



About the NC Elite National Team Program - designed for the athlete pursuing high level competition, often aspiring future collegiate-level volleyball opportunities. These teams have impressive competitive and training schedules and will face the highest level of competition in the country, requiring a significant time and personal commitment from the student athlete. NC Elite coaches and administrators have helped student-athletes earn more than \$12M in scholarship and athletic aid, and are committed to helping players and parents successfully navigate the college recruiting process.

About the NC Elite Regional (+) and Regional Program: designed for players with multiple interests or the multi-sport athlete seeking skill development and competition experience, and to athletes new to the sport, or aspiring to make competitive Middle School and High School volleyball teams. Regional-Plus teams play the majority of their season in North Carolina, but also compete in at least two multi-day tournaments. The Regional teams provide players experience in competing in Carolina Region tournaments, supplemented with competition against other NC Elite Regional Teams.

Practice Player Program - Practice players are players who participate in team practices and enjoy the benefits of other programming offered in the organization, without the commitment to travel. These positions also offer the ability for teams to work on game-scenarios and line-ups by filling the roster and competing in scrimmages during team practices. Practice players do not compete in tournaments, but may participate in NC Elite scrimmages and may serve as back-up players in case of illness or injury to a team member, and at the discretion of the NC Elite coaches and administrators.

- Practice players cost: \$1500 (National), \$1100 (Regional+); uniforms are not required.
- Practice player positions are offered/accepted based on their skills and availability and can join at any time during the club season.
- Practice players are required to attend tryout sessions (or individual practice session to confirm skill level match). Please let the NC Elite staff know if you are only trying out for a practice player position during on-site check-in at tryouts or by emailing info@ncelitevb.org.

NC Elite Comprehensive Training Program

NC Elite teams train in pods with skill-matched teams, to offer benefits of team coaching and competitive practice environments. By training with assigned team coaches, supplemented with cross-team training with specialist coaches, and in collaboration with our Master Coaches who lead program development, we provide depth of experience and insight along with a unique ability to connect and communicate with individual athletes and “meet athletes where they are” in their development path.

Our [Master Coaches Roster](#) forms the backbone of our coach and player training and development. Certified and experienced fitness, health and wellness trainers have collaborated to develop a series of programs to enhance fitness, health and wellness in our athletes, and is adaptable across ages, levels and capabilities. And, our multi-path programming provides flexible opportunities for players to compete in the sport of volleyball from beginner to advanced in a way that fits their life, priorities, family and goals. Our comprehensive training program includes team practices, competition training, supplemental position training, fitness training and speed/agility/jump training. We also offer recruiting support, nutrition, health and wellness planning and private lessons on an individual basis.



2021-2022 NC Elite 16U Program

16U Master Coach: John Dillinger

NC Elite 16 Black (National)

Coach: Virginia Fitch

NC Elite 16 Red (National or Regional+)

Coach: Brendan Smith

Training Coaches: Kristen Leavel, Cristina Roberts, Sarah Stone, John Dillinger

Standard Training Days: Mondays and Wednesdays 8:00-9:30

Location: Saint Mary's School, Raleigh NC

2019-2020 NC ELITE 16U PROGRAM TEAM FEES			
16U National Fees	\$5000	16U Regional+ Fees	\$2950
(Season November - June/July)		(Season November - April 17)	
Included:		Included:	
<ul style="list-style-type: none"> • 2-3 training sessions / week • Coach fees, travel • Officiating clinics • Recruiting clinic • Recruiting support • Tournament entry fees • Court and facility rental • Operating Expenses • 2 Practice t-shirts 		<ul style="list-style-type: none"> • 2-3 training sessions / week • Coach fees • Officiating clinics • Recruiting clinic • Recruiting support • Tournament entry fees • Court and facility rental • Operating Expenses • 2 Practice t-shirts 	
Not Included:		Not Included:	
<ul style="list-style-type: none"> • Player Memberships (AAU, USAV) \$90 (est.) • Uniforms \$350 (est.) • Travel expenses <i>TBD/family</i> 		<ul style="list-style-type: none"> • Player Memberships (AAU, USAV) \$90 (est.) • Uniforms \$350 (est.) • Travel expenses <i>TBD/family</i> 	

