



# VC DENVER 2025-2026

## 16'S PROGRAM GUIDE

	16 BLACK	16 GOLD	16 WHITE	16 REGIONAL
COACHES	KAYLEE & RYAN KISSINGER	TAYLOR BOEYINK	SARAH SPARLING CALVIN KIM	TBD
PRACTICE TIMES	2X A WEEK FOR 2 HOURS	2X A WEEK FOR 2 HOURS	2X A WEEK FOR 2 HOURS	1.5X 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*	4	2	1	0
REGIONAL TOURNAMENTS	8	9	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	\$5,775	\$4,830	\$4,375	\$3,500



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- For 16 Black, this includes Nationals\*
- 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