



2018-19 Program Guide

NC Elite Volleyball Club | www.NCELITEVB.org

Located inside NetSports | 3717 Davis Drive | Morrisville, NC 27511 ▪ www.netsportsnc.com

NC Elite Club Overview

NC Elite was founded in 2007 by experienced volleyball coaches with the objective of creating a competitive, fun and positive learning environment for participants. We strive to provide young athletes with affordable opportunities to enjoy and grow in the sport of volleyball. NC Elite offers Premier, National, Regional-Plus, Regional and Youth teams and programs.

Mission Statement

The mission of NC Elite volleyball is to prepare student-athletes for excellence in volleyball through advanced physical training and education of the sport.

Vision Statement

The vision of NC Elite volleyball is that all club participants gain a sense of accomplishment, pride and confidence to pursue their volleyball aspirations.

Why Play Club Volleyball?

Club volleyball programs have exploded across the country. Nearly 45 years ago, the first AAU National tournament was held, and only 20 teams made the trip. Today, in contrast, the AAU National Championship Tournament held in Orlando, FL each year hosts more than 30,000 student athletes and 80,000 spectators on over 150 courts over the course of 10 days. Over 500 College coaches participate in recruiting at AAU Nationals. The fact is that if you plan to play in college, club volleyball is a must!

We find that most girls have specific 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. 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.

Club participants enjoy competitive tournament play. Many successful high school coaches encourage their athletes to play club volleyball for the experience, instruction, and additional training time. Where you find successful high school programs, you will find players who participate in club volleyball. That is a fact!

Club volleyball is not only for the college bound athlete. We are building teams in the younger age divisions, as young as 13-and-under (ages 10 - 12 are encouraged) and athletes who are just beginning their volleyball experience. For most players, club volleyball is another challenging experience that should lead to 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.

Benefits of Club Volleyball

- **FITNESS & IMPROVEMENT** – You will get better! That is a guarantee. Every time you touch the volleyball it makes you better than your competition not training year-round.
- **NEW FRIENDSHIPS** – Bringing together girls with similar goals from various schools builds friendships. Relationships formed through practice and competitions are often friendships that last a lifetime.
- **EXPOSURE TO COLLEGE RECRUITERS** – College coaches regularly attend club volleyball tournaments. The majority of colleges now recruit directly from club programs. If you want to play in college, plan to play club!
- **TOURNAMENT PLAY** – Club tournaments are where the hard practice pays off and many favorable memories are made. 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 typically far more competitive and more physically demanding than high school matches.

Why Club Volleyball?

Enrolling your daughter in club volleyball can give her the edge she needs to succeed. The sport of volleyball is growing in popularity and expanding in its number of players each year. If your daughter hopes or plans to play volleyball in college, then it is imperative that she play club. We cannot stress this enough! Your daughter might be the best player at her school. Unfortunately, this means she always plays with and against people that are not as skilled as her. She may never be challenged or, worse, play at a level below her potential. By playing club, she will play with and against girls that are equal to or better than her. This will push her to make her the best player she can be.

Frequently Asked Questions

What is NC Elite Volleyball Club? NC Elite is a non-profit 501(c)3 Junior Olympic/AAU affiliated organization dedicated to the growth of volleyball in the greater Raleigh/Durham area. NC Elite holds active memberships in USA Volleyball Association (USAV), Amateur Athletic Union (AAU) and Junior Volleyball Association (JVA).

What is club volleyball? Club Volleyball offers athletes the opportunity to play volleyball after their high school season. Club Volleyball is an avenue for girls to receive advanced training and play in competitive tournaments. Players are placed on a team based on their age and skill level. Most tournaments offer many divisions (18's, 17's, 16's, 15's, 14's, 13's; and sometimes 12's and 11's). This allows girls to compete against each other in their same age group. Players may compete in an older age group, but not a younger age group.

When are NC Elite tryouts? 2018-19 Tryouts are held Saturday, October 20th for girls 14 and under. For girls 15-18 years old, they are held Sunday, November 4th. Visit our website for complete information regarding tryouts.

How long is the club season? The typical club season for National level teams lasts from November to June. Regional-Plus and Regional level teams conclude their seasons in April/May.

