



Regional Plus Team

12u / 13u / 14u

Club Benefits

Coaching	<ul style="list-style-type: none"> • Head coach • Assistant coach or skills coach or both.
Tourney Days	<ul style="list-style-type: none"> • 2-4 weekends as mult-day tourney • 3-6 single day tourneys
Tournament Mix	<ul style="list-style-type: none"> • Multi-Day tourneys TBD in either Minneapolis / Rochester / Omaha / Kansas City areas • Iowa Regional (Q or NQ) • Single day tourney is usually within a radius of a 2 hour drive from Des Moines area • <i>If a team chooses to attend a National level tournament, additional fees will need to be paid before tournament signup</i>
Ignit Performance Training & Assessment \$450 Value	1-2x/Week Adjacent to Practice Times. Assessment reviewed every 6 weeks.
Practice Nights 2 nights per week	<ul style="list-style-type: none"> • Late November thru April • 1 practice night may be combined with another team or dedicated to skills training for improved drill performance
Uniforms	2 Jerseys + 1 piece of Team clothing
Club Fee <i>Ignit Sports & Fitness Facility offers a Volunteer program to help offset a portion of the fee</i>	<p style="text-align: center;">\$1,700</p> <p style="text-align: center;">1 Payment due in Nov or 3 payments (Nov, Dec, Jan)</p> <p style="text-align: center;">** Individual / Small Group Lessons or instructions outside of practice are not included in Volleyball Club Fees **</p>