

# DIG VBC

## 18 Black

### Pre Season Training:

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

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### Team Practice Start:

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

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### Weekly Practice Days & Duration:

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

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### Positional Training:

30 mins of positional training added to one practice weekly.

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### Athletic Performance:

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

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### 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.

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### Hudl:

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

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### Tournaments:

7 tournaments plus Regionals.  
1 bid tournament and Lonestar included.  
First tournament will be played the 2nd or 3rd week in Dec.  
Tournaments will be a mix of one and two day tournaments.

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### Coaches:

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

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### Physiotherapy:

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

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### 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