NC Volleyball Academy

2010 2020

Team Guide

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Welcome to North Carolina Volleyball Academy

Academy is entering its 10th season after 9-seasons of great success. With its short history, Academy has become one of the largest and most competitive volleyball clubs in the Region. Academy's world-class coaching team, unique Academy-teaching model and family-friendly environment differentiate itself from other clubs in the Region and nationwide. Led by Coach Li, an Olympic/national coach, Coach Bunn, who has 20-year D1 experience, Academy's coaching team is proudly presented as the BEST in the nation. Healthy club culture of openness, diversity and honesty nurture all aspects of growth/development for student athletes and coaching staff.

In 2017, Academy moves to its own 9-court premium facility, which is THE largest dedicated volleyball gym in the Region. It is centrally located, fully conditioned, and fully equipped for training, where families are able to enjoy volleyball experiences of their young athletes.

To learn and experience more about Academy, we highly recommend you,

1. Attend one of Info/Parents Sessions
2. Visit and read the Tryouts section on our website
3. Attend at least one of our Open Gyms
4. Register for tryouts, come and experience the difference of Academy!

This Team Guide will help you learn more about our club program. We strive to use plain, easy-to-understand, less marketing language, providing you major details you need to know while keeping short reading length.

Comprehensive Training Program

Training quality is the #1 element distinguishing Academy from other clubs. We offer comprehensive and consistent training program, which is well designed by our top coaches. Our age/level appropriate training approach ensures the student-athletes gain the most benefits out of the training they receive during the limited period.

Team Practice: Teams practice 2-3 times a week depending on age/level of the team (see Team Guide for details).

Competition Practice: For top teams, competition practices are scheduled on either Saturday or Sundays 1-3P(see Calendar for details) to provide more game-like scrimmages to increase the teams competitive edge, and optimize team strategies and rotations.

Position Training: These are included in the team practices and mandatory for top teams.

Position Clinics: These clinics are included for all non-national teams (including 13 Crystal) on Saturdays or Sundays 3-5P(see Calendar for details).

Academy Game Day: Club scrimmages help our teams develop the competitiveness for the upcoming events.

Educational Sessions: Academy offers education sessions including college recruiting, heath seminars, referee clinics, injury prevention workshops, etc. to help players in their athletic performance(see Calendar for details).

Optional Training Options:

Power Jump: Designed to help players improve vertical explosiveness, agility, balance, conditioning and overall strength(registration required).

Private Lessons: Academy coaches offer private or small-group lessons upon the requests.

Academy Travel Policy

Academy understands the balance between competitiveness and family-support of junior sports. We offer two travel options depending the age and level of the teams, which are more family friendly than other clubs in the area.

Option 1: Family-Travel: players travel and stay with their families. Eligible teams: All 12-14's teams plus 15-17s regional plus teams including 15 Ruby/15 Sapphire/16 Ruby/16 Sapphire, and 17 Pearl

Option 2: Team-Travel: players travel and stay with their teams. Travel costs (transportations & hotel rooms) are included for some events (see Team Guides for details). Eligible teams: All 15-18's national teams.

Uniform & Academy Shop

In order to help families reduce the season-to-season uniform costs, we minimize the changes we have to make every season and offer uniform packages that right meet their practice/competition needs.

1. New players will purchase uniform package that includes Academy branded items.
2. Returning players MUST have all package items, which can be ordered independently.
3. Onsite shop offers Academy logo brands such as Mizuno, Under Armour, and accepts cash, and credit cards.

Payment Schedule

Team dues are paid in either 2 or 3 standard installations, varying by team. Please check your Team Guide or your online account for details. Requests for special payment schedule will be evaluated and approved by club director.