How much does NC Elite Club Volleyball cost? NC Elite charges an all-inclusive fee for the season (excluding travel to driving events) and is based on a 10 player/team roster. Fees may vary based on individual team travel schedules. For specific costs, please see the **Team Guides** in the rear of this Program Guide. NC Elite Club fees may be split into four - seven monthly payments to facilitate payment. Payments are made by way of our online member system and payments are made via automatic credit card payment.

What are the NC Elite recognized holidays? Thanksgiving, Christmas, New Year's Eve & Day, MLK Day, President's Day, Mother's Day, Memorial Day, and Super Bowl Sunday. Competitions may take place on these days but NC Elite will not train at Netsports.

NC Elite Program Options

The Black Level Premier National Team - The Premier National Programs are designed for the athlete pursuing collegiate-level volleyball and who is willing to make sacrifices for her progress, team, and club. National Program teams begin competition at the highest level. These teams have impressive competitive and training schedules requiring a commitment from the student athlete as well as her family. These teams will see the highest level of competition in the country. National Program team players match up against the best competition in the country. NC Elite administrators and coaches are committed to helping players and parents successfully navigate the college recruiting process. In its' ten-year history, NC Elite went from 2 recruits in the 2008 recruiting year to 115 at press time for this season's Program Guide. A full listing of the colleges our student athletes represent is located on our website. As in years past, 100% of our senior student athletes seeking a collegiate experience committed to play.

Dues for a player on a black level premier national travel team vary based on schedules and number of flights. Please see individual Team Guides that follow, club fees include, intense physical training two times per week in the form of a two hour practice session as well as thirty minutes of NC Vertimax, weight training, film review, position specific training once per week that is required excluding holiday, competition and travel days, hotel stays outside of region or a two and one half hour drive (15U and above) and airfare not exceeding budgeted fares to National Qualifiers (if indicated in the program guide as a team flight with an airplane symbol – closer qualifiers are not included and parents are expected to provide transportation) and AAU National Championships or USAV National Championships. Food for events requiring team rooms is also budgeted for teams (15U and above). Please note that player transportation to all events that do not require a flight, are the responsibility of the family.

The Cardinal Level National Team Program - The National Schedule is designed for the athlete who wishes to experience the highest level of competition that fits her skill set and an extensive competition schedule. She must be willing to make sacrifices for her progress, team, and club to attempt to remain competitive enough for a rigorous high school experience and the possibility of a college opportunity. National teams will experience a national schedule. National team players have athleticism and skill to match up against strong competition. NC Elite administrators and coaches have had great success in helping our second-tier student athletes reach their volleyball goals and will do the same for any student athlete on a national team.

Dues for a player on a National level travel team vary and can be found on the Team Guides that follow. Club fees include, intense physical training two times per week in the form of a two hour practice session as well as thirty minutes of NC Vertimax, weight training, film review, position specific training once per week that is required excluding holiday, competition and travel days, hotel stays outside of region or a two and one half hour drive (15U and above) and airfare not exceeding budgeted fares to AAU Nationals. Dues also cover airfare not exceeding budgeted fares to AAU National Championships in Orlando, FL. Food for events requiring team rooms for teams (15U and above) is also included in the dues. Please note that player transportation to all events that do not require a flight, are the responsibility of the family.

The Regional-Plus Team

The Regional-Plus Program is designed for the intermediate volleyball player or the multi-sport athlete seeking experience and development while gaining valuable exposure at select events. She is very serious about competing in high school. The Regional-Plus program is appropriate for a multi-sport athlete who is unable to commit to a more extensive practice and travel schedule or who desires a lesser financial commitment.

Regional-Plus teams play the majority of their season in North Carolina. They also compete in two multi-day tournaments and some also compete in one qualifier. Dues vary based on the age group and can be found later in the Team Guides that follow. Club fees include, uniform package, and hotel stays outside of the region (15U and older) for the entire season. Food for events requiring team rooms is also included (15U and older). Please note that player transportation to all events is the responsibility of the parents.

Region Only Teams - For the 2018-19 season, NC Elite brings back the region only team. This program is designed to give twice per week practices as well as Carolina Region tournaments. This experience is for those who cannot commit to a great experience due to other academic, athletic, church or school activities.

