



VOLLEYBALL

PROGRAMS AT THE PARAGON - FALL 2018

NORTHWEST OHIO JUNIORS LEAGUE - PLAY ON A GLASS CITY TEAM - a low cost option for players who do not want to travel for competitions. Glass City offers outstanding coaching and fees include: six league nights on Mondays at TVC Rec Center (two games per night), weekly team practice, weekly skill enhancement practice and weekly conditioning session. Register by 8/14!

WHEN: Visit the website for specific dates - practices start the week of 8/20 and games start on 9/10.

PLAYERS: Boys and girls in grades 4th - 8th

COST: \$425 per player

Please come to the Placement Practice on Thursday, August 16 from 6 - 7:30 p.m. A deposit of \$250 is due to secure your spot in the league.

SMALL GROUP TRAINING: VERTIMAX - a unique training using the Vertimax Platform to offer high level conditioning for elite performance gains targeting the vertical jump, acceleration, top-end speed and sport-specific movement using band resistance and form training. This training is excellent for all athletes and also those recovering from injury. This training is only limited to eight players. Register by 9/3!

WHEN: Wednesdays: September 5, September 12, September 19, September 26. For grades 7th - 8th: 6 - 7 p.m. and grades 9th - 12th: 7 - 8 p.m.

PLAYERS: Boys and girls in grades 7th - 12th

COST: \$110 per player

SMALL GROUP TRAINING: INTERMEDIATE HIGH: ALL SKILLS - this group is being offered to assist your players with beginning to learn and master court skills including setting, passing and hitting. This training is only limited to eight players. Register by 9/7!

WHEN: Sundays: September 9, September 16, September 23 and September 30 from 6:30 - 7:30 p.m.

PLAYERS: Boys and girls in grades 4th, 5th and 6th

COST: \$80 per player

SMALL GROUP TRAINING: INTERMEDIATE HIGH: SERVING FUNDAMENTALS & SCORING - this training will teach players the correct fundamentals of the over-hand serve. For players that already have some success, they will be challenged to begin to learn different types of over-hand serves. This training is only limited to eight players. Register by 9/7!

WHEN: Sundays: September 9, September 16, September 23 and September 30 from 7:30 - 8:30 p.m.

PLAYERS: Boys and girls in grades 4th, 5th and 6th

COST: \$80 per player

SMALL GROUP TRAINING: JR. HIGH: ALL SKILLS - series is being offered to help Jr. High players improve all court skills: setting, passing and hitting. This training is only limited to eight players. Register by 9/7!

WHEN: Sundays: September 9, September 16, September 23 and September 30 from 10 - 11 a.m.

PLAYERS: Boys and girls in grades 7th and 8th

COST: \$80 per player

SMALL GROUP TRAINING: JR. HIGH: SERVING FUNDAMENTALS & SCORING - The goal of this program is to improve the fundamentals of a players' serve. If a player is not serving on their team or is not consistent, this is the training for them. Register by 9/7!

WHEN: Sundays: September 9, September 16, September 23 and September 30 from 11 a.m. - 12 p.m.

PLAYERS: Boys and girls in grades 7th and 8th

COST: \$80 per player

2018-2019 TRAVEL VOLLEYBALL TRYOUT INFORMATION

Mark your calendars - tryout dates have been released and registration is open. Visit www.glasscityathletics.com for dates and times by age group.

All trainings and practices will take place at the Paragon: 1590 Albon Road, Suite 12, Holland, OH 43528.
For additional information and to register and pay online visit www.glasscityathletics.com! There will be no refunds.
Full program details and coaching backgrounds can be found on the website, too!

For more information contact Dana Hooper:



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www.glasscityathletics.com



The Paragon, Suite 12

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