

# Frostbite/Indoor League Dates 2023

Sign ups: November 14th

Late Registration: November 28th

League begins January 2nd

Tournament week begins February 27th

## **Frostbite:**

Sunday 6's - 12:00p

Sunday 4's - 2:15p

Sunday 2's - 4:30p

Wednesday, Thursday, Friday 4's - 6:30p

*4-Man Teams \$450.00*

*2-Man Teams \$260.00*

*Indoor Teams \$500.00*

## **Indoor:**

Monday Intermediate - 7:45-9:35

Tuesday Advanced - 8:45p - 10:45p

Wednesday - 7:45p - 9:35p

*6-Man Teams \$500.00, CoEd (2+ females on the court)*

**Location: East Coast Volleyball Academy**

**4608 Coddington Loop, Wilmington, NC 28405**

# Spring, Summer & Fall 2023

## Open Registration:

2's - \$350

*\$175 per person/\$17 per week/\$4 per game*

4's - \$575

*\$144 per person/\$14 per week/\$3 per game*

6's - \$700

*\$117 per person/\$12 per week/\$3 per game*

6's Indoor- \$600

*\$100 per person/\$10 per week/\$2 per game*

## Late Registration:

2's - \$360

4's - \$600

6's - \$725

6's Indoor - \$625

# League Dates 2023

## Spring

Sign ups: February 6th  
Late registration February 21st  
League begins week of March 5th  
Tournament week begins May 7th

## Summer I:

Sign ups: April 17th  
Late registration May 2nd  
League begins week of May 14th  
Tournament week begins July 16th

## Summer II:

Sign ups: June 26th  
Late registration July 11th  
League begins week of July 23rd  
Tournament week begins September 24th

## Fall:

Sign ups: September 4th  
Late registration September 19th  
League begins week of October 1st  
Tournament week begins December 10th

**\*\*Built-In Week for Thanksgiving Break\*\***

# League FAQs

## **When are your leagues?**

*We have 5 separate leagues throughout the year.*

*Winter: January - March, Spring: March - May, Summer I: May - July, Summer II: July - September, Fall: September - December*

## **I am new to the area and want to get on a team.**

### **What is the best way to connect with other players?**

*You can create an account on our Bracketpal volleyball software and add yourself to the "sub list." You can also join our Capt'n Bill's Volleyball community page on Facebook. And you can attend our volleyball socials, which are offered every new league.*

### **My team played last league. Can you use the same roster?**

*You will have to enter a new roster for each league but Bracketpal will list players you have previously played with so it is easy to set up your roster each league.*

### **Are your leagues coed?**

*Yes, all except the winter league and King of the Beach & Queen of the Beach*

### **How many people can I have on my roster?**

*2 person - 4 players, 4 person - 8 players, 6 person - 12 players*

# League FAQs

## **Can I sign up as an individual?**

*Sign ups are by team only. If you don't have a team and want to play see above.*

## **Do you require our team to have matching shirts or uniforms?**

*No, this is completely up to the team to decide. Some teams are sponsored by businesses that provide shirts. Otherwise, dress is athletic gear.*

## **How old do I have to be to participate in a league?**

*If a parent is playing on the team with the child, it is the parent's discretion to the age the child should play.*

*Every player must sign a waiver and parents are required to sign for all children under the age of 18 years old. If the parent is not playing on the team, the child must be 16 years old.*

## **Is there a grace period to submit the roster?**

*Captains have to submit their roster before the start of the league. Captains can make changes to their roster throughout the league but, players must play 2 weeks to be eligible for tournament week.*