

# DESCRIPTIONS OF ALL PROGRAMS

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## ACADEMY PROGRAMS *(formerly leagues)*

- **Pee-Wee Volleyball Academy (PVA)**

- This is an in-house training program which consists of volleyball skill development through fun games. Athletes are taught all the basic volleyball skills and work on coordination during practices.
  - Open to all K thru 2nd grade student athletes
  - No experience necessary
  - One practice per week with a Top Flight Coach
  - Athletes will receive an academy shirt to keep

- **Youth Volleyball Academy (YVA)**

- This is an in-house training program which consists of volleyball skill development and coordination. Athletes will play matches against other Top Flight youth athletes. If you are looking to compete regionally or nationally against other clubs, please see our club information which can be found on our indoor club page.
  - Open to 2nd thru 5th graders
  - No experience necessary
  - One game date
  - One practice per week with a Top Flight Coach
  - Athletes will receive an academy shirt to keep

- **Junior Volleyball Academy (JVA)**

- This is an in-house training program which consists of volleyball skill development and coordination. Athletes will play matches against other Top Flight junior athletes. If you are looking to compete regionally or nationally against other clubs, please see our club information which can be found on our indoor club page.
  - Open to all 5th thru 8th grade student athletes
  - No experience necessary
  - One game date
  - One practice per week with a Top Flight Coach
  - Athletes will receive an academy shirt to keep

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## PRIVATE LESSONS

- **Private Lessons (1:1)**

- Private volleyball lessons are available for all volleyball positions. Each lesson will be conducted on a per hour basis with one athlete. Top Flight will assign a coach based on position and skill desired by the athlete.
  - One of the following skills is taught in depth: passing, setting, hitting, serving, defense and advanced strategies. Every session is structured with ball control drills to start, explanation of the individual skill being worked on, and drills that incorporate that skill.

- **Private Lessons (up to 6)**

- Private volleyball lessons are available for all volleyball positions. Each lesson will be conducted on a per hour basis with up to six athletes at the same time. Top Flight will assign a coach based on position and skill desired by the athlete.
  - One of the following skills is taught in depth: passing, setting, hitting, serving, defense and advanced strategies. Every session is structured with ball control drills to start, explanation of the individual skill being worked on, and drills that incorporate that skill.

## CAMPS & CLINICS

- **Point of Focus (PoF)**

- All PoF clinics run 40 minutes long and are intended for ages 10U-18U. Each class specializes in focusing on a specific subset of a skill. This is a great way to break down each skill into smaller parts.
  - Grades: 5th-12th Grade (11U - 18U)
  - Levels: Beg, Int & Adv

- **Multi Day Camps**

- These are general camps which can cover one skill or multiple skills during the class. In addition some camps are one day or multi-day. Check out our upcoming events to see what is running this month!
  - Grades: 5th-12th Grade (11U - 18U)
  - Levels: Beg, Int & Adv

- **Friday Night & All Skills Clinics**

- In these clinics, the athlete will learn the fundamentals of either Serving, Passing, Setting or Hitting/Blocking. Each clinic covers all the basic fundamentals and are a great way to get in extra reps. These clinics run every other Friday the entire year.
  - Grades: 5th-12th Grade (11U - 18U)
  - Levels: Beg, Int & Adv

- **High School All Skills Camps**

- This is an in-house training program which consists of volleyball skill development and coordination. If you are looking to compete regionally or nationally against other clubs, please see our club information which can be found on our indoor club page.
  - Grades: 9th-12th Grade (15U - 18U)
  - Levels: Beg, Int & Adv

- **Game Day Clinics**

- This event is an exclusive in-house scrimmage, bringing together a diverse group of participants, including potential club players, club alumni, collegiate athletes, and professional athletes. These dates serve as an opportunity for the athletes to compete in various games against one another, fostering both camaraderie and competitive spirit. The scrimmage aims to provide valuable experience and showcase the talents of all participants.
    - Grades: 8th-12th Grade (14U - 18U)
    - Levels: Int & Adv
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## SAND/BEACH

- **Sand/Beach Training**

- Top Flight trains volleyball players on sand to help offer the unique benefits that can significantly enhance the player's performance. The unstable surface of sand forces players to develop better balance, agility, and lower body strength, which translates to improved overall athleticism. Additionally, the challenging environment of sand training can boost endurance and resilience, making players more effective on both sand and indoor courts.
- Training sessions are done in larger group sessions twice a week
- Partner specific training is built-in to the group training sessions
  - Grades: 5th-12th Grade (11U - 18U)
  - Levels: Beg, Int & Adv

## OPEN GYM

- **Open Gym (Friday Nights)**

- Top Flight hosts an open gym nearly every Friday night, welcoming volleyball enthusiasts of all ages, genders, and skill levels. With 9 to 10 courts available and 4 hours of playtime, there's a court that will suit your game. Whether you come solo or with friends, you're guaranteed a fun and competitive evening. Join us for a night of excitement, where everyone can enjoy the sport they love!
    - Grades: 5th-12th Grade (11U - 18U)
      - Athletes 6th grade (12U) or younger should be accompanied by an adult
    - Levels: Beg, Int & Adv
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## LEAGUE PROGRAMS (team competition)

- **High School Summer League (HSL)**

- This league is intended for high school teams looking for a summer league. Registration is open to all levels.
  - Open to all frosh, soph, JV and Varsity teams
  - Three league dates are held on Thursdays 6:00-8:00pm
  - Two matches each league date
  - Uniforms for teams are not required
  - Referees provided for all matches
  - League champions get t-shirts

- **Adult Volleyball League (AVL)**

- Beginner, intermediate and advanced teams are welcome to participate. League winners will receive a discounted entry fee for the next session as a prize, as well as a champion T-shirt.
    - Women's and Coed 6s
    - Ten total weeks of league play (9 weeks league + 1 week playoffs)
    - One league date each week
    - Every team makes the playoffs
    - No girl touch rule
    - Teams need to have a min of 1 female on the court at all times
    - Teams will self ref and report scores at the end of their match
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## FITNESS TRAINING

- **Speed Training**

- This class aims to improve speed and agility through a variety of training techniques. Conducted in our fitness center, the program encompasses diverse methods designed to enhance your quickness and overall performance.
  - Grades: 6th-12th Grade (12U - 18U)
  - Levels: Beg, Int & Adv

- **Jump Training**

- This class is designed to increase your vertical jump. Our fitness trainer will guide you through specialized exercises using the equipment in our fitness center to help you achieve your jump height goals.
  - Grades: 6th-12th Grade (12U - 18U)
  - Levels: Beg, Int & Adv