VolleyU - NC Elite offers youth programs for participants interested in learning more about volleyball and developing their skills. These teams require no tryouts and do not travel to tournaments. VolleyU™ is for youth ages 10-13U who wish to learn the fundamentals of the game in a fun and engaging environment. We have a wonderful staff of experienced former collegiate players who have a passion for sharing their knowledge. You will find that many of the student athletes who are playing varsity level high school experienced VolleyU early in their playing careers! Please see the Teams & Leagues tab of our website for more information on this program. VolleyU is available on a first come, first served basis. If enrolled in a youth program and are later selected for an NC Elite Volleyball Club travel team, you may apply non-refundable fees to the team experience. VolleyU is approaching capacity and registration is highly encouraged.

NC Vertimax Training –NC Vertimax will provide game changing training for NC Elite. NC Vertimax will condition each of our national team members weekly. Each session will include training that focuses on several different aspects of agility that will improve each athlete's strength and the ability to change direction of movement on the court with ease. Each session will work on developing jumping ability, quickness, speed, vertical movement, and overall coordination and athletic ability. The high-level repetitive drills on the Vertimax will help each athlete become more explosive and excel in their jump performance. The training that each athlete will receive will transition into the game. NC Elite feels that our student athletes will benefit from twice weekly Vertimax training.

- **2 TEAM PRACTICES PER WEEK:** Mon/Wed 5:30-7:30 pm
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the end of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost)
- **POST SEASON TRYOUT:** For the sixth year, we will send a 13U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC

FEBRUARY

2/3/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC

MARCH

3/2/19 CR Tournament	www.carolinaregionvb.org
3/16/19 CR Tournament	www.carolinaregionvb.org
3/31/19 CR Regional Championships	www.carolinaregionvb.org

APRIL

4/12-4/14/19 Big South Qualifier (STP)	Atlanta, GA
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Coaches: Meagan Kimbrough & Hannah Blaylock

13 Black

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$2,350**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

13 BLACK CLUB FEES:

Players will need to obtain a USAV prior to tryouts.

All Student athletes playing on teams 14 and under will stay with their parents at the NC Elite designated hotel in their parent's room. Food will not be included. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV Team registration & background checks
- Required player officiating clinics
- Team Tournament entries
- Gym Rental
- Coach pay/reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.



13 Cardinal - Regional

- **2 TEAM PRACTICES PER WEEK:** Monday/Wednesday 5:30-7:30 pm.
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the end of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 13U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
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FEBRUARY

2/3/19 CR Tournament	www.carolinaregionvb.org
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2/16/19 CR Tournament	www.carolinaregionvb.org
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MARCH

3/2/19 CR Tournament	www.carolinaregionvb.org
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3/16/19 CR Tournament	www.carolinaregionvb.org
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3/31/19 CR Regional Championship	www.carolinaregionvb.org
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Coaches: Jill Shannahan & Kristen Leavel

13 Cardinal

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,545**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

13 CARDINAL CLUB FEES:

Players will need to obtain a USAV prior to tryouts.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



13 Silver - Regional

- **2 TEAM PRACTICES PER WEEK:** Combined Team Practice Wednesday (shared court training) 7:15-9:15 pm & Friday 5:30-7:30 (team only)
- **CONDITIONING** will be held at the beginning of your Wednesday practice session throughout the season for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 13U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
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FEBRUARY

2/3/19 CR Tournament	www.carolinaregionvb.org
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2/16/19 CR Tournament	www.carolinaregionvb.org
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MARCH

3/2/19 CR Tournament	www.carolinaregionvb.org
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3/16/19 CR Tournament	www.carolinaregionvb.org
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3/31/19 CR Regional Championship	www.carolinaregionvb.org
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Coaches: Sarah Johnson & Kelsey Stallman

13 Silver

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,575**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$272
Warm Up Pant \$ 47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

13 SILVER CLUB FEES:

Players will need to obtain a USAV prior to tryouts.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



13 Graphite - Regional

- **2 TEAM PRACTICES PER WEEK:** Combined Team Practice Friday (shared court training) 5:30-7:30 pm & Sunday 1:00-3:00 (team only)
- **CONDITIONING** will be held at the beginning of your Wednesday practice session throughout the season for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 13U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
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FEBRUARY

2/3/19 CR Tournament	www.carolinaregionvb.org
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2/16/19 CR Tournament	www.carolinaregionvb.org
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MARCH

3/2/19 CR Tournament	www.carolinaregionvb.org
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3/16/19 CR Tournament	www.carolinaregionvb.org
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3/31/19 CR Regional Championship	www.carolinaregionvb.org
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Coaches: Virginia Fitch & Ciara Devlin

