

EliteVBTC Oct/Nov/Dec Schedule

Mondays	Ages	Day/Dates	Time
Open Lift w/ Certified Strength Coach	11U-18U	Monday	4:00 PM
Elite-lings Fundamentals (10/12/26-12/4/26)	3rd-5th Grade	Monday/Wednesday	5:00-6:00pm
Middle School Fundamentals (10/12/26-12/4/26)	6th-8th Grade	Monday/Wednesday	5:00-6:00pm
Elite-lings Game-ON (December Only)	3rd-5th Grade	Monday/Wednesday	5:00-6:00pm
Middle School Game-ON (December Only)	6th-8th Grade	Monday/Wednesday	5:00-6:00pm
Setting	U10-U18	Mondays	5:00-6:00pm
Open Lift w/ Certified Strength Coach	11U-18U	Monday	5:00 PM
Open Lift w/ Certified Strength Coach	11U-18U	Monday	6:00 PM
Tutor Time November Only	13U-18U	Monday/Wednesday Lifting Before	6:00pm Intermediate 7:00pm Advanced

Tuesdays	Ages	Day/Dates	Time
Open Lift w/ Certified Strength Coach	11U-18U	Tuesdays	4:00 PM
Destiny: Tips, Rolls, Throws & Tools Specialty Clinics	11U-18U	Tuesdays	5:00 PM
Jump School	12U-18U	Tuesdays	5:00-6:00pm
Serving	U10-U18	Tuesdays/Sundays	5:00-6:00pm
Lauren: Out of System Training	Ages 13 and Older	Tuesdays	5:00-6:00pm
Luke: Libero-LITE Training	U10-U12	Tuesdays	5:00-6:00pm
Hitting	U10-U18	Tuesday	6:00-7:00pm
Open Lift w/ Certified Strength Coach	11U-18U	Tuesdays	6:00 PM
MaxReps	U11-U14	Tuesdays	7:00-8:00pm

Wednesdays	Ages	Day/Dates	Time
Hudson Bates: Advanced Beach Group Lesson @ Woodlands	Advanced	Wednesday	4:00-5:00pm
Open Lift w/ Certified Strength Coach	11U-18U	Monday	4:00 PM
Elite-lings Fundamentals (10/12/26-12/4/26)	3rd-5th Grade	Monday/Wednesday	5:00-6:00pm
Middle School Fundamentals (10/12/26-12/4/26)	6th-8th Grade	Monday/Wednesday	5:00-6:00pm
Elite-lings Game-ON	3rd-5th Grade	Monday/Wednesday	5:00-6:00pm

(December Only)			
Middle School Game-ON (December Only)	6th-8th Grade	Monday/Wednesday	5:00-6:00pm
Setting	U10-U18	Wednesdys	5:00-6:00pm
Open Lift w/ Certified Strength Coach	11U-18U	Wednesday	5:00 PM
Open Lift w/ Certified Strength Coach	11U-18U	Wednesday	6:00 PM
Tutor Time November Only	13U-18U	Monday/Wednesday Lifting Before	6:00pm Intermediate 7:00pm Advanced

Thursdays	Ages	Day/Dates	Time
Open Lift w/ Certified Strength Coach	11U-18U	Tuesdays	4:00 PM
Destiny: Beach Serve & Defend @ Woodlands	11U-18U	Thursdays	4:00 PM @ Woodlands
Sophia: Middles Specialty	Ages 13 and Older	Thursdays	5:00-6:00pm
Brendan: Jump Serve Clinic	All Ages	Thursday	5:00-6:00pm
Passing & Defense	Middle School or High School	Thursday/Sunday	5:00-6:00pm
Open Lift w/ Certified Strength Coach	11U-18U	Wednesday	6:00 PM
Hitting	U10-U18	Tuesday/Thursday/ Sunday	6:00-7:00pm
Club Prep	U11-U14	Thursday	7:00-9:00pm

Fridays	Ages	Day/Dates	Time
Min-E Academy	4-8 year olds	Tuesday/Friday	5:00-6:00pm
Speed School Jump School	12U-18U	Fridays	5:00-6:00pm

Saturdays	Ages	Day/Dates	Time
Club Prep	U11-U14	Saturday	10:00am-12:00pm

Sundays	Ages	Day/Dates	Time
Advanced Serve Receive	Middle School or High School	Sundays	11:00-12:00pm
Advanced Hitting		Sundays	12:00-1:00pm
Advanced Setting		Sundays	1:00-2:00pm
Passing & Defense	Middle School or High School	Sundays	11:00-12:00pm
Serving		Sundays	12:00-1:00pm
Hitting		Sundays	1:00-2:00pm
Specialty Training	These are very high level sessions. If you are unsure what to register for, email us at info@elitevbtc.com		
Sophia: Blocking	Ages 13 and Older	Sundays	11:00-12:00pm
Sophia: Middles	Ages 13 and Older	Sundays	12:00-1:00pm

Luke: Libero Training	Ages 13 and Older	Sundays	1:00-2:00pm
Hudson: Arm Swing Clinic	Ages 13 and Older	Sundays	1:00-2:00pm
Jackie: 21 Setting	Ages 13 and Older	Sundays	2:00-3:00pm
Brendan: Min-E Skills & Drills	Ages 12 and Under	Sundays	2:00-3:00pm



Scan the QR Code to schedule a lesson.