

Inside Out Volleyball

2025

SPRING SEASON
INFORMATION

*MARCH
- JUNE*




*REGIONAL &
NATIONAL
TEAMS*

2025 Spring Regional Teams

LOCAL 3 MONTH (12U)

-  **2 Practices Per Week**
-  **Season Length:
April-early June**
-  **7 Play Dates**

REGIONAL 3 MONTH (13U-18U)

-  **2 Practices Per Week**
-  **Season Length:
April-early June**
-  **9 Play Dates**

Inside Out Juniors

isovolleyballe@gmail.com

2025 Spring Regional Teams

WHAT IS INCLUDED IN YOUR CLUB FEES?

TRAINING



2 Practices Per Week

COMPETITION



7 Play Dates - 12U

9 Play Dates - 13U-18U

COACHING STAFF



Teams will have a head coach with coaching experience. A lead coach will also assist w/practices

WEBSITE



Team picture and roster on the website

APPAREL



Regional Mizuno Package required

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2025 Spring National Teams

**NATIONAL 3
MONTH
(14U-18U)**



3 Practices Per Week



***Season Length:
April-June***



12 Play Dates

Practices will begin in March

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2025 Spring National Teams

WHAT IS INCLUDED IN YOUR CLUB FEES?

TRAINING



3 Practices Per Week

COMPETITION



12 Play Dates

COACHING STAFF



Teams will have a head coach with extensive coaching experience at the high school and/or college level as well as an assistant coach.

WEBSITE



Individual and team picture and roster on the website

APPAREL



National Mizuno Package required

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2025 Spring Regional Schedules

PRACTICE SCHEDULE

COST

TOURNAMENT SCHEDULE

12U

*Typically Sundays
and one week
night. Either 4:30-
6:00 or 5:30-7:00*

\$675

- *April 19 - LMPL - West MI*
- *April 26-27 - Lakeshore Volleyfest, GR*
- *May 3 - LMPL - West MI*
- *May 17 - LMPL - West MI*
- *May 31-June 1 - MJVBA Championships - GR*

*13U +
14U*

*2x per week
Sundays when
possible and week
nights 5-7pm*

\$965

- *April 19 - LMPL - West MI*
- *April 26-27 - Lakeshore Volleyfest, GR*
- *May 3 - LMPL - West MI*
- *May 10-11 - Amishland - Mishawaka, IN*
- *May 17 - LMPL - West MI*
- *May 31-June 1 - MJVBA Championships - GR*

*15U -
18U*

*2x per week
Sundays when
possible and week
nights 5-7pm or 7-
9pm*

\$965

- *April 13 - LMPL - West MI*
- *April 26-27 - Lakeshore Volleyfest, GR*
- *May 4 - LMPL - West MI*
- *May 10-11 - Amishland - Mishawaka, IN*
- *May 18 - LMPL - West MI*
- *May 31-June 1 - MJVBA Championships - GR*

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2025 Spring National Schedules

PRACTICE SCHEDULE

COST

TOURNAMENT SCHEDULE

14U

Sundays when possible and two week nights 5-7pm

\$1595

- March 15-16 - Cincinnati Grand Prix, Cincinnati, OH
- April 26-27 - Lakeshore Volleyfest, GR
- May 10-11 - Amishland - Mishawaka, IN
- May 31-June 1 - MJVBA Championships - GR
- June 17-20 - AAU Nationals - Orlando, FL

15U

Sundays when possible and two week nights 5-7pm or 7-9pm

\$1595

- April 26-27 - Lakeshore Volleyfest, GR
- May 10-11 - Amishland - Mishawaka, IN
- May 31-June 1 - MJVBA Championships - GR
- June 14-15 - Sky High Pre-National - Crystal Lake, IL
- June 17-20 - AAU Nationals - Orlando, FL

16U -
17U

Sundays when possible and two week nights 5-7pm or 7-9pm

\$1595

- April 26-27 - Lakeshore Volleyfest, GR
- May 10-11 - Amishland - Mishawaka, IN
- May 31-June 1 - MJVBA Championships - GR
- June 14-15 - Sky High Pre-National - Crystal Lake, IL
- June 21-24 - AAU Nationals - Orlando, FL

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2025 Spring Fundraising

We will offer a fundraising opportunity in the spring for those players who wish to help offset their club costs. Players typically receive 50% of their sales which go directly towards their club fees. Forms will be available at tryouts.

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