


RVA GIRLS TEAMS 2025-26 SEASON

	10navy	11s/ 12pink	12navy	13white	13pink/ 14white/ 15white/16white/ 17pink	13-17 National Teams	18 National
Practices per week	2	2	2	2	2-3	2-3	2-3
Practice Length	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	2 hrs	1.5 hrs
Total Competition Dates	6	12	26	12	20	26	16
Length of Season	Nov-April	Nov-April	Nov-June	Nov-April	Nov-May	Nov-June	Nov-Apr
Athlete Performance (AP) Gold Package (unlimited Training Sessions \$550)	OPTIONAL at add'l cost	OPTIONAL at add'l cost	OPTIONAL at add'l cost	INCLUDED	INCLUDED	INCLUDED	INCLUDED
Access to Team Conference Center	YES	YES	YES	YES	YES	YES	YES
Position Breakouts/ Specialty Clinics	YES	YES	YES	YES	YES	YES	YES
USAV National Qualifier or 3 Day Events	NO	NO	3	NO	OPTIONAL at add'l cost	3	2
AAU or USAV Nationals	NO	NO	YES	NO	NO	YES	YES
Recruiting Services	NO	NO	NO	NO	YES	YES	YES
Cost - Includes Uniform Package *includes costs for nationals and national qualifiers	\$975	\$1900	\$3100	\$2450	\$2850	\$3600	\$3000