

Alabama Performance 2022-2023

AP High School Tier I (College Prep Gym)

Team Schedule*

Jan 20-22	Champions League Volleyball Project (CLVP)	Franklin, TN
Jan 28-29	Birmingham Blitz	Birmingham, AL
Feb 18-20	Sports Performance Presidents Day	Aurora, IL
Mar 4-5	Bluegrass	Louisville, KY
Mar 25-26	AAU Southeastern Championship	Birmingham, AL
April 14-16	JVA World Challenge	Louisville, KY
April 21-23	CLVP	Franklin, TN
June 2-4	CLVP	Franklin, TN
June 15-27 (TBD)	AAU National Championships	Orlando, FL

AP High School Tier II (College Prep Gym)

Team Schedule*

Jan 7-8	Champions League Volleyball Project (CLVP)	TBD
Jan 28-29	Birmingham Blitz	Birmingham, AL
Feb 4-5	CLVP	TBD
Feb 18-20	Sports Performance Presidents Day	Aurora, IL
Mar 4-5	Bluegrass	Louisville, KY
Mar 25-26	AAU Southeastern Championship	Birmingham, AL
April 14-16	JVA World Challenge	Louisville, KY
April 29-30	CLVP Championship	Birmingham, AL
June 15-27 (TBD)	AAU National Championships	Orlando, FL

TUITION: \$3,800

Deposit: \$400 (due Aug 2, 2022)

Balance: \$3,400 (can be paid in 9 or 11 payments)

9 payments of \$377.77 (Nov - July)

or

11 payments of \$309.09 (Sept - July)

Fundraising will be offered to offset cost

INCLUDES:

- 3 Practices per week at 2.5 hrs. per practice (including positional training)
- Strength & Conditioning (2 sessions/wk @ 1 hour each session), 64 hours with certified SAQ Coach
- 240 hours of practice and positional training
- Free Xtra hours before practice (Extra Gym Time)
- Practice cost for coaches, practice cost for Certified Master Coach, facility rental, equipment, training room supplies, tournament registration, tournament travel/pay for coaches, administrative cost, jerseys, open gym hours, SportsEngine cost, Sports Recruits (Recruiting Format) and full time Recruiting Coordinator with over 30 years of experience (Julie Dailey-Director)

Tuition does not include personal travel or spirit pack

Spirit Pack: (Mizuno Warm Ups, L/S Warm-up Shirt, Mizuno Cover-up Shorts, 3 pair of Mizuno spandex, 3 practice shirts, 2 pair of Mizuno socks, Mizuno knee pads, Mizuno backpack and Mizuno volleyball shoes)

Approximately: \$400

AP Middle School (Scholastic Prep Gym)

Team Schedule*

Jan 7-8	Champions League Volleyball Project (CLVP)	TBD
Jan 28-29	Birmingham Blitz	Birmingham, AL
Feb 4-5	CLVP	TBD
Feb 18-20	Sports Performance Presidents Day	Aurora, IL
Mar 4-5	CLVP	TBD
Mar 25-26	AAU Southeastern Championship	Birmingham, AL
April 14-16	JVA World Challenge	Louisville, KY
April 29-30	CLVP Championship	Birmingham, AL
May ?	TBD	TBD
June 15-27 (TBD)	AAU National Championships	Orlando, FL

TUITION: \$2,900

Deposit: \$400 (due Aug 2, 2022)

Balance: \$2,500 (can be paid in 9 or 11 payments)

9 payments of \$277.77 (Nov - July)

or

11 payments of \$227.27 (Sept - July)

Fundraising will be offered to offset cost

INCLUDES:

- 2 Practices per week at 3.0 hrs. per practice (including positional training)
- Strength & Conditioning (2 sessions/wk @ 30 min each session), 32 hours of Strength & Conditioning
- 192 hours of practice and positional training
- Free Xtra Hours before practice (Extra Gym Time)
- Practice cost for coaches, practice cost for Master Coach, facility rental, equipment, training room supplies, tournament registration, tournament travel/pay for coaches, open gym hours, jerseys, administrative cost, SportsEngine cost

Tuition does not include personal travel or spirit pack

Spirit Pack: (Mizuno Warm Ups, 2 pair of Mizuno spandex, 2 practice shirts, 2 pair of Mizuno socks, Mizuno knee pads, Mizuno backpack and Mizuno volleyball shoes)

Approximately: \$350

*Team Schedule subject to change

for more information on the CLVP visit clvp.net



2022-2023 AP Club Season Practice Schedule

*Schedule is subject to change due to Finley availability-See Below

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>@PVC AP MS 4:30-5:30 Xtra 5:30-8:30 Practice</p> <p>@Finley AP HS 9-12th 4-6:30 Practice</p>	<p>@PVC AP HS 11/12th 4-6:00 Practice</p> <p>AP HS 9-12th 6-7:00 S&C</p> <p>AP HS 9/10th 7-9:00 Practice</p>	<p>@PVC AP MS 4:30-5:30 Xtra 5:30-8:30 Practice</p>	<p>@PVC AP HS 11/12th 4-6:00 Practice</p> <p>AP HS 9-12th 6-7:00 S&C</p> <p>AP HS 9/10th 7-9:00 Practice</p>	

**Friday - Open for moving teams on days we can't be at Finley, calling extra practices, open gym or clinics, etc. that could run Fri-Sat on weekends we don't have tournaments.

Alternate Schedule when Finley is Closed

All Practices moved to the PVC

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>@PVC AP MS 5-7:00 Practice (NO Xtra)</p>	<p>@PVC AP HS 9-12th 4-6:00 Practice 6-7:00 S&C (outside or will cancel if bad weather)</p>	<p>@PVC AP MS 5-7:00 Practice (NO Xtra)</p>	<p>@PVC AP HS 9-12th 4-6:00 Practice 6-7:00 S&C (outside or will cancel if bad weather)</p>	<p>@PVC AP HS 11/12th 4-6:00 Practice</p> <p>AP HS 9/10th 6-8:00 Practice</p>