

# 2018-2019 VOLLEYBALL CLUB PROGRAMS



TEAMS	# PLAYDATES	PRACTICE #/HOURS	CORE CONDITIONING	COLLEGE RECRUITING ASSISTANCE	SKILL SPECIFIC TRAINING	2019 SUMMER BEACH LGE.	NW OHIO JRS. IN-HOUSE	PRICE
<b>11 ELITE</b>	8	2 - 1 hour	YES	N/A	YES	N/A	YES	\$1,240
<b>11 BLACK</b>	6	2 - 1 hour	YES	N/A	YES	N/A	YES	\$930
<b>12 BLACK</b>	6	2 - 1.5 hours	YES	N/A	YES	N/A	YES	\$930
<b>13 ELITE 14 ELITE</b>	15	2 - 2 hours	YES	N/A	YES	YES	N/A	\$2,719
<b>13 BLACK 14 BLACK</b>	9	2 - 1.5 hours	YES	N/A	YES	YES	N/A	\$1,664
<b>13 LIME 14 LIME 14 GRAY 15 LIME 15 GRAY 16 LIME</b>	5	2 - 1.5 hours	YES	YES	YES	YES	YES	\$925
<b>15 ELITE 16 ELITE 17 ELITE</b>	15 Includes 2 Qualifiers	2 - 2 hours	YES	YES	YES	YES	N/A	\$2,756
<b>15 BLACK 16 BLACK 17 BLACK</b>	10	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$1,664
<b>16, 17 &amp; 18 EARLY BIRD</b>	6	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$920

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<b>14 ADRIAN 15 ADRIAN</b>	6	2 - 1.5 hours	YES	N/A	YES	N/A	N/A	\$815
<b>16 ADRIAN 17 ADRIAN 18 ADRIAN</b>	7	2 - 1.5 hours	YES	YES	YES	YES	N/A	\$955
<b>ALL JACKSON GRADES 6 - 12</b>	6	2 - 1.5 hours	YES	YES	YES	N/A	N/A	\$765

**NOTE:**

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

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

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

**2019 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)**