



About the NC Elite National and Modified National Team Program - designed for the athlete pursuing high level competition, often aspiring future collegiate-level volleyball opportunities. These teams have competitive tournament and training schedules and will face high level competition from across 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+ 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 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.

About the NC Elite Local Team Program: [CLICK HERE](#) for information about the NC Elite Locals Only Program.

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; uniforms are not required.
- Practice player positions are offered/accepted based on the player's skills and availability and a player 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 on an individual basis.



2025-2026 NC Elite 18U Program

NC Elite 18 Black - (National)

Lead Coach: Gary DeJames

Assistant Coaches: NC Elite Coaching Staff

Standard Training Days: Tuesdays and Thursdays 8:00-9:30pm

(All schedules and Coach Assignments subject to change.)

ALL information presented regarding teams, tournament schedules and coaching assignments remains subject to change leading up to the start of the season. Team offerings, tournament schedules and coach assignments will be finalized once we determine the competitive level of the teams and when tournament hosts have finalized their tournament offerings and we have aligned these schedules with our coaching staff. As in previous years, we support players' full participation in their high school seasons. Any NC Elite training offered (if offered) during the high school season is optional and attendance will not affect a player's standing on the team.

NC ELITE 18U PROGRAM TEAM FEES		PAYMENT SCHEDULE	
18U National Fees \$4290		- Upfront payment equal to 30% of the total club fees is due upon position acceptance and registration with NC Elite. - 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.	
Included: 2 training sessions / week - Coach fees, travel - Recruiting support - Tournament entry fees - Court and facility rental - Operating Expenses 2 Practice t-shirts			
Not Included: - Player Memberships (AAU, USAV) \$125 (est.) - Uniforms \$250 (est.) - Travel expenses <i>TBD/family</i>			



Please note this is a tentative schedule and subject to change.

DATE	EVENT	LOCATION
January 3-4	Carolina Kick-off	Rocky Mount, NC
January 17-19	City of Oaks Challenge	Raleigh, NC
January 31 – February 1	JVA Charm City Challenge	Baltimore MD
February 14-16	AAU Coast to Coast Grand Prix 2025 (Hotel Stay to Play)	Richmond, VA
February 28	Carolina Region Event	TBD, NC
March 14-15	Clash at the Coast (Hotel Stay to Play)	Myrtle Beach, SC
April 3-5	Big South Qualifier (Hotel- Stay to Play)	Atlanta, GA
April 25-26	ACE- Atlantic Coast Grand Prix (Hotel- Stay to Play)	Virginia Beach, VA

NC Elite National + Option

For players wishing to continue the season through AAU Nationals in Orlando Florida.

NC Elite National Team players will have the first access to National + tournaments, teams may be filled with additional players as needed to complete the roster.

2x practice / week beginning May 1 through June. 2 x tournaments (below).

Additional fee applies (Estimated Cost - \$TBD)

Teams will be determined / finalized in Feb/March 2025.

DATE (Tentative)	EVENT (Tentative)	LOCATION (Tentative)
**May 9-10	ACPL Championship Grand Prix	Richmond, VA
TBD (June)	AAU Junior Nationals Championships **Additional Fee	Orlando, FL

TRAVEL PLAN: All travel for all teams (National 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, EM2 or Traveling Teams events and tournaments with team booking requirements, NC Elite will help facilitate hotel bookings for athletes and families, and athletes and families are required to fulfill these bookings or pay a \$150 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.

Disclaimer: All practices, tournaments, and event dates are 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) as available / feasible. 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. Multi-day tournament schedules are released the week of the event. All coaching assignments are subject to change.