


## RVA GIRLS TEAMS 2021-22 SEASON

 <b>REvolution</b> <small>VOLLEYBALL ACADEMY</small>	10navy	11navy/ 12pink	12navy	13pink/ 13white	14white/ 15white	13n/14n/14p/ 15n/ 15p16n/16p/ 17n/ 17p	18navy/18pink
Practices per week	2	2	2	2	2-3	2-3	2-3
Total Competition Dates	6	10	12	10	18	23-24	16
Length of Season	End of Nov- April	End of Nov- April	End of Nov- April	End of Nov- April	End of Nov-May	End of Nov- June	End of Nov- June
Athlete Performance - Core Strength and Plyometric Sessions per week	OPTIONAL at add'l cost	OPTIONAL at add'l cost	OPTIONAL at add'l cost	2	2	2	2
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 Event	NO	NO	YES	NO	OPTIONAL at add'l cost	YES	YES
AAU or USAV Nationals	NO	NO	OPTIONAL at add'l cost	NO	OPTIONAL at add'l cost	YES	YES
Recruiting Services	NO	NO	NO	NO	YES Field Level and SportsRecruits (\$399 Value)	YES Field Level and SportsRecruits (\$399 Value)	YES Field Level and SportsRecruits (\$399 Value)
Cost - Includes Uniform Package *includes costs for nationals and national qualifiers	\$875	\$1500	\$1650	\$2050	\$2600	\$3200	TBD