

DIG VBC Team Summaries									
Team Name	15 Black	15 Blue	15 Red - Jessica	15 Red - Britt	15 Elite	16 Black	16 Blue	17 Black	18 Black
<i>Head Coach</i>	Yolanda Armandariz	Jaylyn Capito	Jessica Dexter	Britt Farragut	Maci Matherne	Karee Idriss	Lisa Glover	Cheyenne Sewell	Marissa Chalmers
<i>Assistant Coach</i>	Mackenzie Hernandez	Kasi Payne	MC Ellis	Brooklyn Mueller	n/a	Lindsey Owen	Ariel Glover	MC Ellis	Keesheema Richardson
<i>Practice Days</i>	M/W	T/TH	M/W	M/W	W/SUN	M/W	M/W	T/TH	T/TH
<i>Practice Time</i>	6:00 - 8:00	7:00 - 9:00	7:00 - 9:00	8:00 - 10:00	2 - 1.5 hrs	6:30 - 8:30	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00
					W - 8:30-10				
					SUN - TBD				
<i>Pre Season Sundays or Saturdays</i>		7	6	6	6	n/a	7	6	7
<i>Performance Training</i>		Y	Y	Y	Y	N	Y	Y	Y
<i>Saturday Positional Training</i>		Y	Y	Y	Y	N	Y	Y	Y
<i># of Tournaments</i>		9 to 10	9 to 10	9 to 10	9 to 10	5 to 7	9 to 10	8 to 9	8 to 9
<i># of National Bid Tournaments</i>		3	2	2	2	n/a	3	2	2
<i># of Travel Tournaments</i>		2	2	2	2	n/a	2	1	1
<i>USAV Nationals</i>									
<i>Program Cost</i>		\$4,350	\$4,100	\$4,100	\$4,100	\$2,500	\$4,350	\$3,750	\$3,750
<i>Deposit - Due at signing in July</i>		\$1,000	\$1,000	\$1,000	\$1,000	\$500	\$1,000	\$750	\$750
<i>Balance spread over X# of payments</i>		7	7	7	7	4	7	6	6
<i>Uniform Plan</i>		Platinum	Platinum	Platinum	Platinum	Gold	Platinum	Platinum	Platinum
<i>Uniform Cost (approx)</i>		\$500	\$500	\$500	\$500	\$400	\$500	\$500	\$500
<i>Hudl Cost (if coach adds it)</i>		Included	\$85 per player	\$85 per player	\$85 per player	n/a	Included	\$85 per player	Included
<i>Team Water Bottle</i>		Included	Included	Included	Included	Included	Included	Included	Included
<i>Silver Uniform Package</i>	2 Jerseys, 1 Spandex, 1 Hoodie, Backpack								
<i>Gold Uniform Package</i>	2 Jerseys, 2 Spandex, 1 Hoodie, Backpack, warm up pants, knee pads, shoes, 2 pair of socks								
<i>Platinum Uniform Package</i>	3 Jerseys, 3 Spandex, 1 Hoodie, Backpack, warm up pants, knee pads, shoes, 3 pair of socks, Warm Up Shirt								