

**CLUB PLANS**

**DIG VBC 2021 - 2022  
Program Comparison**

	<b>USA Plan</b>	<b>American Plan</b>	<b>National Plan</b>
<b>Number of Teams</b>	11 Black, 12 Blue, 15 Blue, 17 Black	12 Black, 13 Blue, 13 White, 14 Blue, 14 White	13 Black, 14 Black, 15 Black, 16 Black
<b>Players Per Team</b>	10-12	10-12	10-12
<b>Program Start</b>	Second week of November	Second week of November	Second week of November
<b>Program End</b>	after Lone Star Tournament	First week of May	First week of May
<b>Weekly Practice</b>	One 1.5 hr practice & one 2 hr practice per week	Two 2 hr practices per week	Two 2 hr practices per week
<b>Practice Days</b>	M & W or T & TH, skills training could be on a separate day	M & W or T & TH, skills training could be on a separate day	M & W or T & TH, skills training could be on a separate day
<b>Skills Training</b>	30 min of gym training every other week, and 30 minutes of positional training every other week	30 min of gym training every week, and 30 minutes of positional training every week	30 min of gym training every week, and 30 minutes of positional training every week
<b>Summer Requirements</b>	3 weeks of volleyball	4 weeks of volleyball	4 weeks of volleyball
<b>Pre Season</b>	Pre-Season Skills Training: Saturdays or Sundays beginning <b>10/9,10-10/30</b> (Must attend 3 out of 4 weeks)	Pre-Season Skills Training: Saturdays or Sundays beginning <b>9/11,12-10/30</b> (Must attend 7 out of 8 weeks)	Pre-Season Skills Training: Saturdays or Sundays beginning <b>9/11,12-10/30</b> (Must attend 7 out of 8 weeks)
<b>League</b>	No League Play	No League Play	No League Play
<b>Tournaments</b>	8 Tournaments. 2 one-day tournaments, and 6 two-day tournaments including Lone Star in April and at least one regional bid tournament.	9 two-day tournaments, including 3 regional bid tournaments, Lone Star in April and 1 additional national bid tournament.	10 two-day tournaments, including 2 national bid tournaments and Lone Star in April.
<b>First Tournament</b>	Week of Dec. 11th or 18th	Week of Dec. 11th or 18th	Week of Dec. 11th or 18th
<b>Nationals</b>	N/A	If team qualifies, season will extend and additional fees of \$600 per player will be incurred	If team qualifies, season will extend and additional fees of \$600 per player will be incurred
<b>Travel</b>	1 tournament outside of DFW area within a 4 hour drive	2 tournaments outside of DFW, one within a 4 hour drive and one to a National Qualifier	2 tournaments outside of DFW to National Qualifiers
<b>Uniform</b>	Platinum Uniform Package	Platinum Uniform Package	Platinum Uniform Package
<b>Coaches</b>	Experienced Club Coaches, Certified with Background Checks	Experienced Club Coaches, Certified with Background Checks	Experienced Club Coaches, Certified with Background Checks (will have a second coach for practices for much of the season)
<b>Uniform Packages</b>	<b><i>DIG Volleyball Club proudly wears Adidas Gear!</i></b>		
<b>Platinum</b>	2 long sleeve jerseys, 1 short sleeve jerseys, 1 practice jersey, 2 pair of Spandex, Shoes, 3 pairs of Socks, Back Pack, Team Hoodie, Warm- Up Shirt, Warm-Up Pants, Volleyball, Knee Pads		