

# 2017-2018 VOLLEYBALL CLUB PROGRAMS



TEAMS	# PLAYDATES	PRACTICE #/HOURS	CORE CONDITIONING	COLLEGE RECRUITING ASSISTANCE	SKILL SPECIFIC TRAINING	2018 SUMMER BEACH LGE.	NW OHIO JRS. IN-HOUSE	PRICE
<b>10 LIME 10 BLACK</b>	4/3 local, one in Columbus	2 - 1 hour	N/A	N/A	N/A	N/A	YES	\$515
<b>11-1 12-2</b>	6	2 - 1.5 hours	YES	N/A	YES	N/A	YES	\$875
<b>12-1</b>	11	2 - 1.5 hours	YES	N/A	YES	N/A	N/A	\$1,565
<b>13 ELITE 14 ELITE</b>	15	2 - 2 hours	YES	N/A	YES	YES	N/A	\$2,590
<b>13 BLACK 14 BLACK</b>	9	2 - 1.5 hours	YES	N/A	YES	YES	N/A	\$1,585
<b>13 LIME 14 LIME 14 GRAY 15 LIME</b>	5	2 - 1.5 hours	YES	N/A	YES	YES	YES	\$900
<b>15 ELITE 16 ELITE 17 ELITE</b>	15	2 - 2 hours	YES	YES	YES	YES	N/A	\$2,625
<b>15 BLACK 16 BLACK 17 BLACK</b>	10	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$1,685
<b>15 EARLY BIRD 16 EARLY BIRD 17 EARLY BIRD 18 EARLY BIRD</b>	6	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$920

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<b>12 ADRIAN 13 ADRIAN 14 ADRIAN 15 ADRIAN</b>	6	2 - 1.5 hours	YES	N/A	YES	N/A	N/A	\$815
<b>16 ADRIAN 17 ADRIAN</b>	7	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$955
<b>ALL JACKSON GRADES 7 - 11</b>	6	2 - 1.5 hours	YES	YES	YES	N/A	N/A	\$765
<b>WINTER NW OHIO JRS.: GRADES 3/4 GRADES 5/6 GRADES 7/8</b>	N/A	1- 1 hour	YES	N/A	YES	N/A	YES	\$625
<b>WINTER NW OHIO JRS.: GRADES 9-12</b>	N/A	2 - 1 hour	YES	N/A	YES	YES	YES	\$625

**NOTE:**

**PLAY DATES:** this is the actual number of days, for example, a two day tournament counts as two play dates.

**CORE CONDITIONING:** training focuses on speed, flexibility, agility and strength training.

**SKILL SPECIFIC TRAINING:** training will be offered for defense, hitting and setting.

**2018 SUMMER BEACH LEAGUE:** You can play in that league at no extra cost. The Juniors league will take place on Wednesday nights at RESET in Perrysburg.

**For questions and any additional information, please contact:**

**Dana Hooper, Club Director**

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**Club Website: [www.glasscityathletics.com](http://www.glasscityathletics.com)**