



For youth grades 5 through 8 Triangle's YVP Team!

An individual skills development and team training experience without the commitment of club

What is YVP Team?

- △ Four teams of 8 which train and compete weekly in a single 1½ hour session
- △ Individual/team training in the fundamentals of the game and the essentials of offense and defense
- △ Competition and training through weekly 6 vs. 6 team competition

When is YVP Team?

- △ YVP Team occurs on a weekday for 1 ½ hours per session
- △ There are 6 sessions in each YVP Team series

Where is YVP Team?

At Triangle's gym near Brier Creek

Who coaches YVP Team?

Lead coaches are experienced Triangle staff members

Who is eligible to participate in YVP Team?

- △ Boys and Girls grades 5-8
- △ Maximum number of participants is 32

Can I do YVP Team and the YVP Course?

Yes, of course. YVP Team is held on a different day from our popular YVP course allowing participants to also enroll in either a weekday or Sunday YVP Course if they choose.

What is the cost of YVP Team?

\$140 per student-athlete which includes:

- 6 weeks of team training and competition once per week
- Team t-shirt jersey

How do I join YVP Team?

- △ Eligible student-athletes must apply for YVP Team during the specified application period which is 4-5 weeks prior to the start of the series.
- △ All applications will be reviewed and participants will be placed on teams according to the following criteria:
 - Prior YVP experience
 - Middle school team experience
 - Club volleyball experience
 - Other volleyball training (Camps/Clinics/Developmental programs)
 - If no prior experience exists, we may require an evaluation by our staff
- △ Applicants will be notified 2 weeks prior to the start of the series of the status of their YVP Team application.

To register for YVP Team visit our website-www.trianglevolleyball.org