Academy 16 Diamond - National

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Bryan Bunn/Tacara Moxey	
Max of Players: 12	10-11 Full Players	Plus 1-2 Practice Players @ $1,400
Team Practices:	M/W 445-7P; S/Su 1-3P(Per Academy Calendar)	
Team Dues:	$9,400 (*Per Payment Plan*)	
Uniform Package:	New Players: $340	
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts	
	Returning Player: MUST have all package items, can be ordered separately	

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Competition Practice	Academy
December		
8	Competition Practice	Academy
14	Academy Game Day	Academy
January		
5	Competition Practice	Academy
11	Competition Practice	Academy
18-20	City of Oaks	Raleigh
25-26	MAPL	Hampton/VA
February		
8	CJV Power Event	Charlotte
15-17	Triple Crown Sports	Kansas City/MO
March		
2/29-3/1	MAPL	Raleigh
6-8	Sunshine Classic(Qualifier)	Orlando
April		
10-12	Northeast Qualifier	Philadelphia
24-26	Northern Lights Qualifier	Minneapolis
May		
9	Competition Practice	Academy
30-31	Southern Exposure	Atlanta
June		
13	Academy Game Day	Academy
20-23	AAU National	Orlando
7/1-4 or	USAV Junior Nationals(Requires qualification)	Dallas

* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, travel costs; etc. USAV membership fees are paid by players prior to tryouts for insurance purposes
Travel Policy: Team Travel	1. All players will travel and stay/room with their teams on travel events(see below) 2. Parents are encouraged to book hotel rooms, if they go, under club blocks 3. Please find details of Travel Policy in Academy Handbook
Travel Costs:	Travel costs are included in the Team Dues for the following events: MAPL VA/Triple/Sunshine/NEQ/Lights/Exposure/AAU(hotel only) Players will travel with their families on City of Oaks and MAPL and Power event. No hotel is required. Travel costs include transportations(round trip), and hotel rooms. Food is not included.
AAU National:	Due to the uniqueness of AAU, transportation is not included but hotel stays are included.
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
Payment Plan:	Team dues are paid in 3 installments as below: 1st: 40% by 11/10/2019 2nd: 30% by 12/31/2019 3rd: 30% by 1/31/2020

Academy 16 Crystal - National

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Bruce Cao/Angela Buchholz
Max of Players: 12	10-11 Full Players — Plus 1-2 Practice Players @ $1,400
Team Practices:	M/W 445-7P; S/Su 1-3P(Per Academy Calendar)
Team Dues:	$8,600 (*Per Payment Plan*)
Uniform Package:	New Players: $340
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts
	Returning Player: MUST have all package items, can be ordered separately

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Competition Practice	Academy
December		
8	Competition Practice	Academy
14	Academy Game Day	Academy
January		
5	Competition Practice	Academy
11	Competition Practice	Academy
18-20	City of Oaks	Raleigh
25-26	MAPL	Hampton/VA
February		
1-2	Queen City Classic(if not accepted by MAPL Hampton)	Charlotte
8	Competition Practice	Academy
22-23	Rumble in Rocky Mount	Rocky Mount
March		
2/29-3/1	MAPL	Raleigh
1	Regional(if not accepted by MAPL (Raleigh)	TBD
6-8	Sunshine Classic(Qualifier)	Orlando
April		
10-12	Northeast Qualifier	Philadelphia
24-26	Northern Lights Qualifier	Minneapolis
May		
9	Competition Practice	Academy
30-31	Southern Exposure	Atlanta
June		
13	Academy Game Day	Academy
20-23	AAU National	Orlando
7/1-4 or	USAV Junior Nationals(Requires qualification)	Dallas

* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.
* All MAPL events are acceptance-based, the final acceptances are made by the hosting committee.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, travel costs; etc. USAV membership fees are paid by players prior to tryouts for insurance purposes
Travel Policy: Team Travel	1. All players will travel and stay/room with their teams on travel events(see below) 2. Parents are encouraged to book hotel rooms, if they go, under club blocks 3. Please find details of Travel Policy in Academy Handbook
Travel Costs:	Travel costs are included in the Team Dues for the following events: MAPL Hampton/Queen City/Sunshine/NEQ/Lights/Exposure/AAU(hotel only) Players will travel with their families on City of Oaks, MAPL, Regionals and Rumble. No hotel is required. Travel costs include transportations(round trip), and hotel rooms. Food is not included.
AAU National:	Due to the uniqueness of AAU, transportation is not included but hotel stays are included.
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
Payment Plan:	Team dues are paid in 3 installments as below: 1st: 40% by 11/10/2019 — 2nd: 30% by 12/31/2019 — 3rd: 30% by 1/31/2020

