

EAST COAST



TRYOUT PREP DATES + TIMES

15U, 16U, 17/18U

SEPTEMBER 13TH 12-2PM
SEPTEMBER 15TH 6-8PM
SEPTEMBER 17TH 6-8PM

TRYOUT PREP DATES + TIMES

12U, 13U, 14U

SEPTEMBER 20TH 9-11AM
SEPTEMBER 22ND 6-8PM
SEPTEMBER 24TH 6-8PM

TRYOUT DATES AND TIMES

15U

9/19 9-11am
9/20 12-2pm

16U

9/19 12-2pm
9/20 3-5pm

17/18U

9/19 3-5pm
9/20 6-8pm

12U

9/26 3-5pm
9/27 5-7pm

13U

9/26. 12-2pm
9/27 2-4pm

14U

9/26 9-11am
9/27 11-1pm

Check out our website for
more details

Website:

eastcoastvba.com

Contact:

Phone:

(910) 399-7960

Email:

BrittanieEastCoastVBA.com

CLUB



Club level teams are the perfect fit for a player who is newer to the game and looking for a structured, competitive team experience. Club teams will focus on all (6) basic skills and work to develop a skill base that will facilitate future success. Teams will practice once per week and participate in (4) Carolina Regional events.

****NEW THIS YEAR**** teams will be offered additional tournament prep days that will focus on in-game strategies and tactics.

ZONAL



Similar to our national level, our zonal level is a high level group that will participate in (3) single day Carolina Region Events, as well as traveling to (4) multi-day events.

****NEW THIS YEAR**** The Zonal season will have the option of extending through June/July to include AAU National Championships. Zonal teams practice (3) times per week and practices are structured to include skill specific training as well as built in competition training. Additionally, club competition days have been added to the schedule to ensure teams opportunities to train and focus on in-game tactics/strategies

REGIONAL



Our regional teams are structured to focus on building fundamental skills, increasing knowledge of the game, and developing well rounded players. Regional teams will compete in (4) single day Carolina Region Events, (2) two-day Carolina Region Events. Teams will practice (2) times per week.

****NEW THIS YEAR**** teams will be offered additional tournament prep days that will focus on in-game strategies and tactics.

NATIONAL



Our highest team level offered for age groups 14-18. National teams will compete in (2) Carolina Region Events as well as traveling to (5) multi-day events. The national season extends through June/July and includes AAU National Championships.

****NEW THIS YEAR**** National teams practice (3) times per week and practices are structured to include skill specific training, positional mastery training, and built in competition training. Additionally, competition days and power events have been added to ensure a challenging schedule. National level team members will also receive recruiting education and individual assistance.