PAYMENT SCHEDULE: An upfront payment equal to 30% of the total club fees is due upon position acceptance and registration with NC Elite. The remainder of the fees are paid in 4 monthly installments (November 1, December 1, January 1, February 1). Late payments will be assessed a \$25 late fee. An interest rate will be applied to any outstanding balances at the end of the season.



2021-2022 16U EVENT SCHEDULE				
DATE	EVENT	LOCATION	National	Regional +
January 8-9	AAU Rocky Mount Spring Fling	Rocky Mount, NC	X	
January 15-17	City of Oaks Challenge	Raleigh, NC	X	
January 22	Carolina Region Event	TBD, NC		X
January 29-30	Clash in Carolina	Rocky Mount, NC		X
February 5-6	JVA Charm City Challenge	Baltimore, MD	X	
February 19	Carolina Region Event	TBD NC		X
February 26-27	Carolina Classic	Rocky Mount, NC	X	X
March 6 OR 19	Carolina Region Event OR NC Elite RAVE	TBD, NC	X	X
March 26-27	Greensboro AAU Super Regional	Greensboro, NC	X	
April 2	Carolina Region Championship	TBD, NC		X
April 15-17	Big South Qualifier	Atlanta, GA	X	X (season end)
April 30-May 1	Atlantic Coast Grand Prix	VA Beach, VA	X	
May 14	NC Elite Outdoor RAVE	Raleigh, NC	X	
TBD (June)	NC Elite Pre-Nationals Scrimmage	Raleigh, NC	X	
TBD (June-July)	AAU Junior Nationals	Orlando, FL	X	Optional (Added Fee)

Disclaimer: All practices, tournaments and event dates subject to change depending on availability, tournament acceptance, 3rd party tournament administration and local health conditions. Tournaments not available will be replaced with comparable tournament(s). NC Elite Coaches and Club Administration reserve the right to make exceptions to training schedule based on assessment of athlete and team needs to optimize athlete performance, training, health, wellness and safety. Carolina Region Event locations are posted within 1 week of the event date.



2022 TRAVEL PLAN: To reduce total cost of participation and due to continued uncertainty of the COVID-19 pandemic, and as a continuation of NC Elite's 2021 travel policy, all travel for all teams (National, Regional+ and Regional) will be the responsibility of the family. Athlete transportation, meals, and supervision is managed by their parent or designated guardian for the entirety of the trip. Additionally, athletes will lodge with their parent, guardian, or teammate(s) at the expense of parents in hotel rooms. In the case of Stay-to-Play events and tournaments with team booking requirements, NC Elite will facilitate hotel bookings for athletes and families, and athletes and families are required to fulfill these bookings, or pay a non-booking fee to NC Elite Volleyball Club to cover tournament host financial penalties. In the case of needed support for athletes whose parent or guardian are unable to travel to an event, please reach out to info@ncelitevb.org for information.

Additional Considerations:

- Schedule and coaching assignments (training and events) are tentative as some event hosts have not released final details of their events. NC Elite reserves the right to change or adjust events / tournaments and coaching assignments to assure the most advantageous schedule, appropriate competition level and quality of tournament and coaching staff.
- School Absences may be incurred as part of participation in Club Volleyball. We do our best to minimize the number of school absences for travel tournaments. The number of absences for an individual athlete depends on the athlete's school calendar. For planning purposes, allow 1-2 days missed for any three-day event when a school holiday is not utilized.
- As per the NC Elite Calendar, please check the updated team practices/clinics on a regular basis. All cancelled practices/clinics are NOT eligible for make-ups.
- Due to the ongoing pandemic, spectators may not be permitted at training and some events, or attendance may be severely limited.