13 Graphite

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,575**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$272
Warm Up Pant \$ 47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

13 GRAPHITE CLUB FEES:

Players will need to obtain a USAV prior to tryouts.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

- **2 TEAM PRACTICES PER WEEK:** Tues/Thurs 7:15-9:15.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 **times per week** (see calendar for 36 dates) on designated practice days throughout the season and will be conducted prior to the normally scheduled practices.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 City of Oaks	Raleigh, NC
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/2-2/3/19 Atlantic Coast Power League	Greensboro, NC
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC

MARCH

3/2-3/3/19 MAPL Raleigh	Raleigh, NC
3/23-3/24/19 Atlantic Coast Power League	Roanoke, Virginia

APRIL

4/12-4/14/19 Big South Qualifier (STP)	Atlanta, GA
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MAY

5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC
5/11-5/12/19 Atlantic Coast Power League Championships	Richmond, VA
5/19/19 NC Elite National Team Scrimmage	Netsports

JUNE

6/9/19 NC Elite National Team Scrimmage	Netsports
6/16-20/19 AAU National Championships	Orlando, FL

Coaches: Nicole Willis & Casie Slaughter

14 Black

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$4,185**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

14 BLACK CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts and individual AAU membership immediately following tryouts.

All Student athletes playing on teams 14 and under will stay with their parents at the NC Elite designated hotel in their parent's room. Food will not be included. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

- **2 TEAM PRACTICES PER WEEK:** Mon/Wed 5:30-7:30 pm
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the beginning of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 14U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/24/19 CR Regional Championship	www.carolinaregionvb.org

APRIL

4/12-4/14/19 Big South Qualifier (STP)	Atlanta, GA
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Coaches: Tracey Vaughan & Lauren Phillips

14 Cardinal

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$2,350**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

14 CARDINAL CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts.

All Student athletes playing on teams 14 and under will stay with their parents at the NC Elite designated hotel in their parent's room. Food will not be included. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.



14 White & 14 Silver – Regional+

- **2 TEAM PRACTICES PER WEEK: White & Silver** Mon/Wed 5:30-7:30.
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the end of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** We will send a 14U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/24/19 CR Regional Championship	www.carolinaregionvb.org

Coaches:
 White – Kelly Chang & Mckenzie Moore
 Silver – Saraya Klinck & Brienna Laskowski

**14
 White
 Silver**

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,950**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

14 /WHITE/SILVER CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts

All Student athletes playing on teams 14 and under will stay with their parents at the NC Elite designated hotel in their parent's room. Food will not be included. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



14 Graphite - Regional

- **2 TEAM PRACTICES PER WEEK:** Combined Team Practice Wednesday (shared court training) 7:15-9:15 pm & Friday 5:30-7:30 (team only).
- **CONDITIONING** will be held at the beginning of your Wednesday practice session throughout the season for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 14U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/23/19 CR Tournament	www.carolinaregionvb.org

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/24/19 CR Regional Championship	www.carolinaregionvb.org

Coaches: Jeff Dobert & Rob Kent	14 Graphite						
Club Fees (Student Athlete USAV Membership not included) 10 person team	\$1,575						
Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.							
<table border="1" style="width: 100%;"> <tr> <td>1 Jerseys - \$57 each</td> <td>1 Spandex \$25</td> <td>Team Short \$25</td> </tr> <tr> <td>Warm Up Pant \$47</td> <td>Warm Up Jacket \$59</td> <td>Backpack \$59</td> </tr> </table>	1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	\$272
1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25					
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59					
Additional items and quantities are available when placing your individual order.							

14 GRAPHITE CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

- **2-3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 7:15-9:15.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 **times per week** (see calendar for 36 dates) on designated practice days throughout the season and will be conducted after the normally scheduled practice.

