



# Academy Tots FAQ



Academy Tots Session C ends Friday, April 24. 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 2016 and June 30th 2017**, they are considered "10U."

If your child was born between **July 1st 2017 and June 30th 2018**, they are considered "9U."

*Personal Goals dictate what is next for you at Integrity:*

### **1. I am only interested in learning volleyball skills:**

- Academy 4th & 5th Grade- Continue with our Academy program. Academy 4th and 5th trains players to play club volleyball at the 10U and 11U levels or enhance rec/ school play. It runs year-round except for July and December. Players who are ready for more intensive training will be invited to join our Academy Intense program.
- Academy 6th Grade- For players going into 6th grade - This program will train players to play club volleyball at the 12U or even enhance rec play. We do not offer Academy Intense for 6th graders.

<https://www.integrityvbc.com/page/show/3506783-academy-for-beginners>

### **1. 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>

**Academy clinics are also available to you!**

### 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

### 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.

### 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