

# DIG VBC

**Black**  
(12s-17s)

**Blue**  
(12s-17s)

**Red**  
(15s)

Pre Season Training:

Second week of September.  
One 1.5 hr training session on Sundays.

Team Practice Start:

First week of November.  
Middle to late June. Teams should plan to attend Nationals.

Program End:

The players on teams that do not earn a BID to Nationals will be given priority regarding placement on teams competing at AAU Nationals.

Weekly Practice Days & Duration:

Two 2 hr practices per week on M/W or T/ TH.

Positional Training:

30 mins of positional training added to one practice weekly.

Athletic Performance:

30 mins of strength and conditioning training with RTG Performance added to one practice weekly.

Mental Performance/Yoga:

Mental performance training & Yoga will take place periodically throughout the season. It will trade off with both positional training & strength & conditioning training.

Hudl:

Teams will have tournaments recorded to provide stats/highlight reels for both individual players and the team as a whole.

Tournaments:

10 Tournaments - 7 or 8 in the DFW Area, including Lone Star, and 2 traveling National Qualifiers.  
For Lone Star, certain age groups could be in Houston or Austin.  
First tournament will be played the 2nd or 3rd week in Dec.

Nationals:

Teams will be pursuing a bid to USAV Nationals & should plan to travel to Nationals in late June or July. There will be an additional charge of \$900 to \$1,100 per player to cover training, two tournaments, and coach travel. In the event that the team does not get a USAV National bid, the players will have first priority for our AAU Nationals team who will be competing in June. Cost will be approximately \$1,000.

Coaches:

Experienced Club Coach & Full-Time Assistant Coach, Certified with Background Checks.

Physiotherapy:

Dr. Jon Dailey is our in-house physical therapist and helps DIG athletes maintain their physical wellness after tournaments.

Payments & Fees:

Team Fee:  
\$3,850

Deposit:  
\$850  
Paid in July  
at signing

Payments:  
8 Payments of  
\$375 starting  
September 15th

Uniform Fee:  
\$500 Paid at  
sizing in August