JANUARY

1/6/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 City of Oaks	Raleigh, NC

FEBRUARY

2/2-2/3/19 Atlantic Coast Power League Seeding	Greensboro, NC
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↔

MARCH

3/2-3/3/19 MAPL Raleigh	Raleigh Convention Center
3/17/19 CR National Bid Tournament	Greensboro, NC
3/23-3/24/19 Atlantic Coast Power League	Roanoke, Virginia ↔

APRIL

4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↔
4/19-4/21/19 North East Qualifier (STP)	Gaylord, Md ↔

MAY

5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC ↔
5/11-5/12/19 Atlantic Coast Power League Championships	Richmond, VA ↔
5/19/19 NC Elite National Team Scrimmage	Netsports

JUNE

6/9/19 NC Elite National Team Scrimmage	Netsports
6/27-7/6/19 USAV National Championship (STP) OR 6/21-6/24/19 AAU National Championships	Indianapolis, IN ✈ 🚗 ↔ Orlando, FL ✈ 🚗 ↔

Coaches: Tacara Moxey & Brittini Bryant

15 Black

Club Fees (Student Athlete USAV Membership not included) 10 person team

\$7,150

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$ 25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

15 BLACK CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts and an AAU membership soon after tryouts.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

Flight & Team Van included for trip(s) with flights. Food will be included on all tournaments requiring team rooms.

**All plane tickets including Nationals will be booked as a group in advance. Student athletes competing in in these events will travel together by air.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



15 Cardinal – National

- **2-3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 7:15-9:15.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 times per week (see calendar for 36 dates) on designated practice days throughout the season and will be conducted prior to the normally scheduled practices

JANUARY

1/6/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC ↔
1/26/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↔
2/24/19 CR Tournament	www.carolinaregionvb.org

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/23/19 CR Regional Championship	www.carolinaregionvb.org

APRIL

4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↔
4/27-4/28/19 Atlantic Coast Grand Prix	Virginia Beach, VA ↔

MAY

5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC ↔
5/19/19 NC Elite National Team Scrimmage	Netsports

JUNE

6/9/19 NC Elite National Team Scrimmage	Netsports
6/21-6/24/19 AAU National Championship	Orlando, FL ✈ 🚌 ↔

15 CARDINAL CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts and an AAU membership soon after tryouts.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

Flight & Team Van included for trip(s) with flights.

**All plane tickets including Nationals will be booked as a group in advance. Student athletes competing in in these events will travel together by air.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Coaches: Serita Wilson & Andrea Byfield

15 Cardinal

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$6,255**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.



15 White & 15 Silver – Regional+

- **2 PRACTICES PER WEEK:** Mon/Wed 7:15-9:15 pm.
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the beginning of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 15U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/6/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC ↔
1/26/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↔

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/23/19 CR Regional Championship	www.carolinaregionvb.org
4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↔

APRIL

4/13/19 Raleigh Roundup	Raleigh, NC
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Coaches:

White – Daniel Romero & Marlee Marrotta
 Silver – Dan Collins & Bergin Gillespie

**15
White
Silver**

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$3,180**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

15 WHITE/SILVER CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



15 Graphite - Regional

- **2 PRACTICES PER WEEK:** Combined Team Practice Monday (shared court training) 7:15-9:15 pm and Friday 5:30-7:30 (team only).
- **CONDITIONING** will be held at the start of your Monday practice session throughout the season for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 15U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/6/19 CR Tournament	www.carolinaregionvb.org
1/26/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/9/19 CR Tournament	www.carolinaregionvb.org
2/24/19 CR Tournament	www.carolinaregionvb.org

MARCH

3/9/19 CR Tournament	www.carolinaregionvb.org
3/23/19 CR Regional Championship	www.carolinaregionvb.org

Coaches: Rachel Kinsey & Julie McGahy

15 Graphite

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,575**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$272
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

15 GRAPHITE CLUB FEES:

Players will need to obtain a USAV membership

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



16 Black – Premier National

- **2-3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 5:30-7:30.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 **times per week** (see calendar for 36 dates) on designated practice days throughout the season and will be conducted after the normally scheduled practice.

16 BLACK CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts. Participants must also obtain an individual AAU Membership for the season and JVA membership if required for participation in events.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

JANUARY	
1/12/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Monument City Classic (STP)	Richmond, VA ↻
FEBRUARY	
2/2-2/3/19 Atlantic Coast Power League	Greensboro, NC
2/16-2/18/19 Capitol Hill Classic	Washington, DC ↻
2/24/19 CR Bid Tournament	www.carolinaregionvb.org
MARCH	
3/2-3/3/19 MAPL	Raleigh, NC
3/15-3/17/19 Colorado Crosswords (STP)	Colorado, CO ✈️ 🚗 ↻
3/23-3/24/19 Atlantic Coast Power League	Roanoke, VA ↻
APRIL	
4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↻
4/19-4/21/19 Northeast Qualifier (STP)	Philadelphia, PA 🚗 ↻
MAY	
5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC ↻
5/11-5/12/19 Atlantic Coast Power League Championship	Richmond, VA ↻
5/19/19 NC Elite National Team Scrimmage	Netsports
JUNE	
6/9/19 NC Elite National Team Scrimmage	Netsports
6/27-7/6/19 USAV National Championship (STP) OR	Indianapolis, IN ✈️ 🚗 ↻
6/25-6/28/19 AAU National Championships	Orlando, FL ✈️ 🚗 ↻

