

# DIG VBC

White 12s-15s

Pre Season Training:

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

Team Practice Start:

First week of November.

Program End:

Around April 15th. Lone Star will be the last tournament of the season.

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:

9-10 Tournaments - 7 or 9 in the DFW Area, including Lone Star, and one travel tournament.  
For Lone Star, certain age groups could be in Houston or Austin. First tournament will be played the 2nd or 3rd week in Dec.

Travel:

Teams will travel to one out of state tournament to Shreveport, LA. The tournament is usually held on or around the time of Spring Break.

Coaches:

Experienced Club Coach & an Assistant Coach for one practice once a week. All Coaches will be 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:  
\$2,950

Deposit:  
\$700  
Paid in July  
at signing

Payments:  
6 Payments of  
\$375 starting  
October 15th

Uniform Fee:  
\$500  
Paid at sizing  
in August