

2010 Spring Try-out information

Our Local teams focus on player development, build on basic core skills and introduce more advanced skills and systems. These teams are skill-focused. Our Regional and National/Elite teams are also skill-focused, and while the focus of practices remains to develop everyone into all around volleyball players, the focus of tournaments is winning.

Spring Try-outs:

March 9

Freshman-Varsity 5:30 - 7:00 PM

Elementary/Middle School 7:30 - 9:00 PM

Practice: Practices will begin the week of March 15 for all spring teams, and will range between 4:00 and 9:00. Coaches will be contacting their players with the schedules. Each practice will include 25 minutes of Speed, Agility, Core and Jump Training.

"Meet Your Team Night" is Monday, March 15. This is the time to get fitted for your uniform and your warm-ups! This is also a time to meet your teammates, coaches and the teams' parents! Please bring a dish or snacks to pass (nothing fancy!) and the entire family! All the fun starts at 7:00!

Kaepa/Carpe Diem Gear: All teams will utilize Kaepa jerseys. The mandatory items (in good shape) are: 2 Carpe Diem practice shirts, 1 navy Kaepa spandex, 1 black Kaepa spandex, Kaepa Hoodie and Warm-up Pants, Kaepa Bag or Backpack and Carpe Diem water bottle. If you already have these items, you will not need to purchase new ones!

Team Pricing and Competition Schedule

Local- \$525.00 (All events are local)

48 hours of team and individual training, 12 hours of core, movement, speed, and jump training, 1.5 hours of practice, PLUS 25 minutes of training twice a week

7 competition dates: March 27 or 28 - AAU tournament

April 17 or 18 - AAU tournament

May 1 and 2 - MVDA Classic

May 15 - AAU tournament

June 5 and 6 - AAU State

Regional- \$750.00 (Some travel required)

60 hours of team and individual training, 12 hours of core, movement, speed and jump training, 2 hours of practice, PLUS 25 minutes of training twice a week

7 competition dates: March 27 or 28 - AAU tournament

April 24 and 25 - Premier Invite

May 15 and 16 - Lakeshore Volleyfest

June 5 and 6 - AAU State

National- \$950.00 (Travel required)

70 hours of team and individual training, 14 hours of core, movement, speed and jump training, 2 hours of practice, PLUS 25 minutes of training twice a week

11 competition dates: March 27 or 28 - AAU tournament

April 24 and 25 - Premier Invite

May 15 and 16 - Lakeshore Volleyfest

June 5 and 6 - AAU State

June 19-23 - AAU Nationals in Orlando FL

**Optional add on - May 29-31 - Chicago

Tuition: After the initial placement payment (\$250 on "Meet Your Team Night," half of the remaining balance is due on April 15; the other half on May 15. Your AAU membership fee is not included.

**Credit card usage will result in an additional 5% charge.

CARPE DIEM VOLLEYBALL believes in the cultivation of young people through the sport of volleyball; training them not only in the skills of the game, we also promote a lifelong attitude of working hard to achieve a goal.