

Ethos Volleyball Club												NASHVILLE BRANCH		Nashville
Program	Ages	Cost*	Season Length	Prac /week	#hrs /week	Regional Tourney	Travel Tourney	Power League	# coaches	Strength Training	Positional Training	End of Year Tournament		
Adidas Elite	15-18	\$ 2,800	Nov - June	3-4	9-12	3-4	6-8	Mid East	2	Yes	Yes	AAU Nationals		
	13-14	\$ 2,500	Nov - June	3-4	9-12	3-4	5-6	Mid East	2	Yes	Yes	AAU Nationals		
Travel	12-18	\$ 1,600	Nov - May	2-3	4-6	2-3	3-4	Ethos	1	Yes	Yes	Summer Blast		
Youth	8-12	\$ 500	Nov - Feb	2	4	3	-	Ethos	1	-	-	March 3-4		
	8-12	\$500 (new) \$300 (cont.)	March - May	2	4	3	-	Ethos	1	-	-	May 12-13		
In-House	13-17	\$ 500	Feb - April	2	4	In-House Scrimmages	-	-	1	-	-	-		
Fall Ball	6-12	\$125/season	7-8 week seasons	1 + 1play	3	-	-	-	1	-	-	-		

*Costs do NOT include travel expenses, uniforms or hotel costs



**End of season tournament can be added at an add. cost

Adidas Elite

The Elite program is a college preparatory program designed for serious volleyball players only. Teams train 3-4x per week on an 8-month season in order to get physically prepared to play at the collegiate level. This program is a major time-commitment & athletes are NOT allowed to play other sports during the season. Trainings are 3hrs each with physical conditioning on daily basis. This level is for volleyball FANATICS only!

***315-330 total hours of practice, physical training & competition**

***24-28 days of competition**

***3-4 practices per week (3hrs each)**

***November - June season (2 wks off at Christmas and 1 week at finals)**

Travel Teams

Travel teams get the high-quality training as the Elite teams but with a shorter season & fewer out-of-town weekends. Teams will practice 2-3x per week and play in 6 competitive tournaments in the Spring. Athletes on the Travel teams are permitted to play other school sports if they don't interfere with practices.

***170-190 total hours of practice, physical training & competition**

***12-14 days of competition + 3 Power League dates**

***2-3 practices per week (2hrs each)**

***November - May season (2 wks off for Christmas)**

Youth Teams

Youth teams are specifically designed to teach the game to those in greatest need of skill development. The fundamentals are emphasized daily at this level. Athletes can play either Winter (Nov-Feb) or the Spring (March-May) seasons but most kids do both.

***72-90 total hours of practice, physical training & competition**

***6 days of competition (each season) + 1-3 days of Power League**

***2 practices per week**

***Winter (Nov-Feb) or Spring (Mar-May) seasons available**

In-House and Fall Ball Teams

In-House and Fall Ball Teams are focused on skill development and will not compete at tournaments...just against other Fall Ball or In-House teams. This way we can keep the costs down for parents and save on the travel.

***40-50hrs (In-House) or 24hrs (Fall Ball) total hours of training**

***NO competitions other than against each other**

***1-2 practices per week**

***In-House (Feb-April) or Fall Ball (8 week seasons)**

All-Star Program

Any player on the Travel, Youth or In-House/Fall Ball teams is eligible for the extended season "All-Star" program. Those nominated for the All-Star program will have a tryout in March. The extended season runs May & June with 2 tournaments: **Memorial Day weekend** (Louisville) & **AAU Nationals** (Orlando)