Coaches: Romel Lightbourn & Avery Bowman/Lande Simpson

16 Black

Club Fees (Student Athlete USAV Membership not included) 10 person team

\$8,850

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

3 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$415
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	
Warm Up Top \$29			

Additional items and quantities are available when placing your individual order.



16 Cardinal –National

- **2-3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 7:15-9:15.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 **times per week** (see calendar for 36 dates) on designated practice days throughout the season and will be conducted prior to the normally scheduled practice.

16 CARDINAL CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts. Participants must also obtain an individual AAU Membership for the season and JVA membership if required for participation in events.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

JANUARY	
1/12/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 City of Oaks	Raleigh Convention Center
FEBRUARY	
2/2-2/3/19 Atlantic Coast Power League	Greensboro, NC
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↖
MARCH	
3/3/19 CR Tournament	www.carolinaregionvb.org
3/16/19 CR Tournament	www.carolinaregionvb.org
3/30/19 CR Regional Championships	www.carolinaregionvb.org
APRIL	
4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↖
4/13-4/14/19 Atlantic coast Power League	Richmond, VA ↖
MAY	
5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC ↖
5/11-5/12/19 Atlantic Coast Power League Championship	Richmond, VA ↖
5/19/19 NC Elite National Team Scrimmage	Netsports
JUNE	
6/9/19 NC Elite National Team Scrimmage	Netsports
6/25-6/28/19 AAU National Championships	Orlando, FL ✈ 🚗 ↖

Coaches: Jeff Dobert & TBA

16 Cardinal

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$6,125**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.



16 White & 16 Silver – Regional+

- **2 TEAM PRACTICES PER WEEK:** Mon/Wed 7:15-9:15 pm
- **CONDITIONING** will be held **2 times per week** on designated practice days throughout the season and will be conducted at the beginning of the normally scheduled practice for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as a recommended but optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 16U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Winter Bump	Myrtle Beach, SC ↔

FEBRUARY

2/2/19 CR Tournament	www.carolinaregionvb.org
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↔

MARCH

3/3/19 CR Tournament	www.carolinaregionvb.org
3/16/19 CR Tournament	www.carolinaregionvb.org
3/30/19 CR Regional Championships	www.carolinaregionvb.org

APRIL

4/6-4/8/19 Big South Qualifier (STP)	Atlanta, GA ↔
4/13/19 Raleigh Round Up	Raleigh, NC

Coaches:
 White – Allen Marshall & Sarah Johnson/Sydney Madden
 Silver – Jessica Goodwin & Marissa Mayfield

**16
White
Silver**

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$3,180**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$329
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order.

16 WHITE/SILVER CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season



16 Graphite Regional

- **2 PRACTICES PER WEEK:** Combined Team Practice Monday (shared court training) 7:15-9:15 pm and Wednesday 7:15-9:15 (team only).
- **CONDITIONING** will be held at the start of your Monday practice session throughout the season for 15-20 minutes.
- **POSITION/SKILL TRAINING (PST): 1 time per week** as an optional add on program (additional cost).
- **POST SEASON TRYOUT:** For the sixth year, we will send a 15U team to AAU Nationals. There will be a tryout at the end of the season.

JANUARY

1/12/19 CR Tournament	www.carolinaregionvb.org
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FEBRUARY

2/2/19 CR Tournament	www.carolinaregionvb.org
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2/16/19 CR Tournament	www.carolinaregionvb.org
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MARCH

3/3/19 CR Tournament	www.carolinaregionvb.org
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3/16/19 CR Tournament	www.carolinaregionvb.org
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3/30/19 CR Regional Championships	www.carolinaregionvb.org
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16 - GRAPHITE CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Coaches: Elizabeth Pattison & Sarah Stone/Kassie Kasper

16 Graphite

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$1,575**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

1 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$272
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	

Additional items and quantities are available when placing your individual order. NC Elite water bottles can be purchased at the club for \$15 for those who need one.



