Team Level: Regional

Fees Include:

• **2 Practice T-Shirts**	• **2 Game Jerseys**	• **2 Spandex**
• **Sanford Sports Warm Up Shirt**	• **Knee pads**	• **Sanford Mental Performance Training**
• **Discounted *Sanford Sports Performance* Workouts**	• **Full Time Athletic Trainers**	
• **2 practices per week**	• **Tournament Fees**	• **Sanford Nutrition Sessions**
• **Coaches' Salaries and Travel**	• **School Prep Camp in August**	• **Discounted Summer Camps**

Practice Days:

- **Practice starts January 11**
- **12-14s Mondays-Positions 4:30-5:30, Practice 5:30-7; Thursdays Practice 5:30-7**
- **15-18s Mondays-Positions 4:30-5:30, Practice 7:30-9; Thursdays Positions 4:30-5:30; Practice 7:30-9**
  ***No Practice the week of March 22-26th.**

All Practices held at the Sanford Sports Facility (1111 E North St. Rapid City)

Team Fees: $2200 +tax;

- **Deposit: $400 at time of team acceptance. Deposits are not refundable and are applied to team fees.**
- **Full fees can be paid in full or monthly (Jan-May)**
- **Fundraising Opportunities will be available**

Not included in team fees:

- **December Training Fees: $75 (2 skill sessions) registration link will be sent upon completion of teams.**
- **AAU Membership**
- **Optional Sanford Sports Performance Sessions- Practice Nights; Times TBD**
- **Personal Travel**

Team Tournament Schedule

Tournament	Location	Dates
Big City Luau	Rochester, MN Location	Jan 23/34
CO Crossroads	Denver	Feb 5/7
Watiki Spiketacular	Rapid City, SD	Feb 13/14
Pentagon March Meltdown	Sioux Falls	March 6/7
Cowboy Volleyfest	Casper, WY	March 20/21
Pentagon Grand Prix	Sioux Falls, SD	April 3/4
Big Sky Volleyfest	Billings, MT	U16/U18 April 30-May 2; U16/U18 Select-Spirit Divisions May 1-2 -TBD U12/U14 May 8-9 - Billings, MT
Sioux Falls Super Regional	Sioux Falls, SD	May 8/9

*Schedules are subject to change