



**VOLLEYBALL
EDUCATION FOR LIFE**

2010

ACADEMY 15



Program Highlights

- ☐ Team Level: Regional *Plus*
- ☐ # of Players: 10+2(Practice Players)
- ☐ Coach: [Coach Uma/Coach Li](#)
- ☐ Team practices: 2 per week, a total of 38
- ☐ ASC (Academy Specific Clinic) + Conditioning: Every Sunday, a total of 17
- ☐ Season: 20 Weeks (12/2009 - 4/2010)
- ☐ Tournaments: 9 Events ([6 In-Region](#) + 3 Out-Region*)
- ☐ [Gold's Gym @ RTP](#)

Team Dues	\$1,950
Gym Costs	Included
Coaching	Included
Tournament Entry Fees	Included
Uniforms: <input checked="" type="checkbox"/> 2 Jerseys <input checked="" type="checkbox"/> 1 Spandex <input checked="" type="checkbox"/> 2 T-shirts <input checked="" type="checkbox"/> Long Sleeve	Included
Administrative Fees	Included

Tournaments

Date	Event	Location
January		
1/9/2010	Regional	TBA
1/16&17&18/2010	Monument City Classic*	Richmond, VA
1/23/2010	Regional	TBA
February		
2/6&7/2010	MAPL Raleigh 2010*	Raleigh
2/20/2010	Regional	TBA
March		
3/6/2010	Regional	TBA
3/20/2010	Regional Championships	TBA
April		
4/2&3&4/2010	Big South*	Atlanta, GA
4/10/2010	National Bid	TBA
4/10/2010	Triangle Invitational	Triangle Volleyball Club

or

December				January				February				March				April				
Tu	F	Sa	Su	Tu	F	Sa	Su	Tu	F	Sa	Su	Tu	F	Sa	Su	Tu	F	Sa	Su	
1 7-9PM Practice @RTP	4 7-9PM Practice @RTP	5	6 3-5PM ASC- Attacking @RTP		1	2	3 3-5PM ASC- Defense @RTP	2 7-9PM Practice @RTP	5 7-9PM Practice @RTP	6 7 MAPL Raleigh 2010		2 7-9PM Practice @RTP	5 7-9PM Practice @RTP	6 Regional Tournament	7 3-5PM ASC- Passing/ Serving @RTP					
8 7-9PM Practice @RTP	11 7-9PM Practice @RTP	12	13 3-5PM ASC- Setting @RTP	5 7-9PM Practice @RTP	8 7-9PM Practice @RTP	9 Regional Tournament	10 3-5PM ASC- Attacking @RTP	9 7-9PM Practice @RTP	12 7-9PM Practice @RTP	13	14 3-5PM ASC- Defense @RTP	9 7-9PM Practice @RTP	12 7-9PM Practice @RTP	13	14 3-5PM ASC- Defense @RTP	6 7-9PM Practice @RTP	9 7-9PM Practice @RTP	10 11 Big South Atlanta, GA		
15 7-9PM Practice @RTP	18 7-9PM Practice @RTP	19	20 3-5PM ASC- Passing/ Serving @RTP	12 7-9PM Practice @RTP	15 No Practice	16&17&18 Monument City Classic Richmond, VA		16 7-9PM Practice @RTP	19 7-9PM Practice @RTP	20 Regional Tournament		16 7-9PM Practice @RTP	19 7-9PM Practice @RTP	20 Regional Championships		21 3-5PM ASC- Attacking @RTP	13 7-9PM Practice @RTP	16 7-9PM Practice @RTP	17	18 3-5PM ASC- Defense @RTP
21 22 23 24 Xmas				19 7-9PM Practice @RTP	22 7-9PM Practice @RTP	23 Regional Tournament	24 3-5PM ASC- Setting @RTP	23 7-9PM Practice @RTP	26 7-9PM Practice @RTP	27	28 3-5PM ASC- Setting @RTP	23 7-9PM Practice @RTP	26 7-9PM Practice @RTP	27	28 3-5PM ASC- Setting @RTP	20 7-9PM Practice @RTP	23 7-9PM Practice @RTP	24	25 3-5PM ASC- Attacking @RTP	
29 7-9PM Practice @RTP	30 7-9PM Practice @RTP	31 3-5PM ASC- Passing/ Serving @RTP		26 7-9PM Practice @RTP	29 7-9PM Practice @RTP	30	31 3-5PM ASC- Passing/ Serving @RTP	30 7-9PM Practice @RTP				30 7-9PM Practice @RTP				27 7-9PM Practice @RTP	30 7-9PM Practice @RTP			