17 Black – Premier National

- **2--3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 5:30-7:30.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 times per week (see calendar for 36 dates) on designated practice days throughout the season and will be conducted after the normally scheduled practice.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Monument City Classic	Richmond, VA 🚗
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/2-3/19 Atlantic Coast Power League Seeding	Greensboro, NC
2/16-2/17/19 Battle on Music Row (STP)	Franklin, TN ✈ 🚗 🚚

MARCH

3/2-3/3/19 MAPL	Raleigh, NC
3/17/19 CR National Bid Tournament	www.carolinaregionvb.org
3/22-3/24/19 Pacific Northwest Qualifier (STP)	Spokane, WA ✈ 🚗 🚚

APRIL

4/13-4/14/19 Atlantic Coast Power League	Richmond, VA 🚗
4/19-4/21/19 Northeast Qualifier (STP)	Philadelphia, PA ✈ 🚗 🚚

MAY

5/4-5/19 Charlotte JVA Challenge	Charlotte, NC 🚗
5/11-5/12/19 Atlantic Coast Power League Championship	Richmond, VA 🚗
5/19/19 NC Elite National Team Scrimmage	Netsports

JUNE/JULY

6/9/19 NC Elite National Team Scrimmage	Netsports
6/27-7/6/19 USAV National Championship (STP) OR 6/21-6/24/19 - AAU National Championships	Indianapolis, IN ✈ 🚗 🚚 Orlando, FL ✈ 🚗 🚚

Coaches: Jill Simpson & Paige Cox

17 Black

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$8,920**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

3 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25	\$415
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59	
Warm Up Top \$29			

Additional items and quantities are available when placing your individual order.

17 BLACK CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts. Participants must also obtain an individual AAU Membership for the season and JVA membership if required for participation in events.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

All plane tickets including Nationals will be booked as a group in advance. Student athletes competing in in these events will travel together by air.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

- **2--3 MANDATORY PRACTICES PER WEEK:** Tues/Thurs 7:15-9:15.
- **FILM/GAME STRATEGY/WEIGHT TRAINING:** Sundays 4-5:30. See club calendar for specific Sunday dates.
- **POSITION/SKILL TRAINING (PST):** Sundays all positions. PSTs are required for all national team members 5:30-7:00 pm.
- **ADVANCED CONDITIONING NC Vertimax** will be held 1-2 **times per week** (see calendar for 36 dates) on designated practice days throughout the season and will be conducted after the normally scheduled practice.

JANUARY

1/5/19 CR Tournament	www.carolinaregionvb.org
1/19-1/21/19 Monument City Classic	Richmond, VA ↔
1/27/19 CR Tournament	www.carolinaregionvb.org

FEBRUARY

2/2-2/3/19 Atlantic Coast Power League Seeding	Greensboro, NC
2/16-2/17/19 President's Day Seashore Classic (Co-hosted by NC Elite Volleyball Club)	Myrtle Beach, SC ↔

MARCH

3/2-3/3/19 MAPL	Raleigh Convention Center
3/17/19 CR National Bid Tournament	www.carolinaregionvb.org
3/23-3/24/19 Atlantic Coast Power League	Roanoke, VA ↔

APRIL

4/13-4/14/19 Atlantic Coast Power League	Richmond, VA ↔
4/19-4/21/19 Northeast Qualifier	Philadelphia, PA ✈ ↔

MAY

5/4-5/5/19 Charlotte JVA Challenge	Charlotte, NC ↔
5/11-5/12/19 Atlantic Coast Power League Championship	Richmond, VA ↔
5/19/19 NC Elite National Team Scrimmage	Netsports

JUNE

6/9/19 NC Elite National Team Scrimmage	Netsports
6/27-6/7/6/19 USAV National Championship (STP) or 6/21-6/24/19 AAU National Championship	Indianapolis, IN ✈ 🚗 ↔ Or Orlando, FL ✈ 🚗 ↔

Coaches: Sarah Frey & Katherine Scicchitano

17 Cardinal

Club Fees (Student Athlete USAV Membership not included) 10 person team **\$7,690**

Uniform Package: Uniforms will be purchased by and shipped to each family directly from Sports Endeavors. It is required of each student athlete (new or returning) to purchase uniforms this season. See pricing below for budgeting purposes.

