

# ***NOOK VOLLEYBALL ACADEMY***

**2020-2021 Program Guide**



# Who We Are and What We Do:

The Spooky Nook Volleyball Academy is designed for all volleyball athletes to enhance their performance and skills, compete at all levels, showcase their abilities to college coaches, and train all year round to achieve volleyball excellence. We offer National, Regional and Local programs from 11U to 18U. Each team will field an average of 10 athletes and players are selected through the tryout process in October and November.

Our program was created to provide a high level opportunity for volleyball athletes to grow within the sport. We have three main goals for this program. First, we want to provide a high quality volleyball environment and instruction for every athlete. This will be accomplished through camps, clinics, lessons, leagues, and our development programs. Second, we want to grow the athlete as a person. This will be accomplished through our Player Development Program, which includes Mental Training, Physical Training and Player Mentoring- from coach to player, and older players to younger players. Finally, we will develop a path forward for those looking to take their volleyball career to the next level. This will be accomplished through our recruiting program and dedicated recruiting advisor.

Our goal is to offer a high quality environment for every athlete, regardless of skill or ability.

## 2020-2021 USAV Age Definition Chart

(This has been changed, double check your age group!)



### USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2020-2021 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under <sup>1</sup>	18 & Under <sup>2</sup>	17 & Under	16 & Under	15 & Under <sup>3</sup>	14 & Under <sup>4</sup>	13 & Under <sup>5</sup>	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Aug	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Sept	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Oct	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Nov	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Dec	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Jan	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Feb	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Mar	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Apr	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
May	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
June	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013

<sup>1</sup> Players who were born on or after July 1, 2002 OR players who were born on or after July 1, 2001 and a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year.

<sup>2</sup> **Female Only** - Players who were born on or after July 1, 2002, (who are defined as 18 & under by the USAV Age Definition) and are in the 11<sup>th</sup> grade for the current academic year are waived to compete in 17 & under. (This age waiver is based on recruiting concerns for 11<sup>th</sup> grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

<sup>3</sup> **Male Only** - Players who were born on or after July 1, 2006 OR players who were born on or after July 1, 2005 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year **are eligible to play in the 14 & Under division**. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

<sup>4</sup> **Male Only** - Players who were born on or after July 1, 2006 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

<sup>5</sup> **Male Only** - Players who were born on or after July 1, 2007 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

# **MARK YOUR CALENDARS!**

## **2020 Open Gyms:**

October 11<sup>th</sup> from 1-3PM

October 18<sup>th</sup> from 1-3PM

November 1<sup>st</sup> from 1-3PM

November 8<sup>th</sup> from 1-3PM

## **14U and below Tryouts:**

Saturday 10/24 9:00am-11:30am

Sunday 10/25 6:00pm-8:00pm

Tuesday 10/27 6:00pm-8:00pm

## **15U and Above Tryouts:**

Saturday 11/14 9:00am-11:30am

Sunday 11/15 6:00pm-8:00pm

Tuesday 11/17 6:00pm-8:00pm

## **To tryout at NVA you need to:**

- Register for tryouts!
  - Register online at [www.spookynooksports.com](http://www.spookynooksports.com)
    - Select the correct age group
    - Fill out an updated online waiver
  - USAV Tryout membership
    - Go to [www.krva.org](http://www.krva.org)
    - Login or create an account
    - Purchase a \$15.00 tryout membership
    - Complete a USAV Medical form found in the forms and documents tab

## **2020-2021 Team Offers:**

-14U and below offers can be sent beginning on Wednesday, October 28<sup>th</sup> at 7PM

- 15U and Above offers can be sent beginning on Wednesday, November 18<sup>th</sup> at 7PM

**\* NOT ALL OFFERS WILL BE SENT ON THE FIRST NIGHT. Offers will be sent the next few days after the offer date. We will communicate with all of you- you will either receive an offer or a letter explaining you did not make a team.**



# **Program Features**

## **Coaching**

With great training comes great success! We see coaching as a privilege, and we are focused on making each athlete better than when she entered. We have coaching experience levels ranging from middle school coaching to collegiate coaching. A great aspect of our program is we have former Nook players continue to help grow and contribute to our program's success by returning as coaches. With this background and experience, we facilitate great practices that are conducive to creating excellence within all players. We commit ourselves to making every academy athlete better, as well as constantly improving ourselves into even better coaches.

