



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 local 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 - \$150/month: Each member will have **three** 75-minute training sessions per week. Two of the training sessions are dedicated to skill training and team development. One session is dedicated to individual skill work and conditioning.

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 the Heinrich YMCA during YMCA business hours as long as they remain members of VEBC.

Competition Fees (Per Session which is approximately 12 weeks)

Each team will play league/scrimmage games and tournaments on selected weekends. A full competition schedule for each session will be provided at the beginning of the session. The total cost for the team to participate in the leagues & tournaments will be divided evenly between the players participating.

Practice Jersey - \$25 (All members **MUST** wear a Vegas Elite reversible jersey to every training session)

Game Uniform - \$80 (one-time fee, purchase of new uniform is not required if child already has one)

**Tuition for this 3 hour & 45 minute per week training program is
\$165/month.**