



# VC DENVER 2025-2026 18'S PROGRAM GUIDE

	18 BLACK
COACHES	SYDNEE FISBECK AND TAEA REMINGTON
PRACTICE	2X A WEEK FOR 2 HOURS
STRENGTH TRAINING	2X A WEEK FOR 45 MIN
HAWAII*	HAWAII INCLUDED AS A NATIONAL TOURNAMENT
NATIONAL TOURNAMENTS*	3-4
REGIONAL TOURNAMENTS	7
BALL TIME	INCLUDED
MENTAL AND NUTRITIONAL TRAINING	INCLUDED
SPORT AXIS MEMBERSHIP**	INCLUDED
UNIFORM PACKAGE***	4 UNIFORMS, WINDBREAKER, SWEATSHIRT, 2 PRACTICE T-SHIRTS, BACKPACK, SLEEVES
DEPOSIT****	\$700 DEPOSIT (CHECK DUE AT TRYOUT)
TOTAL COSTS	\$5,495



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- 4 tournaments if awarded a bid to Nationals.  
Additional cost not included for Nationals. Total Cost includes all housing, food, and transportation while in Hawaii. It does not include flights to Hawaii. \*
- 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