## **Player Development**

Young athletes tend to be focused solely on wins and losses. Nook Volleyball Academy is **not** outcome driven. Coaches will teach correct technique and develop great skill. When we do this, the wins will come. We believe that practice time means more than tournament time; and your daughter will receive the maximum amount of touches and repetitions in practice. Nook athletes will also receive great mental coaching, to develop a higher level of understanding of themselves, teammates, coaches, and the game. We emphasize hard work, effort, and attitude club wide, and these traits will be encouraged and modeled at every practice. We expect the best from every athlete in those three categories. Every athlete that enters our academy should be prepared for the commitment required to reach their potential; every athlete in the program **MUST** be coachable. It will not always be easy, but with the right mindset and attitude, it will absolutely be rewarding for all involved.

## **Coaching Development**

Nook coaches are required to attend monthly coaches meetings and clinics where they will undergo trainings, seminars, and learn new skills so we can better serve our athletes. We have set a high standard for Nook coaches, and they are responsible for delivering this excellence to all athletes in our program. Our practice style is a true academy, where Nook athletes will have access to all coaches within the program to serve as resources. This will create well rounded players, and will teach them to always remain open and coachable. Nook Volleyball Academy in turn will ensure that our coaches will also be coachable, and open to learning new techniques, drills, and match management skills to maximize our athlete's experience.

## **Mental Training**

Volleyball is an extremely mental game. In order to find success, you need to have a strong mind. It is also the ultimate team sport. Nook's mental toughness training will not only make our athletes stronger as individuals, but we will also stress the importance of **TEAM**; working together as one to achieve a goal. Every Nook team will work to develop unity, as that is a key component of success. Nook stresses **WE** before **ME**, so our athletes must commit to each other. In doing this, they will develop lifelong bonds with their teammates, and understand that in order to achieve success in volleyball and in life you need to work together.



## **Skills Clinics**

Nook Volleyball Academy will now have skill sessions every month for all academy athletes to attend. Our goal is to get every athlete in the gym for high quality training as often as possible. We will send out exact dates to players once teams are formed.

## **Sports Performance Training**      *“If it doesn’t challenge you, it won’t change you.”*

In-season sports performance training is an included benefit of being a part of a Spooky Nook Sports academy team. Nook Volleyball Academy National and Regional programs will receive 1-2 sports performance training sessions per week. The focus of these sessions are speed, agility, quickness, footwork, strength, and injury prevention. Training is done by Spooky Nook’s certified performance trainers.

## **Recruiting**

We are pleased to offer Nook academy athletes a recruiting advisor, Randall Kreider (see Page 5 for bio) for the 2020-2021 season. This advisor will be responsible for assisting our players and parents through the recruiting process with seminars and one on-one meetings. Our recruiting advisor is accessible via email to all our academy athletes.

## **HUDL**

We are excited to offer our National and Regional athletes the video platform Hudl again this season! Hudl is a video recording service that allows us to film all matches and practices; the hudl service will breakdown game footage and provide helpful data to the staff as well as players. Every National player aged 14-18 will have a hudl login and be able to access their team’s footage for a full year. We are also going to offer this service to our older Regional teams this season too! Hudl also has a highlight reel feature that players can and should create skills videos! Watching film is such a great resource to young players, and we are happy to offer this to our athletes.

## **Fundraising**

Spooky Nook Sports is proud to offer year-round fundraising opportunities for all academy players. There is a new fundraiser every month. All the money that you fundraise will be credited directly to your account throughout the year. If you fundraise the entire amount, then the leftover fundraising amount can be used for another Nook program, activity, or lesson. You can also keep it on your account for the following season! Ask our staff to learn more!

## **Our Facility**

Spooky Nook is the largest and most innovative indoor sports complex in the country. We are home to 600,000 square feet of hardwood volleyball courts, sport courts, a fitness center, and an additional sports performance area. Simply put, the facility is an ideal setting for all things volleyball.

