

ELEVATE

VOLLEYBALL CLUB

14 White Info Sheet

Team Cost: \$4,400

*Team cost does not include: travel fees for parents or athletes, USAV/AAU membership costs, scoring certification costs, or post-season.

Coaching:

Head Coach: Lindsey Houff

Assistant Coach: TBD

Practices: 2x per week starting in November (2 hours each)

(Schedule to be finalized by October)

Locations include Cottonwood Creek and Frisco ISD Middle Schools

Tournaments: 10 total

7 local (DFW- includes 1-2 Region Bid Events)

Lone Star National Qualifier (Oklahoma City)

1 Out-of-State National Qualifier

1 Regional Travel Tournament

(Schedule to be finalized by September)

Adidas Uniform Package: (included in cost)

3 jerseys, 2 spandex, 1 leggings, warm up top, arm sleeves, knee pads, socks, backpack, 2 practices tees, & shoes

Video Resource & Statistics Profile: (included in cost)

Performance Training: (included in cost)

Group training 1x per week
