

EASTSIDE BLAZE VOLLEYBALL CLUB 2016-2017 12s – 14s NATIONAL TEAM FEES

Our National teams are our most elite teams. We strive to find additional tournaments outside of the AZ Region for our National teams to compete against the greatest competition in the country and to receive a high amount of exposure to college recruiters. The goal of National Teams is to qualify for the USA Volleyball Girls' Junior National Championships, elevate your daughter to her fullest potential and ultimately help your daughter succeed in pursuing her volleyball career at the next level. National teams will require your daughter to travel out of the state (except for 12 National), play on Sundays, and have a more rigorous training and tournament schedule. They will practice 3 times a week for a total of 7 hours which includes 2 hours of strength & agility training (12 National will only have 1 hour of strength and agility training) and 1 hour of position training. The National teams require a high level of commitment from your daughter and family. Take the time before tryouts to discuss with your daughter and family if this is what is best for your daughter.

TEAM	Strength & Agility included in fees	Tournaments	Team Fees	Payment Plan
12 NATIONAL	Y	AZ Region Club Division, December Kick Off, Fiesta Festival & AZNQ	\$1940	\$500 commitment fee + 4 payments of \$360
13 NATIONAL	Y	AZ Region Championship Division, December Kick off, Cactus Classic, Fiesta Festival, AZNQ & 1 JNQ	\$3000	\$500 commitment fee + 5 payments of \$500
14 NATIONAL	Y	AZ Region Championship Division, December Kick Off, Cactus Classic, Fiesta Festival, AZNQ & 1 JNQ	\$3000	\$500 commitment fee + 5 payments of \$500

Team fees include all tournament entry fees, USA Volleyball registration and background checks for coaches, coaches' education and training, coaches' salaries, court rental, equipment costs, speed & agility, position training, uniform package and travel fees (hotel, rental vans & gas, coaches' and chaperones' travel fees).

Uniform Package: 2 short-sleeve jerseys, 1 long-sleeve jersey, 1 long sleeve warmup tee, warmups (jacket & pants), 2 practice jerseys, and a backpack.

Strength & Agility: Tom Colvin of DTP Athletics will be our strength & agility coordinator. As a part of the program each athlete will perform an assessment to identify any muscle imbalances. By first identifying muscle imbalances and then creating a program that addresses those imbalances, athletes will gain strength, agility, speed, mobility, and awareness. These characteristics will help each athlete be more successful and will also help reduce the risk of injury.

Payments are due on your daughter's first practice of each month (December, January, February, March & April). 12 National will make their last payment in March. If your payment is a week late you will receive an invoice via email reminding you to make your payment. If your payment is two weeks late your daughter will not be allowed to participate in any practices, strength & agility training, position training or tournaments until any past due payments have been made. If you foresee any problems making your payments email esblazevb@gmail.com