## **Orthopedic Associates of Lancaster, Ltd**

Orthopedic Associates of Lancaster offers on-site physical therapy offices and sports injury urgent care for participants at The Nook or for anyone looking to use their facilities. They provide all academy athletes with athletic training services during practices and any home tournaments. They are the first responders for any academy athlete that has an injury sustained at practice or home tournament.



## **Club Administration**

**Libby Woffindin- Club Director:** Libby Woffindin is back and couldn't be more thrilled to begin the 2020-2021 academy season! This is her 6<sup>th</sup> season with the Nook and her 5th season serving as Club Director. Libby came to Central PA to serve as the Millersville University Women's Assistant Volleyball Coach and did so from 2015-2018. She then began coaching for the Nook, and worked her way from coach to Technical Director, then Club Director. She has over 15 years of playing experience, and 12 years of coaching experience at all levels of play. Though last season was cut short, she led NVA 16 Black to a top 5 finish at the Capital Hill Classic. In 2019 she helped guide NVA 15 Black to a 3<sup>rd</sup> place finish and a USAV Bid at the Northeast Qualifier USA division! She graduated from Shippensburg University in 2012, majoring in elementary education with a minor in coaching. She will be coaching our 16 National team again for the 2020-2021 Season.

**Bayleigh Hoffman-Technical Director:** NVA is so excited to have Bayleigh Hoffman back as our Technical Director for her second season! Bayleigh also singlehandedly started our Nook Volleyball Beach Academy, and already had a doubles team win a bid to AVP junior East Coast Championships in Clearwater, FL. Bayleigh returns to the area after graduating from Penn State University. She is also the Assistant Women's Volleyball coach at Elizabethtown College. Bayleigh Played in 19 matches and 29 sets her senior season. Previously, she played both indoor and beach volleyball at ULM. Bayleigh joined NVA the summer of 2019 getting our beach program up and running. She will be responsible for assisting on the administrative side of the club as well as elevating our training in camps, clinics, and academy. She will be our 17 National head coach again this season.

**Randall Kreider- Recruiting Advisor:** Randall Kreider, former Head Coach of Volleyball at Elizabethtown College, is excited to return as our College Recruiting Advisor for another season. In coordination with our staff, Randall will serve as a facilitator and advisor for athletes interested in being recruited to play volleyball at the collegiate level. Randall will work with players and their parents to guide them through the recruiting progression. Randall has been in this role for three seasons now, and all of our athletes that had expressed an interest in college are now doing just that. He is a great asset to our program, and everyone should utilize him.

**Brett Hoffman- Player and Coach Development Specialist:** NVA is so lucky and excited to have Coach Brett taking on some additional roles within the club this season. He will be working directly with all our coaching staff to make sure they are continuing to grow in their coaching career. He will also be working with all our athletes and creating curriculum for our coaches to pass down to make sure we are using the most up to date techniques in the game. Coach Hoffman has over 20 years of coaching experience! He has coached all age groups from middle school to high level club teams. This is Brett's 3rd at the Nook. During his last two seasons as our 18U coach, Brett sent every athlete that wanted to continue their career to a collegiate program!



## National Coaching Staff

**Brett Hoffman- 18 National Head Coach:** See Page 5 for Bio.

**Bayleigh Hoffman-17 National Head Coach:** See page 5 for Bio.

**Libby Woffindin- 16 National Head Coach/ 11U Head Coach:** See page 5 for Bio.

**Gabe Woffindin: 15 National Head Coach:** We are thrilled to welcome Gabe to our coaching staff for the 2020-2021 season! He grew up playing volleyball and just finished up his playing career this season at Saint Francis University, where he was the starting libero. Gabe finished his career 2nd in SFU History with 679 digs and finished in the Top 5 in Digs per season twice in his career. Some other accolades include; EIVA Defensive Player of the Week 2017, ALL-EIVA Second Team 2017, two-Time EIVA Defensive Player of the Week 2016, Off the Block National Freshman of the Week- 2016. In high school, he holds the career kills record with 853 and the career aces record with 79. He was selected to the All-Conference First Team during his junior and senior seasons, and also played for the Club Lehigh volleyball team where his squad made it to nationals on six different occasions. Gabe brings a great deal of defensive and serve receive knowledge and we are excited to have him join our staff!

