



Academy Plus FAQ



We know many of you are unclear about what comes next. We hope this will help you plan for the summer and next season!

Age Group:

Everything from now on is based on the USAV Age Definition Chart:

<https://www.integrityvbc.com/page/show/7305556-age-definition-chart>

If your child was born between **July 1st 2010 and June 2011**, they are considered "16U."

If your child was born between **July 1st 2011 and June 2012**, they are considered "15U."

If your child was born between **July 2012 and June 2013**, they are considered "14U."

Personal Goals dictate what is next for you at Integrity:

1. I am only interested in getting ready for tryouts at school:

- **Summer 2026 All Skills Camp-** See website for specific dates/times. This is a 3-day camp that meets for 3 hours, and continues working on fundamental skills- passing, serving, setting, and teamwork. \$185 per session (3-day clinic). Only available to players aged 13 to 15.
<https://www.integrityvbc.com/page/show/9095273-all-skills-camp>
- **Fast Fours** - See the website for specific dates/ times. Cost is \$10/person. No coaching, but fast-paced and fun, and offers touches on the ball. Come by yourself, or bring a group of friends! Registration required.
<https://www.integrityvbc.com/fastfours>
- **Back to school Clinics** - These will be in late July and August to prep for 7th and 8th grade school tryouts. It is not on the website yet, but it will be soon.

2. I am interested in playing club volleyball:

Tryout Clinics. See website for specific dates and times. Tryouts begin May 4th and run through July 2nd. This is a MUST for all interested club volleyball players. Each clinic is broken up by incoming age group and meets twice a week. This allows players to build their own schedule, while also allowing coaches more opportunities to evaluate players and see their skills develop over a prolonged period. **Our 2026-2027 Teams will be built HERE. No athlete will be offered a position without attending tryout clinics.**

<https://www.integrityvbc.com/page/show/3511746-tryout-clinics>

<https://www.integrityvbc.com/page/show/3508980-integrity-vbc-tryouts>

All the other clinics listed above are available to you as well!

3. What are the benefits of playing club volleyball?

- Joining a club volleyball team allows players to develop their skills, both individually and as a team, and to expand their knowledge of the game under the guidance of experienced coaches, many of whom have played in college.
- Club volleyball allows a player to continue playing at a competitive level after the school season ends, and helps to prepare them for next season
- Helps players have more opportunities to be seen by college recruiters who attend large club tournaments

4. What levels exist within Integrity?

- **Intense Blue Level-** Practices 2 nights a week (4 hours per week), travels to 2 qualifying tournaments. The goal is to qualify for nationals. Athletes' focus is on volleyball.
- **Intense Red Level-** Practices 2 nights a week (4 hours per week), travels to 1 qualifying tournament. The goal is to qualify for nationals
- **Club Level-** Practices 2 nights a week (4 hours per week), has fewer tournaments, 2-day tournament close by (Shreveport, Houston, etc.). Works well for athletes in other sports.
- **Limited Club Level-** 1 night a week practice. 1-day local tournaments only. Less commitment and cost.

5. What is the cost of joining a club volleyball team?

- **Intense Level-**
- **Club Level-**
- **Limited Club Level-**
- **Payments-** A deposit is required on acceptance day; dues can be paid recurring or in full on signing day.

<https://www.integrityvbc.com/page/show/3506943-levels-of-participation> - Follow this link to check your daughter's age group's team comparisons

Other important links:

<https://www.integrityvbc.com/page/show/3479976-calendar> - Our calendar, where you can find information about all events at Integrity

<https://www.integrityvbc.com/page/show/6935092-home> - Our website

<https://www.integrityvbc.com/page/show/3506718-clinics> - Our clinic page, where you can see what is currently available at Integrity

<https://www.integrityvbc.com/page/show/3506666-payment-information> - How to make a payment