



# 2019/2020 SEASON

## CLUB SEASON IS HERE!

**WANT TO GET READY FOR THE 2019-2020 TRYOUTS? THERE WILL BE SESSIONS RUN BY OUR STAFF THAT ARE MEANT TO HELP PREPARE YOU FOR WHAT TO EXPECT DURING TRYOUTS. THESE ARE ALSO GOOD NIGHTS FOR PARENTS TO ASK ANY IMPORTANT QUESTIONS THEY MIGHT HAVE GOING INTO THE SEASON. HERE ARE THE DATES AND TIMES:**

Looking for EXTRA touches before tryouts?

We also offer year around private lesson!

Send your request to [Brittani@EastCoastVBA.com](mailto:Brittani@EastCoastVBA.com)

## TRYOUT PREP

### 12U - 14U SESSIONS:

WEDNESDAY, OCTOBER 9TH FROM 6:30PM - 8:00PM

WEDNESDAY, OCTOBER 16TH FROM 6:30PM - 8:00PM

WEDNESDAY, OCTOBER 23RD FROM 6:30PM - 8:00PM

### 15U - 18U SESSIONS:

WEDNESDAY, OCTOBER 30TH 6:30PM - 8:00PM

MONDAY, NOVEMBER 4TH 6:30PM - 8:00PM

WEDNESDAY, NOVEMBER 6TH 6:30PM - 8:00PM

## TRYOUTS

### DATES AND TIME 12U-14U

14U:  
SATURDAY OCTOBER 26TH - 9:00AM - 11:00AM (CHECKIN 8:15AM - 8:45AM)  
SUNDAY OCTOBER 27TH - 12:00PM - 2:00PM (CHECKIN 11:15AM - 11:45AM)

13U:  
SATURDAY OCTOBER 26TH - 12:00PM - 2:00PM (CHECKIN 11:15AM - 11:45AM)  
SUNDAY OCTOBER 27TH - 2:30PM - 4:30PM (CHECKIN 2:00PM - 2:20PM)

12U:  
SATURDAY OCTOBER 26TH - 3:00PM - 5:00PM (CHECK IN 2:15PM - 2:45PM)  
SUNDAY OCTOBER 27TH - 5:00PM - 7:00PM (CHECKIN 5:00PM - 5:20PM)

MAKE-UP TRYOUTS WILL BE HELD ON MONDAY OCTOBER, 28TH FROM 6:30PM - 8:00PM. THESE ARE ONLY FOR ATHLETES WHO COULD NOT MAKE EITHER OF THE FIRST TWO DAYS. (CHECKIN 5:45PM - 6:15PM)

### DATES AND TIME 15U-18U

15U:  
SATURDAY NOVEMBER 9TH - 9:00AM - 11:00AM (CHECKIN 8:15AM - 8:45AM)  
SUNDAY NOVEMBER 10TH - 12:00PM - 2:00PM (CHECKIN 11:15AM - 11:45AM)

16U:  
SATURDAY NOVEMBER 9TH - 12:00PM - 2:00PM (CHECKIN 11:15AM - 11:45AM)  
SUNDAY NOVEMBER 10TH - 2:30PM - 4:30PM (CHECKIN 2:00PM - 2:20PM)

17/18U:  
SATURDAY NOVEMBER 9TH - 3:00PM - 5:00PM (CHECK IN 2:15PM - 2:45PM)  
SUNDAY NOVEMBER 10TH - 5:00PM - 7:00PM (CHECKIN 5:00PM - 5:20PM)

MAKE-UP TRYOUTS WILL BE HELD ON MONDAY NOVEMBER 11TH FROM 6:30PM - 8:00PM. THESE ARE ONLY FOR ATHLETES WHO COULD NOT MAKE EITHER OF THE FIRST TWO DAYS

## GIRLS TRAVEL PROGRAMS

### CLUB TRAVEL TEAM PROGRAM:

GRADES 5TH - 7TH - 12U AND 13U TEAMS  
1 PRACTICE PER WEEK  
4 IN-REGION ONE-DAY TOURNAMENTS.

### REGIONAL TRAVEL TEAM PROGRAM:

GRADES 5TH - 10TH - TEAMS 13U THROUGH 16U  
2 PRACTICES PER WEEK  
5 ONE-DAY, IN-REGION TOURNAMENTS,  
1 FESTIVAL MULTI-DAY IN REGION TOURNAMENT

### ZONAL TRAVEL TEAM PROGRAM:

GRADES 7TH - 12TH - TEAMS 13U THROUGH 18U  
3 PRACTICES PER WEEK (2 TEAM PRACTICES AND 1 SKILL SESSION)  
4 ONE-DAY, IN-REGION TOURNAMENTS, 3 FESTIVAL MULTI-DAY TOURNAMENTS.

### NATIONAL TRAVEL TEAM PROGRAM:

GRADES 8TH - 12TH - TEAMS 14U THROUGH 18U  
MOST ADVANCED, EXPERIENCED PLAYERS, SEEKING COLLEGE PLAY.  
3 PRACTICES PER WEEK (2 TEAM PRACTICES AND 1 SKILL SESSION)  
2-3 ONE-DAY IN-REGION TOURNAMENTS, 4-5 FESTIVAL MULTI-DAY TOURNAMENTS

If you have any questions, please send an email to [Brittani at Brittani@EastCoastVBA.com](mailto:Brittani@EastCoastVBA.com)

# EAST COAST



## 2019/2020 SEASON

East Coast Volleyball Academy and Cape Fear Volleyball Club have come together to provide our athletes with the highest level of training. As a club, we are dedicated to improving the level of volleyball in southeastern North Carolina. As a club, we support the growth of all players. East Coast Volleyball is by definition a "Teaching Program", providing growth for the Beginning Player as well as for the Elite Player.

Instagram: @EastCoastVBA

Facebook:  
East Coast Volleyball Academy

Website: [eastcoastvba.com](http://eastcoastvba.com)

### BENEFITS OF VOLLEYBALL?

-VOLLEYBALL IS A GREAT WAY TO MEET NEW PEOPLE

-VOLLEYBALL BUILDS YOUR ENDURANCE, STRENGTH, AND IMPROVES YOUR AGILITY

-VOLLEYBALL IS A TEAM SPORT THAT TEACHES YOU TO WORK WITH OTHERS TO ACCOMPLISH A COMMON GOAL

-CLUB VOLLEYBALL HELPS BUILD YOUR VOLLEYBALL SKILLS YEAR-ROUND TO IMPROVE YOUR OVERALL PLAY

**Dev/Pro** focuses on volleyball fundamentals - passing, setting, hitting, serving and learning proper techniques. Players will be separated by skill level and age during drills. Games and scrimmages will complement skills & drills and make it fun for these beginning players.

### AGES 12 AND UNDER - FOR GIRLS AND BOYS!!

FALL SEASON DEV/PRO RUNS  
OCT 15TH - MARCH 17TH.

TUESDAY CLASSES: 6:15 PM - 7:45 PM

JUST BRING GYM CLOTHES,  
SNEAKERS AND KNEE PADS  
(OPTIONAL).

SIGN UP ONLINE IN ADVANCE TO  
RESERVE YOUR SPOT. JOIN ANYTIME.

DROP-IN FOR \$25.

NO TRYOUT, JUST COME OUT AND  
JOIN US!

Address: 4608 Coddington Loop Rd,  
Wilmington, NC 28405

Questions:  
[Brittiani@EastCoastVBA.com](mailto:Brittiani@EastCoastVBA.com)