



VC DENVER 2025-2026

17'S PROGRAM GUIDE

	17 BLACK	17 GOLD	17 WHITE
COACHES	ALEXIS BENDA ANNIE OBRIEN	ANNE VITALE JOSH MILLER	ADAM QUIDACHAY SAVANNAH HOLT
PRACTICE TIMES	2X A WEEK FOR 2 HOURS	2X A WEEK FOR 2 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
NATIONAL TOURNAMENTS	4	2	1
REGIONAL TOURNAMENTS	8	9	8
BALL TIME	INCLUDED	INCLUDED	INCLUDED
MENTAL & NUTRITIONAL TRAINING	INCLUDED	INCLUDED	INCLUDED
SPORT AXIS MEMBERSHIP*	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
DEPOSIT***	\$700 DEPOSIT	\$700 DEPOSIT	\$700 DEPOSIT
TOTAL COSTS	\$5,775	\$4,830	\$4,235



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- 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