
YOUTH DEVELOPMENT

WHO IS IT FOR:

This is a **RECREATIONAL** volleyball program. Our goal is to grow and foster a love for volleyball in each person who walks through our doors. This program is designed for absolute beginners as well as those with prior exposure who wish to further develop their abilities without the pressure of club or school volleyball competition.

We provide an opportunity for young athletes to develop fundamental skills, foster sportsmanship, and experience the excitement of team play in a positive, supportive, and recreational environment. Whether your child is looking for a fun introduction to the sport, a step-up from school gym classes, or a pathway to club competition, we offer a safe and structured setting designed to build confidence and a strong athletic foundation.

STRUCTURE AND SCHEDULING:

Registration for all athletes is according to **school grade** to ensure that all athletes compete and train with players of similar age.

Grades 6 - 12:

- **Schedule:** Meets twice per week for 2 hours per session (typically one weekday and one weekend day). Dates/Times are noted on registration.
- **Day 1 - Technical Focus:** Dedicated strictly to technical skill execution, fundamental mechanics, and movement patterns.
- **Day 2 - Gameplay Focus:** Dedicated to game-like drills, league scrimmages, and gameplay variations that reinforce learned skills.

Grades 3 - 5:

- **Schedule:** Meets once per week for 2 hours.
- **The Focus:** Heavily emphasizes fundamental movement patterns, introductory volleyball skills, basic gameplay learnings, and fostering a pure love for sport in a team environment.
- **Dynamic Structure:** On skill work days, athletes are separated into leveled groups to maximize individual skill development. On scheduled play days, all courts mix to create perfectly balanced, even team play opportunities. This group wraps up with a special mini-style tournament on their final day!

SEASON STRUCTURE:

Our program operates in seasonal blocks matching the academic calendar (Fall, Winter, and Spring sessions).

- **Week 1 & 2: Evaluation & Team Formation:** To ensure fair play and balanced training groups, coaches spend the first two sessions assessing skill levels. Teams are designed to be evenly competitive, and we happily accommodate requests for athletes to be placed with their friends whenever possible.
- **The Seasonal Rhythm:** Once teams are formed, athletes settle into their fixed weekly routine directly alongside their designated teammates and coaches, culminating in our exciting end-of-season tournament.

WHY PARENTS & PLAYERS LOVE OUR PROGRAM:

Our community atmosphere is built on inclusion, encouragement, and a strong balance between high-repetition learning and active gameplay experiences.

When you register, you can look forward to:

- **Consistent, Predictable Schedules:** Training takes place at the same location and times every week—making it easy to plan your family’s calendar without any guessing games.
- **True Team Environment:** Following our evaluation weeks, players are placed on a consistent team for the entire season. This stability fosters deep team chemistry, mentorship, a true sense of belonging, and lasting friendships.
- **Experienced, Supportive Coaches:** Your child will work with the same dedicated coaches all season. Our staff focus on positive reinforcement and individual skill development, ensuring they deeply understand your child’s unique strengths.
- **Premium Facilities:** All programs run at our brand-new, state-of-the-art North facility, utilizing professional hardwood courts and 40-foot ceilings.
- **Season-Ending Tournament:** Every session wraps up with a full-scale tournament! It serves as a high-energy grand finale where athletes showcase their growth, and parents and spectators are welcomed to cheer them on.