

# PROGRAM GUIDE

## UNION UNDER ARMOUR PROGRAM

U13-U18 | Collegiate Player Development - This National Program is to be considered by athletes who are looking to train and compete nationally at the highest level in club and aspire to play in college. Teams are trained by our most experienced coaches.

- 2-3 Practices/Week including position-specific training.
- 7 month season (December - June) with National competition schedule.
- Comprehensive College Recruiting Support platform including highlight videos!
- Elite tournament schedule designed to compete against the best clubs in the country!
- HUDL Video Platform and HUDL Film Room to enhance athlete development (15 and up)

## UNION TRAVEL PROGRAM

U10-U18 | Scholastic Player Development - This Select Program is designed for advanced players focused on excelling in their middle school or high school programs. The program is a lower-cost travel program that provides strong coaching and competition

- 2 Practices/Week including 1 master training session
- 7 month season (December - June) with season ending National Tournament in Orlando.
- Select Tournament Schedule including area travel (STL, Nashville, Indy, Lexington)
- College Recruiting Support for our U15-18 players

## UNION REGIONAL PROGRAM

U10-U17 | Fundamental Player Development - Girls' Regional Teams are an ideal program for middle school and high school players looking to play club volleyball.

Practices are spent working on individual skills with an emphasis on team play in a fun, positive environment. · 2 Practices/Week

- 4.5 month season with Local competition schedule.
- Local Tournament Schedule designed to compete against clubs close to home

## UNION SHORT SEASON PROGRAM

U9-U12 | Fundamental Player Development - Beginner players looking to get started with club volleyball. Practices are spent working on individual skills with an emphasis on team play in a fun, positive environment.

- 1 Practices/Week
- Winter Season (Jan-Mar) or Spring Season (April-May)
- Local tournament and intramural play days