**Brian Smith- 14 National Head Coach:** Brian Smith has won more matches than any other coach in Millersville volleyball history and enters his 11th season as the program's head coach in 2020 coming off an historical 2019 season. Since taking over the program in 2010, Smith has returned the Marauders to perennial postseason contenders and mentored numerous players to record-setting careers and awards. This will be his 8th season as a Nook head coach. Brian has been coaching volleyball for over 12 years. Not only does he coach at the collegiate level, but he also has coached the regions high performance team from 2015-2017. He brings a high level of coaching and understanding to our program and is great at passing on his knowledge of the game to all players he works with.

**Taylor Gottshall- 13 National Head Coach:** Taylor is a 3rd year Nook coach, with lots of playing and coaching experience. She played competitive volleyball 11 years, with an amazing collegiate career as a Division II powerhouse. As 4-year starter at Shippensburg University from 2012-2016, she was an All-Atlantic Region First Team, AVCA All-Atlantic Region Honorable Mention and All-PSAC Eastern Division First Team honoree. Taylor's coaching career began with Cathedral Middle School volleyball while in Allentown Central Catholic. She will continue being our 13 National Head Coach again this season!

**David Lyon- 18 National Assistant Coach:** David comes from a long line of coaches. His mom coached at the high school and middle school levels, at Conestoga Valley and Cumberland Valley. His father coached at Franklin and Marshall College. David played for Cumberland Valley, and then on the Men's Club Team at Millersville University as a setter. He was also a member of the Men's Soccer Team at Millersville, earning All-Conference honors as a four-year starter. This is David's 5th season coaching with the Nook!

**Kayla Lyon- 17 National Assistant Coach:** Kayla played as a four-year starter for Elizabethtown College where she earned All-Conference, All-Region, and All-American honors. She has previous club coaching experience as well as two years collegiate coaching experience at her alma mater. Kayla also helps tremendously on the club administration side. Kayla is entering her 5th season with NVA.



**Lisa Huber- 16 National Assistant Coach:** Lisa played at Juniata College, and is the current head coach at Middletown area high school. She also created the middle school program in her district. In 2019, Lisa lead the 14s to a KRVA USAV bid to Nationals! This will be her 5<sup>th</sup> season with the Nook.

**Maddee Luring- 15 National Assistant Coach:** Maddee is a junior at Millersville University as a setter/DS and majoring in Elementary Education. She was named PSAC Scholar-Athlete in 2019. She has coached for our middle school program and academy for the past 4 seasons. She served as our 14 National assistant coach last season. She is great at teaching the fundamentals to players in a fun and exciting way. Maddee originally started at the Nook as a player first and continues to stay in the family; now on the coaching side!

**Maddie Titus- 14 National Assistant Coach:** Maddie Titus is a former setter who grew up playing club and high school volleyball in the Lehigh Valley. She competed at multiple national qualifier tournaments, club nationals, and USA Volleyball high performance camps. Maddie went on to play volleyball at Lafayette College where she studied chemical engineering. Maddie coached in our middle school program this fall and we are happy to have her join our National coaching staff!

**Katie Shifflett- 13 National Assistant Coach:** We are very excited to have Katie back to our Nook staff this academy season! Katie was a 4 year standout Middle Blocker at Kings College, where her senior season she was named to All-MAC Freedom Team as a second team selection, named to MAC Fall Academic Honor Roll, named MAC Freedom "Player of the Week" and named to the All-Tournament Team at Vassar Invitational. Katie also coaches in our Nook Middle School Program. Last season Katie coached for our regional program, and we are excited to see what she can do with our National program!

**Tiann Rutt- National Floater Coach:** Tiann has been serving as an assistant coach as well as a floater coach and has experience with all teams and levels. This will be her 7th season at the Nook, with her 2019 earning the KRVA USAV bid to Nationals! Tiann is also the head coach at Mount Calvary Christian School.

