

NORTHEAST VOLLEYBALL CLUB

2019 AAU Teams - Info Sheet

Based on the commitment to growth and excellence we've seen at this age group, we are offering a postseason opportunity for **both a U15 and U16 team** to continue their training through June 2019, culminating with both teams competing at AAU Nationals in Orlando, FL. Training will include high level, position-specific training (1x/week), team training (2x/week) and UDF fitness sessions (2x/week) with NEVBC's Lead Coaches. Team training sessions will begin on May 9.

Tryouts will be open to NEVBC athletes, as well as athletes from other clubs who have completed their seasons. There will be **9 athletes on each roster** to maximize playing time in Orlando, with **3 practice players** for 6 vs. 6 opportunities in training.

Tryout Information

- **Date & Time:** Wednesday, May 1 from 4:15-6:15PM
- **Cost:** \$0
- **[Link to Register for Tryouts \(registration is required\)](#)**
- **Tryout considerations include:** skill level, coachability, positional needs, and commitment to Northeast Volleyball Club's values.

Practice & Fitness Schedule

Monday	Tuesday	Thursday
Team Practice 6-8PM	Liberos/Outsides Positional Training 4:15-6:15PM UDF Fitness 6:15-7:15 PM Setters UDF Fitness 5-6 PM Positional Training 6-8PM Attackers (Middles/Opposites) UDF Fitness 5-6 PM Positional Training 6-8PM	UDF Team Strength & Conditioning 4:45-5:45 PM Team Practice 6-8 PM

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Cost & Payment

- **\$1325 per athlete for rostered players**
- **\$975 per athlete for practice players**
- Payment will be due by the first practice on Thursday, May 9. Once athletes have accepted their spots, NEVBC will send invoices through League Apps (payable with a credit card or by check to Northeast Volleyball Club).

What is included:

- 4 hours of team practice & 2 hours of position-specific training
- 1 hour of UDF team training & 1 hour of UDF position-specific strength and conditioning
- Tournament entry fee*
- Coaches' travel expenses (flights, hotel, and meals)*
- Jerseys (Players will keep their jerseys from NEVBC season, or NEVBC will order new jerseys for any new athletes)

**not included in practice player fee*

What is not included:

- Athlete's flights to Orlando
 - Athlete's hotels/Airbnb
 - Athlete's meals
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Tournament & Travel Information

- **Location:** Orlando, FL (Orange County Convention Center and ESPN Wide World of Sports)
- **Closest Airport:** MCO in Orlando
- **U15 Dates:** June 21-24, 2019 (arrive on June 20, leave on June 24 after 7PM)
- **U16 Dates:** June 25-28, 2019 (arrive on June 24, leave on June 28 after 7PM)

Housing/Meals

- **Hotel/Housing:** Per NEVBC travel policies, hotels will not be arranged by the club, and parents and athletes may elect to stay on their own or as a group. We have had good experiences with Airbnb/VRBO houses for the athletes (with multiple parent chaperones), which is often more cost-effective than individual hotel rooms.
- **Meals:** Team meals are recommended but not mandatory or club-organized. If families elect to do a VRBO/Airbnb, we'd recommend buying groceries for breakfast/cooking dinners.