



Practice Schedule by Age Group

10U schedule after tryouts

T.A.P and Skills training
 11/4 - 11/16
 Sundays 2-3:15pm TAP
 3:30-4:30 Skills Training
 Wed 4:30-5:45pm TAP
 Fridays 4:30-5:45pm TAP
 6:00-7:00pm Skills

Week of Thanksgiving Off
 November 22-February 1
 Practice every Mon & Fri 4:15-5:45pm

11U schedule after tryouts

T.A.P and Skills training
 11/4 - 11/16
 Sundays 2-3:15pm TAP Training
 3:30-4:30 Skills Training
 Wednesdays 4:30-5:45pm TAP
 Fridays 4:30-5:45pm TAP
 6:00-7:00pm Skills

Week of Thanksgiving Off
 November 22-February 1
 Practice every
 Monday 5:45-7:15pm
 Friday 4:15-5:45pm

LOCAL VOLLEYBALL TEAMS

The Rebels Academy is a great program that focuses on individual and team development. The Rebels Academy will be an abbreviated club season for the student athletes who come to tryouts and make a local team. We have local teams at 13U,12U,11U & 10U. 10u is (7-10 year olds).

REBELS ACADEMY FEES PER PLAYER	
REBELS ACADEMY 13U 12U 11U 10U	
SESSION 1:	
All	\$550.00
SESSION 2: Returning	\$500.00
SESSION 2:	
New	\$550.00
Rebels Academy Fees include	
Coaches pay, court time, 1 spandex, 2 jerseys, 1 pullover, 1 pair of sweatpants and tournament entry fees. TAP and Skills training.	

Session 1 Tournaments

All Rebels Academy Session 1	
Dec 15 or 16 2018	Scrimmage
Jan. 5-6 2019	Chili Spike
Jan. 12-13, 2019	ARVC Winter Classic
Feb. 2-3, 2019	ARVC Volleytine

Session 2 will begin on the week of February 18 and end on May 11th. tournaments TBA.

We also have club travel teams for more info visit www.arvcrebels.com

Practice Schedule by Age Group

12U schedule after tryouts

T.A.P and Skills training
 11/4 - 11/16
 Sundays 2-3:15pm TAP
 3:30-4:30 Skills Training
 Wed 4:30-5:45pm TAP
 6:00-7:00pm Skills
 Fridays 4:30-5:45pm TAP

Week of Thanksgiving Off
 November 22-February 1
 Practice every Mon & Fri 5:45-7:15pm

13U schedule after tryouts

T.A.P and Skills training
 11/4 - 11/16
 Sundays 12:30-1:45pm TAP
 2-3:15pm Skills
 Wed 6:00-7:15pm TAP
 Fridays 6:00-7:15pm TAP
 7:30-8:30pm Skills

Week of Thanksgiving Off
 November 22-February 1
 Practice every
 Mon & Fri 7:15-8:45pm