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Integrity Volleyball Team Comparisons 14U-17U

	Club (TX Travel)	Intense Red (Travel)	Intense Blue (Travel)
Practice Days (No practices are held on Saturday or Sunday)	2 per week	2 per week	2 per week
Practice Times	TBA	TBA	TBA
Practice Site	IVBC – NYTEX	IVBC –NYTEX	IVBC – NYTEX
# Coaches*	2	2	2
Players per team	12 Max	12 Max	12 Max
Play Dates	8 Tournaments	9 Tournaments	10+ Regionals if needed Tournaments
National Qualifiers		Tour Of Texas/ 1 Travel plus Lone Star	2 Travel + Lone Star/ Includes AAU or Nationals
Fees Include	Admin fees, Equipment, Coaches Salary, Coaches Exp.& Travel; Tourney Entries, Uniforms, Practices, Conditioning 1 days a week for 12 week	Admin fees, Equipment, Coaches Salary, Coaches Exp.& Travel; Tourney Entries, Uniforms, Practices, Conditioning 2 days a week for 12 week	Admin fees, Equipment, Coaches Salary, Coaches Exp.& Travel; Tourney Entries, Uniforms, Practices, Conditioning 2 days a week for 12 week
Approximate Fees	\$4,150	\$5,300	\$7,200
Deposit Due	\$500/player Acceptance Date	\$500/player Acceptance Date	\$1000/player Acceptance Date
Monthly Fees Due	15th –August through March	15th–August through March	15th–August through May
Uniforms	1 Integrity t-shirt, 1 Integrity practice shirt 2 game jersey, 1 pr spandex, 1 pr: kneepads, Socks 1 Backpack	1 Integrity t-shirt, 1 Integrity practice shirt, 3 game jersey 2 pr spandex, 1 pr: kneepads, Socks 1 Backpack 1 Warmups	1 Integrity t-shirt 1 Integrity practice shirt, 3 game jersey, 2 pr spandex, 1 pr: kneepads, Socks 1 Backpack 1 Warmups
Season Start	Sept/Nov - limited December- full	Sept/Nov - limited December - full	Sept/Nov - limited December - full
Season End	Early May – Regional	Early May or June for Nationals	June for AAU or July for Nationals
Balltime Video Storage	N/A	N/A	Account paid for the team
Travel Area	North Texas/Austin (15U)	National	National
Sports Med Connect	1 year membership	1 year membership	1 year membership
Nutritionist Initial orientation	N/A	N/A	Initial orientation
Cryo/Normatec	N/A	N/A	1 Free Cryo/ 1 free monthly NormaTec
Neuro Fuel	N/A	N/A	app
Conditioning w/ D1	1 day per week	2 days per week	2 days per week
Productive Recruit	N/A	N/A	Membership
Tryouts Required	YES	YES	YES
Commitment Level	Attend ALL practices and tournaments, work w/school commitments or other sports and activities	Primary goal: qualify for Nationals w/play thru June with additional fees if qualified	Primary goal: qualify for Nationals w/play thru July or play AAU in June

* 2 Coaches are Assigned per Team but Scheduling conflicts could result in only 1 Coach being at a Tournament

Club (often called Regional or Elite) – Foundation play integrated with advanced team building play, advanced skill development and playing strategy needed at this next level of play. Practice and mandatory conditioning will be 2X per week for proper reinforcement of skills and team strategies. Team may travel to an out of town 2 day Tournament.

Intense Red-(often called National or Regional) – Players are instructed on proper use of foundation & advanced skills with advanced game strategy that focuses on team vs individual play. Practice and mandatory conditioning for 13U & above will be 2X per week with the commitment of Volleyball being the primary sport. Team may decide to try and qualify for Nationals based on early season results.

Intense Blue (often called Mizuno, Molten or some other Volleyball brand name) Highest level of youth play – similar to Intense Red level except more travel is involved and team will attend 2 Out of Town National Qualifier tournaments. Nationals (USAV) or AAU Nationals in Orlando in June are already included.