



Academy 4th & 5th/Intense FAQ



Academy Intense Session C ends Friday, April 24. We know many of you are unclear about what comes next. We hope this will help you plan for the summer and next season!

Age Group:

Everything from now on is based on the USAV Age Definition Chart:

<https://www.integrityvbc.com/page/show/7305556-age-definition-chart>

If your child was born between **July 1st 2014 and June 30th 2015**, they are considered "12U."

If your child was born between **July 1st 2015 and June 30th 2016**, they are considered "11U."

Personal Goals dictate what is next for you at Integrity:

1. I am only interested in learning volleyball skills:

- **Academy 4th & 5th Grade**- Continue with our Academy program. Academy 4th and 5th trains players to play club volleyball at the 10U and 11U levels or enhance rec/ school play. It runs year-round except for July and December. Players who are ready for more intensive training will be invited to join our Academy Intense program.
- **Academy 6th Grade**- For players going into 6th grade - This program will train players to play club volleyball at the 12U or even enhance rec play. We do not offer Academy Intense for 6th graders.

<https://www.integrityvbc.com/page/show/3506783-academy-for-beginners>

2. I am interested in playing club volleyball:

- **Tryout Clinics**. See website for specific dates and times. Tryouts begin May 4th and run through July 2nd. This is a **MUST** for all interested club volleyball players. Each clinic is broken up by incoming age group and meets twice a week. This allows players to build their own schedule, while also allowing coaches more opportunities to evaluate players and see their skills develop over a prolonged period. **Our 2026-2027 Teams will be built HERE. No athlete will be offered a position without attending tryout clinics.**

<https://www.integrityvbc.com/page/show/3511746-tryout-clinics>

<https://www.integrityvbc.com/page/show/3508980-integrity-vbc-tryouts>

Academy clinics are also available to you!

3. What are the benefits of playing club volleyball?

- Joining a club volleyball team allows players to develop their skills, both individually and as a team, and to expand their knowledge of the game under the guidance of experienced coaches, many of whom have played in college.
- Club volleyball allows a player to continue playing at a competitive level after the school season ends, and helps to prepare them for next season
- Helps players have more opportunities to be seen by college recruiters who attend large club tournaments

4. What levels exist at Integrity?

- **Intense Blue Level-** Practices 2 nights a week (4 hours per week), travels to 2 qualifying tournaments. The goal is to qualify for nationals. Athletes' focus is on volleyball.
- **Intense Red Level-** Practices 2 nights a week (4 hours per week), travels to 1 qualifying tournament. The goal is to qualify for nationals
- **Club Level-** Practices 2 nights a week (4 hours per week), has fewer tournaments, 2-day tournament close by (Shreveport, Houston, etc.). Works well for athletes in other sports.
- **Limited Club Level-** 1 night a week practice. 1-day local tournaments only. Less commitment and cost.

5. What is the cost of joining a club volleyball team?

- **Intense Level-**
- **Club Level-**
- **Limited Club Level-**
- **Payments-** A deposit is required on acceptance day; dues can be paid recurring or in full on signing day.

<https://www.integrityvbc.com/page/show/3506943-levels-of-participation> - Follow this link to check your daughter's age group's team comparisons

Other important links:

<https://www.integrityvbc.com/page/show/3479976-calendar> - Our calendar, where you can find information about all events at Integrity

<https://www.integrityvbc.com/page/show/6935092-home> - Our website

<https://www.integrityvbc.com/page/show/3506718-clinics> - Our clinic page, where you can see what is currently available at Integrity

<https://www.integrityvbc.com/page/show/3506666-payment-information> - How to make a payment