2 Jerseys - \$57 each	1 Spandex \$25	Team Short \$25
Warm Up Pant \$47	Warm Up Jacket \$59	Backpack \$59

\$329

Additional items and quantities are available when placing your individual order.

17 CARDINAL CLUB FEES:

Players will need to obtain a USAV membership prior to tryouts and individual AAU membership immediately following tryouts.

All out-of-region overnight tournaments will include team rooms. Food will be included for all tournaments requiring team rooms. Travel costs with NC Elite are estimated up front and are built into the total club costs. You will not receive an additional "travel assessment" after each trip. Travel to tournaments is the responsibility of the family.

Stay-to-play (STP) events require hotel room for each family in addition to team rooms for student athletes. This is a tournament requirement.

NC Elite reserves the right to change practice time/day based on final team selection and coach availability. NC Elite makes it a point to surround teams with the best competitive opportunity possible.

Club Fees include:

- Memberships: Club, team, and coach USAV/AAU Team registration & background checks
- Player officiating clinics
- Recruiting clinic
- Tournament entry
- Gym Rental
- Coach pay/ reimbursement, hotel expenses
- Miscellaneous club operating expenses (e.g., web hosting, supplies, postage, and printing).
- Equipment costs are included (volleyballs, ball carts, ball bags, and other training equipment).
- Three practice T-shirts for the season

Position Specific Training (PST)

We offer PST for all student athletes. This training is with our coaches who specialize in training each specific position. Position training is offered for Middles, Outside and Right Side Attackers, Defenders and Setters. For participants 13-18. This training is highly recommended but not required.

	Outside Hitters	Defensive Specialists	Middle Blockers	Setters
DAY	Fridays	Fridays	Sundays	Sundays
DATES	Nov 16, 30 Dec 7, 14, 21, 28 Jan 4, 11, 18, 25 Feb 8, 22	Nov 16, 30 Dec 7, 14, 21, 28 Jan 4, 11, 18, 25 Feb 8, 22	Nov 18, 25 Dec 2, 9, 16 Jan 6, 13, 27 Feb 10, 24 Mar 10, 17	Nov 18, 25 Dec 2, 9, 16 Jan 6, 13, 27 Feb 10, 24 Mar 10, 17
TRAINING	7:30 - 9:00pm	6:00 - 7:30pm	2:30 - 4:00pm	1:00 - 2:30pm
AGES	The program is an add-on option for all NC Elite student athletes			
COST	\$200.00 for 10 sessions. There will be some tournaments on Sundays that don't allow for participation by enrolled students. Once the schedule is released you may choose the 10 clinics you wish to participate in. The extra two sessions are to ensure full programming opportunity for student athletes who have tournaments scheduled for Sundays. There will be no make up or drop in sessions to the national team PST to suit other commitments. If you are available for all twelve sessions, there will be no additional charge for participation.			
LOCATION	Netsports Sports Complex, 3717 Davis Drive, Morrisville, NC			
NOTES	A waiver must be filled out and signed for all participants. Weather Disclaimer: We are unable to offer make up tournaments or training dates or refunds in the event of cancellation due to an "act of God." If student athletes wish to substitute a session of another position due to weather cancellation that can be arranged.			

Serving Series

We offer Beginners Serving for all student athletes. This training is offered on Monday evenings November – March. Serving is one of the most important elements of becoming a successful player. Space is limited so be sure to sign up early!

DATES/ TIMES	Beginners Sessions Mondays 7:45 – 8:45 pm November: 19, 26 December: 3, 10, 17 January: 7, 14, 28 February: 4, 11, 25 March: 4, 11, 18, 25 Advanced Sessions Wednesdays 6-7 pm November: 28 December: 5, 12, 19 January: 2, 9, 16, 23, 30 February: 6, 13, 20, 27 March 6, 13
COST	\$150.00 for 15 sessions.
LOCATION	Netsports Sports Complex, 3717 Davis Drive, Morrisville, NC
NOTES	A waiver must be filled out and signed for all participants. Weather Disclaimer: We are unable to offer make up tournaments or training dates or refunds in the event of cancellation due to an "act of God." We are not able to offer refunds for personal conflicts of student athletes. Attendance and commitment are going to bring the most success.