**Matt Hamilton-National Assistant Coach:** Matt Hamilton returns for his 4th season with NVA. Coach Hamilton is currently the Head Men's & Women's Volleyball Coach at Elizabethtown College. He has formerly had assistant coaching stops along the way at Upper St. Clair High School, Moon High School, Burgettstown High School, and Steel Valley High School (boys). In high school, he helped lead the Central York Panthers to a PIAA Runner-Up finish his senior year as the team's libero. He received PIAA All-State honors this year as well. Coach Hamilton will be working directly with our coaching staff to help develop technical training programs to ensure that our training is top notch. He will also travel to some tournaments and help assist on the sideline whenever needed.



## **Regional and Local Coaching Staff:**

**Brooklyn Smith:** Brooklyn Smith is back in Central PA and we are thrilled to have her join our coaching staff! Brooklyn was living in Texas previously where she coached for TAV. Prior to that, Brooklyn Smith was a Division II standout where she played Libero for four seasons at Millersville University. Brooklyn finished 2015 with 697 digs, third in the conference and fifth in all of Division II. Smith became the Millersville all-time leader in digs when she surpassed Jennie Rohrbaugh's mark of 1,944 on October 26th in a match against Slippery Rock. Smith finished her career with 2,429 digs and averaged 5.33 digs per set after averaging 5.86 her senior season. Smith's 697 digs were the third most all-time in a single season at Millersville. Smith totaled 107 assists in 2015 giving her 231 for her career and was named to the All-PSAC East Second Team for the third time.

**Nicole Geary:** Nicole is a former Division II outside attacker. She currently still competes in adult tournaments and outdoor grass doubles. Nicole Played for Alderson- Broaddus University for a season prior to transferring to Millersville University and playing there for a season. She is entering her 8th season coaching club volleyball, and this will be her 5th season with the Nook.

**Megan Geary:** Megan Geary is a student at Millersville University, was the JV coach for Berks Catholic. She has coached at Integrity Volleyball Club for the last few seasons and we are excited to have her back coaching for us again this season!

**Koleman Hoffman:** Koleman is a great player and comes from a volleyball family. He spent his club years at Yorktowne as an outside hitter and had a great High School career at Dover. He is continuing his education and is currently helping with our Nook Middle School Program. Koleman has lots of knowledge to share and is eager to get started!

**Sam Kutcher:** Sam returns to our coaching staff for the 2020-2021 season! Sam coached within our regional academy last season and did a great job. She is now the JV coach at Warwick High School, where she also went to school and played volleyball.

**Lisa McCord:** Lisa joins our staff again for another season! Lisa coached our 13 Regional team last season. She also has heavy impact with the GEARS volleyball program in Elizabethtown. Lisa brings so much enthusiasm in her coaching and we are thrilled to have her!

**Jackie Pojar:** Jackie is back for another season! She was a head coach for a 15 local team last season and did a great job! She is a sophomore at Penn State Harrisburg, where she is also a manager for the volleyball team. She is originally from Wisconsin where she played club and coached a young club team too! She is great at developing young players.

**Steph Andrechek:** Steff joined our team last season, where she was the head coach of our 13-local team. She also runs the middle school program for Penn Manor school district. She's been a lifelong volleyball player and coach and brings knowledge to young players!

**Mark Butzer:** Mark has been involved with NVA for 3 seasons and is such a great support! He started coaching a regional team and has been helping with our younger teams for the last two seasons. He brings a great energy and dedication to all of the girls that he coaches. He currently is coaching middle school for the Hempfield Middle School program and will be working with our 11s and 12s this season!



**Kelsey Bookman:** Kelsey is a sophomore at Millersville University majoring in secondary education with a concentration in History. Kelsey was an assistant coach last season for our local program and has coached in our middle school program for the past two seasons. Kelsey also played for the academy her junior and senior season, so she knows the ins and outs of the program from both the playing and coaching side!

