

Frostbite/Indoor League Dates 2025

Sign ups: November 10th 9:30p

Late Registration: December 8th

League begins: January 2nd

Tournament week begins February 23rd

Frostbite Beach:

Sunday 4's - 12:30p, 2:45p

Sunday 2's - 5:00p

Tuesday - Friday 4's - 6:15p (No 8:45p Games)

4-Man Teams \$450.00 / 475.00 (8 / 9 week season)

2-Man Teams \$250.00

Indoor:

Friday Nights - 6:15p and 8:30p

Indoor Teams \$650.00

Advanced and Intermediate

Location: East Coast Volleyball Academy

4608 Coddington Loop, Wilmington, NC 28405

2025

League Offerings*

Sunday	2:00p & 4:30p 4's, 11:30a & 7:00p 2's	2's and 4's
Monday	6:15p & 8:45p	4's
Tuesday	6:15p and 8:45p	4's
Wednesday	6:15p & 8:45p	4's and 6's
Thursday	6:15p & 8:45p	4's & 6's
Friday	6:15p & 8:45p	4's
Indoor	6:15p and 8:30p	Indoor is run in the Winter and when available, in the Fall and Spring

***Check social media for updates on league offerings**

League Dates 2025.

Frostbite

Signups: November 10th - 9:30p

League Begins January 2nd

Tournament week begins February 23rd

Spring

Sign ups: February 2nd - 9:30p

League begins week of March 2nd

Tournament week begins May 4th

Summer I:

Sign ups: April 13th - 9:30p

League begins week of May 11th

Tournament week begins July 13th

Summer II:

Sign ups: June 22nd - 9:30p

League begins week of July 20th

Tournament week begins

Fall:

Sign ups: August 31st - 9:30p

League begins week of October 5th

Tournament week begins December 14th

****Built-In Week for Halloween/Thanksgiving Break****

Skill Levels

C/CC - Beginner – Happy to get the ball over the net, very vague understanding of the rules, plays 6's and moves to 4's after a season or two

B - Competent – Is gaining ball control, can get it over the net, has an understanding of the rules and the concept of three hits, mostly plays 4's and maybe some 6's and doubles

BB – Intermediate – Practices the bump set spike, can overhand serve, understands the positions, and has decent court mobility, mostly 4's and doubles

A – Advanced – Has good ball control, consistent passing, setting, and hitting. Has multiple ways of siding out. Plays 4's and doubles

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?

Join our "Capt'n Bill's Volleyball" community page on Facebook. You can find sub opportunities, post you are looking for a team, and connect with other people in the community. We offer four volleyball socials throughout the year where you can come play for free while meeting other players. You can also always email Jonny, our Volleyball Director, at Jonny@seeyouatbills

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, Unless otherwise notes, all leagues are Coed -- two females, two males. Winter League and King of the Beach & Queen of the Beach are not coed

League FAQs

How many people can I have on my roster?

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

League Format?

We run Ladder League format. You will sign up to start in a specific division. Each subsequent week you will play the teams closest to you in W/L percentage. As you climb the ladder, you will play tougher competition, and vice-versa . Each league is 10 weeks--the final week is a match-play, single-elimination tournament. You will play ~40-45 sets each league.

Is this the raddest place in Wilmington to hang out?

You know the answer. We have been voted raddest place to hang out in Wilmington for over 25 consecutive years. This is the place.

Are leagues refereed ?

Yes! Our referees make sure your games run smoothly and fairly. We also have servers that will stop by to get your food and drink orders.

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.