

**Interested in training throughout the spring without the added cost or time commitments of playing on a club volleyball team?**

# Sign up for VCNebraska's Train and Play Program

**VCN's most popular program is back, including a NEW DIVISION for 3-4th graders! During VCN's Train and Play program, kids will be placed onto teams after a few weeks of training. They will remain with their teams throughout the duration of the season and will also be assigned a coach. Players are able to receive phenomenal training that VCN is known for from two Master Coaches, at a much lower cost and commitment level than club! **\*\*9-12th graders, check out our new VCNL program!****

**There are NO tryouts and NO travel obligations.**

### 3-4th Grade Options - MINI COURT (4V4 or 3V3)

Name	Length	Dates	Class Days	Cost	Master Coach
Winter Season Mondays	8 weeks	Jan 7 - Feb 25	Mon, 4:30-6pm	\$150	Dan Mader
Winter Season Wednesdays	8 weeks	Jan 9 - Feb 27	Wed, 4:30-6pm	\$150	Dan Mader
Spring Season Mondays	8 weeks	March 4 - April 28	Mon, 4:30-6pm	\$150	Dan Mader
Spring Season Wednesday	8 weeks	March 6 - April 28	Wed, 4:30-6pm	\$150	Dan Mader

*This option is open to players of all abilities / experience. Players will train as a group and compete in 3v3 or 4v4 tournaments. Teams will compete in 2 in-house tournaments. The priority in training will be individual development, while the players will still learn team dynamics. Teams will be divided by skill. \*If you do winter and spring, you will receive \$20 off your spring registration!*

### 5-6th Grade Options - Full Court (6v6)

Name	Length	Dates	Class Days	Cost	Master Coach
Winter Season	8 weeks	Jan 8 - Feb 28	Tues/Thurs, 4:30-6pm	\$285	Bryce Hickerson
Spring Season	8 weeks	March 2 - April 28	Tues/Thurs, 4:30-6pm	\$285	Bryce Hickerson

*This option is open to players of all abilities / experience. Players will train as a group the first 2-3 weeks and will then be placed onto teams for the remainder of the season. Teams will compete in 2 local tournaments in Lincoln and Omaha. The priority in training will be individual development, while the players will still learn team dynamics. Teams will be divided by skill. \*If you do winter and spring, you will receive \$50 off your spring registration!*

### 7-8th Grade Option - Full Court (6v6)

Name	Length	Dates	Class Days	Cost	Master Coach
Train and Play	16 weeks	Jan 8 - April 28	Tues/Thurs, 5-6:30pm	\$515	Dan Mader

*This option is open to players of all abilities / experience. Players will train as a group the first 2-3 weeks and will then be placed onto teams for the remainder of the season. Teams will compete in 4 local tournaments in Lincoln and Omaha. The priority in training will be more advanced individual development, with an emphasis on team dynamics and systems. Teams will be divided by skill.*

*All players will receive two tshirt jerseys which will double as practice shirts and tournament jerseys.*

### Tournaments

3-6th graders will play 2 dates per season  
7-8th graders will play in all 4 dates.

2 tournaments will be in Lincoln and 2 in Omaha.  
Specific dates TBD.

### Payments

All dues must be paid by February 1 for winter season and 7-8th grade / April 1 for spring season.  
Payment plans are available.  
Families will receive 10% off the younger sibling's registration.

\*While teams will be decided early on, teams are fluid for the remainder of the season. This means players may move up or down if we feel it is a better long-term fit, injuries occur, etc.