,450
Uniform Package			2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	1 jersey 1 pair of spandex 2 practices tees 1 warm up jacket.
			\$250	\$250	\$250	\$150

Tournament Schedules are tentative and subject to change



16s Team Guide

Teams will have **2 team practices a week** from 7:00- 9:00pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

			16 Black	16 Cardinal	16 White
Coaches			Tristy Bittikofer Galina Poldosky	Joella Schiepan Romel Lightbourn	Brian Talik Deanna Ludwick
Tournament	Location	Date	Full National	Modified National	Regional Plus
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	✓	✓
Carolina Region Tournament	TBA	1/7	✓	✓	✓
Monument City Classic	Richmond, VA	1/13-15	✓	✓	✓
Carolina Region Tournament	TBA	1/21	✓	✓	✓
MAPL #1	Hampton Rd, VA	2/4-5	✓	✓	
Carolina Region Tournament	TBA	2/4			✓
Carolina Region Tournament	TBA	2/18		✓	✓
Capitol Hill Classic	Washington, DC	2/18-20	✓		
Carolina Region Tournament	TBA	3/3	✓	✓	✓
MAPL # 2	Raleigh, NC	3/10-11	✓	✓	
Carolina Region Championship	TBA	3/17	✓	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	✓	✓
MAPL Pre-Nationals	Greensboro, NC	6/2-3	✓		
AAU National Championships	Orlando , FL	6/19-27	✓	✓	
Club Fees			\$4,975	\$3,950	\$2,450
Uniform Package			2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants. \$250	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants. \$250	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants. \$250

Tournament Schedules are tentative and subject to change



17s Team Guide

Teams will have **2 team practices a week** from 7:00- 9:00pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

Coaches			17 Black	17 Cardinal
			Scott Crisco Micholene Schumacher Kevin Daniels	Steve Kidder Ashley Shade
Tournament	Location	Date	Full National	Modified National
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	✓
Carolina Region Tournament	TBA	1/7	✓	✓
Monument City Classic	Richmond, VA	1/13-15	✓	✓
Carolina Region Tournament	TBA	1/21	✓	✓
MAPL #1	Hampton Rd, VA	2/4-5	✓	✓
Carolina Region Tournament	TBA	2/18	✓	✓
MAPL # 2	Raleigh, NC	3/10-11	✓	✓
Carolina Region Tournament	TBA	3/3	✓	✓
Carolina Region Championship	TBA	3/17	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	✓
North East Qualifier (NEQ)	Baltimore, MD	4/6-8	✓	
MAPL Pre-Nationals	Greensboro, NC	6/2-3	✓	
AAU National Championships	Orlando, FL	6/19-27	✓	✓
Club Fees			\$4,975	\$3,950
Uniform Package			2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants.
			\$250	\$250

Tournament Schedules are tentative and subject to change



18s Team Guide

Teams will have **2 team practices a week** from 7:00- 9:00pm. **Position/Skill Development training** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30-40 minutes. **Cross Fit Conditioning** will be held **1 time per week** on designated practice days throughout much of the season and will be conducted at the beginning of the normally scheduled practice for 30 minutes (Scheduled time 7:00-7:30pm).

Coaches			18 Black	18 Cardinal
			John Dillinger Gary DeJames Alexa Micek - Asst	Penelope Tipiana Ethan Roseborough
Tournament	Location	Date	Full National	Modified National
Quest for Excellence #1	Greensboro, NC	12/31-1/1	✓	✓
Carolina Region Tournament	TBA	1/7	✓	✓
Monument City Classic	Richmond, VA	1/13-15	✓	✓
Carolina Region Tournament	TBA	1/21	✓	✓
MAPL #1	Hampton Rd, VA	2/4-5	✓	✓
Carolina Region Tournament	TBA	2/18	✓	✓
Carolina Region Tournament	TBA	3/3	✓	✓
MAPL # 2	Raleigh, NC	3/10-11	✓	✓
Carolina Region Championship	TBA	3/17	✓	✓
Big South Qualifier	Atlanta, GA	3/30-4/1	✓	✓
North East Qualifier (NEQ)	Baltimore, MD	4/6-8	✓	
MAPL Pre-Nationals	Greensboro, NC	6/2-3	✓	
AAU National Championships	Orlando , FL	6/19-27	✓	✓
Club Fees			\$4,975	\$3,950
Uniform Package			2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants. \$250	2 jerseys 2 pairs of spandex 2 practice tees 1 warm-up jacket 1 pair warm up pants. \$250

Tournament Schedules are tentative and subject to change



Boys Team Guide

Most Practices will be held weekly on Wednesday's from (5:30-7:30pm Ages 15/16s or 7 -9pm Ages 16-18s) and most Sunday's from (4-6 pm Ages 12-15s and 4-6 pm Ages 16-18s thru Mar) then from Mar - End of May practice will take place 1-2 times during week (M/W). Select pre-season training mini boot camps will be conducted and include multiple practice sessions on select Fri /Sat/Sun's to help integrate boys who travel a great distance to attend practice. Position/ skill training will be incorporated at regularly scheduled practices.

			15s	16s	17s	18s
Tournament	Location	Date				
CR Men's Adult Event					✓	✓
CR Men's Adult Event					✓	✓
CR Men's Adult Event					✓	✓
CR Men's Adult Event					✓	✓
CR Championships					✓	✓
RVC Boys Event			✓	✓		
RVC Boys Event			✓	✓		
RVC Boys Event			✓	✓		
RVC Boys Event			✓	✓		
Boys East Coast Championships→			✓	✓		
Club Fees			\$750	\$750	\$975	\$975
			2- Jerseys, 1- pair shorts and 2 NC Elite Practice T-shirts.	2- Jerseys, 1- pair shorts and 2 NC Elite Practice T-shirts.	2- Jerseys, 1- pair shorts and 2 NC Elite Practice T-shirts.	2- Jerseys, 1- pair shorts and 2 NC Elite Practice T-shirts.
Uniform			\$75	\$75	\$75	\$75
Total Cost			\$825	\$825	\$1,050	\$1,050

- Additional add- on travel events will be offered as well at an additional expense if teams are interested in attending.
 - Penn State Tournament roughly \$200-250 extra**
 - AAU Boys National Championships roughly \$250-300 extra would also require extension of season**

Tournament Schedules are tentative and subject to change