Academy 16 Jade - National

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Krista McGivern/Alexis Sinclair
Max of Players: 12	10-11 Full Players — Plus 1-2 Practice Players @ $1,400
Team Practices:	M/W 445-7P; S/Su 1-3P(Per Academy Calendar)
Team Dues:	$7,200 (*Per Payment Plan*)
Uniform Package:	New Players: $340
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts
	Returning Player: MUST have all package items, can be ordered separately

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Competition Practice	Academy
December		
8	Competition Practice	Academy
14	Academy Game Day	Academy
January		
5	Competition Practice	Academy
11	Competition Practice	Academy
18-20	Monument City Classic	Richmond
February		
1-2	Queen City Classic	Charlotte
8	Competition Practice	Academy
22-23	Rumble in Rocky Mount	Rocky Mount
March		
1	Regional	TBD
6-8	Sunshine Classic(Qualifier)	Orlando
28	Regional Championships	TBD
April		
10-12	Big South Qualifier	Atlanta
May		
9	Competition Practice	Academy
23-25	South Atlantic Championships	Richmond
June		
13	Academy Game Day	Academy
25-28	AAU National	Orlando
7/1-4 or	USAV Junior Nationals(Requires qualification)	Dallas

* All Regional Events site are determined by Carolina Region. Please check Region's website for locations.
* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, travel costs; etc. USAV membership fees are paid by players prior to tryouts for insurance purposes
Travel Policy: Team Travel	1. All players will travel and stay/room with their teams on travel events(see below) 2. Parents are encouraged to book hotel rooms, if they go, under club blocks 3. Please find details of Travel Policy in Academy Handbook
Travel Costs:	Travel costs are included in the Team Dues for the following events: MCC/Queen City/Sunshine/Big South/SAC/AAU(hotel only) Players will travel with their families on Regionals and Rumble. No hotel stay is required. Travel costs include transportations(round trip), and hotel rooms. Food is not included.
AAU National:	Due to the uniqueness of AAU, transportation is not included but hotel stays are included.
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
Payment Plan:	Team dues are paid in 3 installments as below: 1st: 40% by 11/10/2019 — 2nd: 30% by 12/31/2019 — 3rd: 30% by 1/31/2020

Academy 16 Pearl - National

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Shantel Moore/Katrina Lightbourn
Max of Players: 12	10-11 Full Players — Plus 1-2 Practice Players @ $1,400
Team Practices:	M/W 7-915P; S/Su 1-3P(Per Academy Calendar)
Team Dues:	$5,800 (*Per Payment Plan*)
Uniform Package:	New Players: $340
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts
	Returning Player: MUST have all package items, can be ordered separately

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Competition Practice	Academy
December		
8	Competition Practice	Academy
14	Academy Game Day	Academy
January		
5	Competition Practice	Academy
11	Competition Practice	Academy
18-20	Monument City Classic	Richmond
February		
1-2	Queen City Classic	Charlotte
8	Competition Practice	Academy
22-23	Rumble in Rocky Mount	Rocky Mount
March		
1	Regional	TBD
14	Regional	TBD
28	Regional Championships	TBD
April		
10-12	Big South Qualifier	Atlanta
May		
9	Competition Practice	Academy
23-25	South Atlantic Championships	Richmond
June		
13	Academy Game Day	Academy
25-28	AAU National	Orlando
7/1-4 or	USAV Junior Nationals(Requires qualification)	Dallas

* All Regional Events site are determined by Carolina Region. Please check Region's website for locations.
* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, travel costs; etc. USAV membership fees are paid by players prior to tryouts for insurance purposes
Travel Policy: Team Travel	1. All players will travel and stay/room with their teams on travel events(see below) 2. Parents are encouraged to book hotel rooms, if they go, under club blocks 3. Please find details of Travel Policy in Academy Handbook
Travel Costs:	Travel costs are included in the Team Dues for the following events: MCC/Queen City/Big South/SAC/AAU(hotel only) Players will travel with their families on Regionals and Rumble. No hotel stay is required. Travel costs include transportations(round trip), and hotel rooms. Food is not included.
AAU National:	Due to the uniqueness of AAU, transportation is not included but hotel stays are included.
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
Payment Plan:	Team dues are paid in 3 installments as below: 1st: 40% by 11/10/2019 — 2nd: 30% by 12/31/2019 — 3rd: 30% by 1/31/2020

