



High School Pre-Season Training Program (PSTP)

Members in this program will have **THREE 75-minute training sessions per week**. The group will be broken into teams that will participate in a locally competitive leagues and tournaments but will not travel. The High School Pre-Season Training Program (PSTP) was created for the intermediate to advanced level athlete to prepare for high school try-outs and the upcoming high school season. This program gives members an opportunity to focus on individual development and mastery of competitive team concepts. All players in the PSTP will receive close to equal playing time during competition to allow for growth and improvement. The focal points of this program are:

- Refine and improve individual skills.
- Learn and practice competitive team concepts, offenses and defenses, providing the necessary foundation to compete at the **High School** level.
- Allow members to practice team concepts and individual skills in a competitive game setting.
- Allow athletes to explore different positions and team roles to find where he/she may be most successful.
- Allow athletes to improve physical conditioning levels in preparation for the high school season.

Club Fees for this program:

Training Fee - \$160/month: Each member will have **THREE 75-minute training sessions per week**. Each training session will be broken down into a skills training portion and a team practice portion.

YMCA Membership/Insurance Fee - \$15/month (Fee goes directly to the YMCA)

Anyone that participates in any activity or program inside the YMCA must have a membership to enter. ALL VEGAS ELITE MEMBERS that pay this fee will have **FULL MEMBERSHIP** privileges to all Southern Nevada YMCA's during YMCA business hours as long as they remain members of VEBC.

League / Competition Fee - \$80/Session

Each member will play a minimum of eight (8) league/scrimmage games per session. Games will be played on Saturday afternoon/evenings. The league will conclude with a league championship playoff and awards given to league champions.

Uniform Fee - \$35 (one-time fee, purchase of new uniform is not required if child already has one)

All members **MUST** wear a Vegas Elite reversible jersey to every training session and game.

Total cost for this 3 hour & 45 minute / week program is \$175/month.