

CLUB V ACADEMY VOLLEYBALL PRESENTS

Academy Volleyball Training at the *American Preparatory Academy* in Draper

Detailed instruction in all volleyball skills with correct mechanics will be learned to prepare participants for club team participation. As soon as your child masters the skills required for each class, he/she may register for the next class level.



FOUNDATIONS

(beginning level instruction)
Boys and Girls ages 8-14 years

What is taught: Footwork movement patterns, passing, throwing, serving and attack armswing

When: Tuesdays 5:30-7:00pm

Cost: \$105

SESSION DATES

- 1) January 9 - February 15
- 2) February 20 - March 29
- 3) April 10 - May 17

FUNDAMENTALS

(successful completion of Foundations or by assessment)
Boys and Girls ages 9-14 years

What is taught: We will build on skills from Foundations class and add attack footwork and transition, defense and serve receive

When: Tuesdays and Thursdays 7:00-8:30pm

Cost: \$195 (includes 1 practice shirt)

Those master skills in this class will be eligible to participate on a club team for session 3 and compete in 2 developmental tournaments. Additional fees will apply.



Register at www.clubvvolleyball.com
Hover over Youth Academy then click on Draper

For more information contact
juliane@clubvvolleyball.com