Academy 16 Ruby - Regional Plus

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Brian Bushelow/Joe Kolousek	
Max of Players: 12	10-11 Full Players	Plus 1-2 Practice Players @ $800
Team Practices:	M/W 7-915P(Per Academy Calendar)	
Position Clinics:	Sa/Su 3-5P *(Per Schedule Below)*	
Team Dues:	$2,800 (*Per Payment Plan*)	
Uniform Package:	New Players: $340	
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts	
	Returning Player: MUST have all package items, can be ordered separately	

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Position Clinic	Academy
December		
8	Position Clinic	Academy
14	Academy Game Day	Academy
January		
5	Position Clinic	Academy
11	Position Clinic	Academy
18-20	Monument City Classic	Richmond
February		
1-2	Queen City Classic	Charlotte
8	Position Clinic	Academy
22-23	Rumble in Rocky Mount	Rocky Mount
March		
1	Regional	TBD
14	Regional	TBD
28	Regional Championships	TBD
April		
2(5-630P)	16 AAU Tryout(Optional)*	Academy
10-12	Big South Qualifier	Atlanta

* All Regional Events site are determined by Carolina Region. Please check Region's website for locations.
* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.
* Please see Academy 16 AAU Team Guide for the details.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, etc.	
	USAV membership fees are paid by players prior to tryouts for insurance purposes	
Travel Policy:	1. All players will travel and stay with their parents/families	
Family-Travel	2. Each family MUST book at least one hotel room(per event) under club blocks for all stay-to-play events	
	3. Please find details of Travel Policy in Academy Handbook	
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis.	
	All cancelled practices/clinics are NOT eligible for make-ups.	
Payment Plan:	Team dues are paid in 2 installments as below:	
	1st: 50% by 11/10/2019	2nd: 50% by 12/31/2019

Academy 16 Sapphire - Regional Plus

USAV Age Definition: 16 & Under, born on or after 9/1,2003

Coaches:	Tania Stafford/Corrinna Sammons	
Max of Players: 12	10-11 Full Players	Plus 1-2 Practice Players @ $800
Team Practices:	M/W 7-915P(Per Academy Calendar)	
Position Clinics:	Sa/Su 3-5P *(Per Schedule Below)*	
Team Dues:	$2,800 (*Per Payment Plan*)	
Uniform Package:	New Players: $340	
	☑3 Jerseys(Black/White/Blue) ☑1 Spandex ☑Warm-up Set ☑ Warm-up Crew ☑Team Bag ☑CoverUp Shorts	
	Returning Player: MUST have all package items, can be ordered separately	

Tournaments

Date	Event	Location
November		
17	Club Day(Signing)	Academy
24	Position Clinic	Academy
December		
8	Position Clinic	Academy
14	Academy Game Day	Academy
January		
5	Position Clinic	Academy
11	Position Clinic	Academy
18-20	Monument City Classic	Richmond
February		
1-2	Queen City Classic	Charlotte
8	Position Clinic	Academy
22-23	Rumble in Rocky Mount	Rocky Mount
March		
1	Regional	TBD
14	Regional	TBD
28	Regional Championships	TBD
April		
2(5-630P)	16 AAU Tryout(Optional)*	Academy
10-12	Big South Qualifier	Atlanta

* All Regional Events site are determined by Carolina Region. Please check Region's website for locations.
* Tournament division selection is at Academy's discretion.
* Academy reserves the right to make schedule changes.
* School absences might occur for travel tournaments, especially for 3-day events. Upon request, Absence Letter will be provided.
* Please see Academy 16 AAU Team Guide for the details.

Team Dues:	Mainly include gym/equipment costs, coaches' pay/expenses, all tournament entries, club events, all admin costs, etc. USAV membership fees are paid by players prior to tryouts for insurance purposes
Travel Policy: Family-Travel	1. All players will travel and stay with their parents/families 2. Each family MUST book at least one hotel room(per event) under club blocks for all stay-to-play events 3. Please find details of Travel Policy in Academy Handbook
Practice Schedule:	Per Academy Calendar, please check the updated team practices/clinics on the regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
Payment Plan:	Team dues are paid in 2 installments as below: 1st: 50% by 11/10/2019 2nd: 50% by 12/31/2019