



# Academy 6th Grade FAQ



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 2013 and June 30th 2014**, they are considered “13U.”  
If your child was born between **July 1st 2014 and June 30th 2015**, they are considered “12U.”

## *Personal Goals dictate what is next for you at Integrity:*

### **1. I am only interested in getting ready for 7th-grade tryouts at school:**

- **Summer 2026 All Skills Camp-** See website for specific dates/times. This is a 3-day camp that meets for 3 hours, and continues working on fundamental skills- passing, serving, setting, and teamwork. \$185 per session (3-day clinic). Only available to players aged 13 to 15.  
<https://www.integrityvbc.com/page/show/9095273-all-skills-camp>
- **Fast Fours** - See the website for specific dates/ times. Cost is \$10/person. No coaching, but fast-paced and fun, and offers touches on the ball. Come by yourself, or bring a group of friends! Registration required.  
<https://www.integrityvbc.com/fastfours>
- **Academy Plus-** See website for specific dates/ times. Session D of Academy 6th Grade will end on May 29th; after this, all players will need to move to Academy Plus. Academy Plus runs year-round except for July and December. This program will train players to play club volleyball at the 13U and 14U levels as well as with school teams. This program is geared towards beginners and players NOT playing on a club team. The ball and the net height are age-appropriate.  
<https://www.integrityvbc.com/page/show/3506783-academy-for-beginners>
- **Back to school Clinics** - These will be in late July and August to prep for 7th and 8th grade school tryouts. It is not on the website yet, but it will be soon.

### **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>

**All the other clinics listed above are available to you as well!**

### 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 within 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 tournaments 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