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## Washington volleyball academy

Seattle Volleyball Club Grows to 11 Teams for 2024-2025 Season The Seattle Volleyball Academy has expanded its program to 11 teams for the upcoming 2024-2025 season, up from nine teams last year. With the help of the community, the club has grown significantly since its inception in 2021, starting with a single U12 team. By 2023, the number of teams had increased to nine, and this year's expansion brings the total to 11 teams, including three development teams, three regional teams, and five national teams. Given article text here Looking at the volleyball training structure, teams typically consist of a minimum of ten players. The coaching team plays a vital role in shaping technique and team systems, with each unit having its master coach overseeing all aspects of training. A collaborative environment fosters unity among coaches and players alike, ensuring everyone adheres to the same practice plan. Minimal talking is allowed during practices, which are predominantly filled with drills emphasizing quality ball contacts. For new players, numerous opportunities for trial and error enable them to grasp movement and contact skills effectively through a Trial - Feedback - Strategy - Repeat process. Each player receives extensive training in all six essential volleyball skills, while HSP units dedicate two days (Tuesday and Thursday) with an optional Wednesday, providing approximately 1,200-1,800 ball contacts each week. This is further augmented by an estimated 35,000 ball contacts throughout the season, over 250 hours of training, and around 100 hours of competition. Conversely, CP units train for around 250 hours, competing for an additional 100+ hours, with players experiencing more than 2,000 ball contacts each week, totaling about 60,000 for the season. A coach cannot simply tell a player how to play; instead, numerous ball contacts are crucial for improving individual skills. Regional teams participate in competitions twice a month over a six-month period, training on Tuesdays and Thursdays with optional Wednesdays. The regional season culminates around Memorial Day Weekend. The Academy Sports Center in Lynnwood, WA, is a state-of-the-art volleyball training facility that serves as the home for the Washington Volleyball Academy. Established in 1999, it offers various programs catering to players of all skill levels, from beginners to elite athletes. The center provides top-notch training and competition opportunities, hosting programs such as the Academy Volleyball League for 4th-9th graders. With experienced coaching staff and a focus on quality training, the Academy Sports Center is a popular destination for volleyball enthusiasts in the region. Volleyball WA is proud to provide support and resources for coaches, mentors, and student-athletes alike. We believe that every great athlete has a coach or mentor who believed in them, and we're committed to helping you develop your skills and improve the teaching and coaching experience. Whether you're a PE teacher, high school, club, or college coach, our programs are designed to help you grow as a professional and expand your horizons. As part of our commitment to supporting coaches and student-athletes, we offer a range of resources including articles, videos, drills, and tools. We also deliver programs such as Sporting Schools, Think Again School Clinics, Teacher PD courses, and school competitions. Our ever-growing calendar of events means there's always something new to get involved in. In addition to our own programs, Volleyball WA is part of the Government's Sporting Schools Initiative aimed at increasing children's participation in sport. This initiative provides funding opportunities for schools, with packages starting from \$583 (GST inc) for four sessions. To find out more or book a clinic for your school, contact our Schools Coordinator at [schools@volleyballwa.com.au](mailto:schools@volleyballwa.com.au). We're also proud to partner with Healthway and their 'Think Again' message to deliver clinics that help High School students develop new skills for school competitions. And for students looking to extend themselves, we offer the Duke of Edinburgh International Awards - Volleyball WA is a Duke 4 Sport provider. At Volleyball WA, we're committed to delivering a whole range of services to schools, including Think Again High School clinics, Teacher PD courses, annual competitions, and advice on funding opportunities. For more information or to book a clinic for your school, contact our Schools Coordinator at [schools@volleyballwa.com.au](mailto:schools@volleyballwa.com.au). We also host multiple Teacher PD courses throughout the school year, open to both Primary and Secondary School teachers. Participants can choose between an Introductory or Intermediate Course, and can book into an upcoming course by checking our calendar or emailing our Schools Coordinator at [schools@volleyballwa.com.au](mailto:schools@volleyballwa.com.au). \*\*Summer Volleyball Camps\*\* Our volleyball camps offer a range of programs for players of all ages and skill levels. Here are some of the camps we're offering this summer: \*\*Middle School Camp\*\*: A beginner-friendly camp designed for 5th-8th graders, running from 9am-4pm. \*\*ELITE Defense Camp\*\*: An advanced camp focused on defensive skills, available to 9th-12th graders on July 12. \*\*Attackers Clinic\*\*: A clinic for intermediate and advanced players (9th-12th grade) on July 15-17. \*\*Club Tryout Prep Camp\*\*: A camp designed to prepare high school players for tryouts, running from 9am-4pm. \*\*First Contact Camp: Serve, Pass, Defense\*\*: A beginner-friendly camp focused on serve, pass, and defense skills, available to intermediate and advanced players (9th-12th grade) on July 18-20. We also offer specialized positional camps, including: \*\*Club Tryout Positional Camps\*\* (July 25-27): Focusing on outside hitters, setters, liberos, middles, and other positions. \*\*TEACH First Contact Camp: Serve, Pass, Defense\*\* (July 18-20): A beginner-friendly camp focused on serve, pass, and defense skills. In August, we're offering: \*\*Middle School Camp\*\*: A beginner-friendly camp designed for 5th-8th graders, running from 9am-4pm. \*\*TEACH Serve Clinic\*\*, \*\*Pass Clinic\*\*, and \*\*Hitting Clinic\*\*: Clinics focused on specific skills, available to intermediate players (7th-10th grade) on August 2-3. \*\*HS Tryout Prep Camps\*\* (August 12-14 and August 19-21): Advanced camps designed to prepare high school players for tryouts. \*\*WVBA Invitational Camp\*\* (August 15-17): An elite camp open only to WVBA players. All of our camps emphasize the importance of hard work, dedication, attention to detail, and commitment. We believe that these values are essential for developing volleyball athletes and offer a unique experience compared to other programs in the area. Elite volleyball training for 7th-10th grade athletes! Our Summer Skills Series offers regular training opportunities that focus on proper techniques and maximize ball contacts in a high-energy, fast-paced environment. Plus, check out our Academy Volleyball League (AVL) for beginner to intermediate players, featuring 2 in-house tournaments and skill-based team placement. With levels for 4th-7th graders and 7th-9th graders, there's something for every young athlete. Contact us for more info or to register!