**Aimee Snelbaker:** Aimee has years of playing and coaching experience. She and her Husband met when they both joined the Penn Manor coaching staff years ago. She since has been playing recreationally, and now is back in the coaching game now that her daughter is playing! She coached our 14 local team last season and did a great job. She is also helping with our middle school program this fall. We look forward to having her again for another season.

**Steph Kline:** Steph was an assistant coach last season for our 15 White team and provided lots of knowledge and stability on the sideline. She is a great communicator and works well with athletes of all ages. She also helped out with our 11U team last season and will continue to be involved in the developmental age groups this coming season.

**More Coaches to be announced!**

## **2020-2021 Tournament Information**

On the pages that follow you will see our tentative tournament schedule. With the future of our country still unknown with COVID-19, we are planning for the best but preparing for an adjusted travel schedule. We will keep you as up to date as possible with any schedule changes, and plan to offer a plan B schedule if necessary. For any national events that get canceled or postponed, we can sub in regional events to make up for it. The most important thing is that we can continue to train and practice. We love traveling and competing and hope to do so. We are prepared to work through the ever-changing environment this season and are determined to create a great season for all of our academy athletes!



## **2020-2021 National Teams Tentative Tournament Schedule**

### **12s-13s**

<b>Date</b>	<b>Tournament</b>	<b>Affiliation</b>	<b>Location</b>
January 16-18	MLK	USAV	Manheim, PA
	Prez Day Classic	USAV	Allentown, PA
February 27	NVA Feb Freeze	USAV	Manheim, PA
March 6	NVA March Madness	USAV	Manheim, PA
March 13-14	Irish Rumble	USAV	Lancaster, PA
March 27-28	MAPL York	JVA	York, PA
March 26-28	NEQ	USAV	Philadelphia, PA
May 29-31	East Coast Championships	USAV	Pittsburgh, PA

### **14s-17s**

<b>Date</b>	<b>Tournament</b>	<b>Registration</b>	<b>Affiliation</b>	<b>Location</b>
January 16-18	MLK	AES	JVA	Manheim PA
February 6-7	JVA Steel City Freeze	AES	JVA	Pittsburgh, PA
February 13-15	Capitol Hill Classic	SW	USAV	Washington, DC
March 19-21	MEQ	AES	USAV	Indianapolis, IN
March 27-28	MAPL York	AES	USAV	York, PA
April 2-4 April 9-11	NEQ #2 or #3	AES	USAV	Philadelphia, PA
May 29-31	East Coast Championships	AES	USAV	Pittsburgh, PA
June 5-6	JVA Summerfest	AES	JVA	Columbus, OH
June 11-13	JVA World Challenge	AES	JVA	Louisville, KY
	AAU Nationals	AAU	AAU	Orlando, FL
	USAV Nationals	AES	USAV	

### **18s:**

<b>NVA 18 BLACK (NATIONAL)</b>				
<b>Date</b>	<b>Tournament</b>	<b>Registration</b>	<b>Affiliation</b>	<b>Location</b>
January 16-18	MLK	AES	JVA	Manheim, PA
February 6-7	JVA Steel City Freeze	AES	JVA	Pittsburgh, PA
February 13-15	Capitol Hill Classic	SW	USAV	Washington, DC
February 27-28	MAPL Raleigh	AES	USAV	Raleigh, NC
March 19-21	MEQ	AES	USAV	Indianapolis, IN
March 27-28	NEQ # 1	AES	USAV	Philadelphia, PA
April 23-25	USAV Nationals	AES		Columbus, OH

## **2020-2021 Regional Teams Tentative Tournament Schedule**

### **12s-13s**

Date	Tournament	Affiliation	Location
January 23	NVA Winter Blast	USAV	Manheim, PA
January 16-18	MLK	USAV	Manheim, PA
TBD	Prez Day Classic	USAV	Allentown, PA
March 6	NVA March Madness	USAV	Manheim, PA
March 13-14	Irish Rumble	USAV	Lancaster, PA
TBD	Single Day Event	USAV	TBD

