



# VC DENVER 2025-2026

## 14'S PROGRAM GUIDE

|                                 | 14 BLACK  | 14 GOLD   | 14 WHITE  | 14 REGIONAL  |
|---------------------------------|---|---|---|--|
| PRACTICE TIMES                  | 2X A WEEK FOR 2 HOURS   | 2X A WEEK FOR 1.5 HOURS   | 2X A WEEK FOR 1.5 HOURS   | 2X A WEEK FOR 1.5 HOURS  |
| STRENGTH TRAINING               | 2X A WEEK FOR 45 MIN  | 2X A WEEK FOR 45 MIN  | 2X A WEEK FOR 45 MIN  | NOT INCLUDED   |
| NATIONAL TOURNAMENTS*           | 2   | 1   | 1   | 0  |
| REGIONAL TOURNAMENTS            | 9   | 8   | 8   | 8  |
| BALL TIME                       | INCLUDED  | INCLUDED  | INCLUDED  | NOT INCLUDED   |
| MENTAL AND NUTRITIONAL TRAINING | INCLUDED  | INCLUDED  | INCLUDED  | INCLUDED   |
| SPORT AXIS MEMBERSHIP**         | INCLUDED  | INCLUDED  | INCLUDED  | INCLUDED   |
| UNIFORM PACKAGE***              | 4 UNIFORMS, WINDBREAKER, SWEATSHIRT, 2 PRACTICE SHIRTS, BACKPACK, SLEEVES | 4 UNIFORMS, WINDBREAKER, SWEATSHIRT, 2 PRACTICE SHIRTS, BACKPACK, SLEEVES | 4 UNIFORMS, WINDBREAKER, SWEATSHIRT, 2 PRACTICE SHIRTS, BACKPACK, SLEEVES | 2 UNIFORMS, SWEATSHIRT, WINDBREAKER, 2 PRACTICE SHIRTS, BACKPACK |
| DEPOSIT****                     | \$700 DEPOSIT   | \$700 DEPOSIT   | \$700 DEPOSIT   | \$700 DEPOSIT  |
| TOTAL COSTS                     | \$4,830   | \$4,200   | \$4,200   | \$3,500  |



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- For 14 Black, 3 tournaments if awarded a bid to Nationals. Additional cost not included \*
- Sports axis membership included when courts are available\*\*
- White kneepads and black spandex required but not provided. Will be on the team store for purchase \*\*\*
- Check will only be deposited if you make a team. If so, the deposit is taken off your total cost\*\*\*\*
- Optional Saturday skills included when available for athlete's position
- 1.6% processing fee will be added to remaining dues after the deposit for automatic payment unless paid in full