



RVC JUNIORS PROGRAMS

Dedicated to Developing Volleyball Athletes of All Ages

	Competitive	Highly-Competitive	College-Caliber
Name	State/Regional	Zonal	National
Cost	\$900-\$1,300	\$1,900-2,800	\$2,300-\$4,300
Practice	2 x Per Week	3 x Per Week	4 x Per Week
Season	December-June	December-July	December-July
Tournaments	5-8 Single Day 2-5 Multi Day 0-1 National Qualifier	4-6 Single Day 3-6 Multi Day 1-2 National Qualifier 1 National Championship	2-4 Single Day 5-8 Multi Day 2-4 National Qualifiers 1 National Championship
Travel	VA/DC Area	East Coast	Nationwide
Strength/Conditioning	Elkin Sport Performance Optional	Elkin Sports Performance 2 x per week	Elkin Sports Performance 2 x per week

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