### **14s-18s**

Date	Tournament	Affiliation	Location
January 16-18	MLK	USAV	Manheim, PA
January 24	NVA Winter Blast	USAV	Manheim, PA
TBD	Prez Day Classic	USAV	Allentown, PA
February 28	NVA February Freeze	USAV	Manheim, PA
March 13-14	Irish Rumble	USAV	Lancaster, PA
TBD	Single Day Event	USAV	Manheim, PA
May 29-31	East Coast Championships	USAV	Pittsburgh, PA

## **2020-2021 Local Teams Tentative Tournament Schedule**

### **11s-13s**

Date	Tournament	Affiliation	Location
January 23	NVA Winter Blast	USAV	Manheim, PA
February 27	NVA Feb Freeze	USAV	Manheim, PA
March 6	NVA March Madness	USAV	Manheim, PA

### **14s-18s**

Date	Tournament	Affiliation	Location
January 24	NVA Winter Blast	USAV	TBD
February 28	NVA Feb Freeze	USAV	TBD
TBD	Single Day Event	USAV	TBD
March 7	NVA March Madness	USAV	TBD
TBD	Single Day Event	USAV	TBD

## **Tuition Breakdown**

<b>Academy Program</b>	<b>14-18 National Program</b>	<b>12-13 National Program</b>	<b>Regional Program</b>	<b>Local Program</b>
<b>Practices Per Week</b>	3	2	2	2
<b>Tournaments</b>	8 to 10	6 to 8	5 to 7	3-5
<b>Practice Tee Shirts</b>	2	2	2	1 (available for purchase)
<b>Sports performance</b>	2x week	1x week	1x week	Available for purchase
<b>Athletic Trainers</b>	On Site	On Site	On Site	On Site
<b>Coaching Staff</b>	1-2 team coaches	1-2 team coaches	1-2 team coaches	1 team coach
<b>USAV Membership</b>	Yes	Yes	Yes	Yes
<b>Recruiting Advisor</b>	Yes	Available for purchase	Yes	Available for purchase
<b>HUDL Profile</b>	Yes	Available for purchase	Older Teams-yes Younger-Available for purchase	Available for purchase
<b>Mental training</b>	Yes	Yes	Yes	Available for purchase
<b>Team Building Exercises</b>	Yes	Yes	Yes	Yes
<b>Tuition (Uniforms, membership, and coaching fees Included)</b>	<b>\$2,300-\$2,800</b>	<b>\$1,600-\$2,100</b>	<b>\$1,500-\$2,000</b>	<b>\$600-\$1,200</b>

## 2020-2021 Tentative Practice Days & Times

December 2020	January 2021	February 2021	March 2021	April 2021	May 2021	June 2021
Monday Local 5:00-6:30 National 6:30-8:30PM	Monday Local 5:00-6:30 National 6:30-8:30PM	Monday Local 5:00-6:30 National 6:30-8:30PM	Monday Local 5:00-6:30 National 6:30-8:30PM			
Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Local/Reg. 5:00-7:00 National 7:00-9:00	Wednesday Regional 5:00-7:00 National 7:00-9:00	Wednesday Regional 5:00-7:00 National 7:00-9:00	Wednesday National 6:30-8:30
Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Local/Reg. 5:30-7:30 National 7:30-9:30	Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday Regional 5:30-7:30 National 7:30-9:30	Thursday National 6:30-8:30

## 2020-2021 Tentative Sports Performance Schedule

December 2020	January 2021	February 2021	March 2021	April 2021	May 2021
Monday National Only 8:30-9:30	Monday National Only 8:30-9:30	Monday National Only 8:30-9:30	Monday National Only 8:30-9:30		
Wednesday National 6-7 or 9-10	Wednesday National 6-7 or 9-10	Wednesday National 6-7 or 9-10	Wednesday National 6-7 or 9-10	Wednesday National 6-7 or 9-10	Wednesday National 6-7 or 9-10
Thursday Regional/Local 7:30-8:30	Thursday Regional/Local 7:30-8:30	Thursday Regional/Local 7:30-8:30	Thursday Regional/Local 7:30-8:30	Thursday Regional/Local 7:30-8:30	Thursday Regional/Local 7:30-8:30

