

Summer 2018

2018 Programs

-Summer Pre Evaluations

-Complete Volleyball Training (Train, Play & Condition)

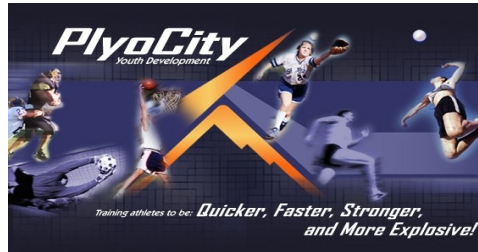
-Weekend Positional Clinics

-High School Preparation Clinic

-Saturday Elite Reps

REGISTER ONLINE TODAY!
www.plyocitystl.com

Contact Information:
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Complete Volleyball Training:

Experience the most complete summer volleyball program in the area. Two sessions per week through the summer months will provide you with both the training and the reinforcement to take your skills to the next level. Each session consists of one hour and 15 minutes of volleyball skill training and play as well as a 45 minute plyometric session from the USA's leading plyometric trainers, PlyoCity.

* Athletes have the freedom to create their own schedule. Please do not sign up on back to back nights.

Training Dates: Training takes place Monday– Thursday **starting June 4th - July 26th.**

Training Location: St. Louis Priory (500 S Mason Rd. Creve Coeur, MO 63141)

Training Times:

6:00-8:00pm (6th, 7th & 8th graders - St. Louis Priory)
7:15-9:15pm (9th-12th graders - St. Louis Priory)

COST: \$199 (8 sessions)/ \$259 (12 sessions)/ \$299 (16 sessions * Free T shirt)

Pre Summer Evaluations

A **one hour** session with a master coach who will provide a full evaluation including the athlete's strengths, weaknesses and areas of improvement.

Trainers will measure your vertical, speed, agility and evaluate your skills at hitting, passing, setting, defense and serving.

Date: Saturday, May 19

Time: 9am-4pm

Cost: \$75

*athletes pick their hour based on availability.

Weekend Positional Clinics:

Location: Elite (17363 Edison Ave. Chesterfield, MO 63005)

Cost: \$120 per clinic or \$199 for any two

Friday, June 1 (4pm-9pm) Hitting/ Setting
Saturday, June 2 (9am-2pm) Serving/Serve Receive

Friday, June 15(4pm-9pm) Defense/Serve Receive
Saturday, June 16 (9am-2pm) Hitting/Jump Serving

Friday, July 20 (4pm-9pm) Defense/Setting
Saturday, July 21(9am-2pm) Serving/ Serve Receive

Friday, July 27 (4pm-9pm) Defense/Serve Receive
Saturday, July 28 (9am-2pm) Hitting/Jump Serving

**EACH CLINIC WILL ONLY HOST 20 PARTICIPANTS – SIGN UP SOON! AGES 13-18+

High School Prep Clinic:

Four-day camp to review the high school tryout process

Date: July 23– July 26

Time: 9am-1130am

Location: Elite Performance

Cost: \$99

*Camp limited to 30 participants

MASTER COACHES:



HEATHER CUMBEE:

Heather has been running PlyoCity's summer programs for 13 seasons. Heather was a four year starter and captain from the University of Tennessee. She has been head coaching at Westminster since 2005 and made two state appearances with one state championship in 2012.



JOHN POWELL:

John has been coaching for 13 years. He has been a part of Westminster and Incarnate Word volleyball programs. He has been a part of 2 state appearances in boys volleyball, and 1 state appearance in girls. He has also taken 3 club teams to nationals.

Coaches Comments: Getting better requires consistent repetition and making sure we are training correctly. PlyoCity coaches dedicate their summer months to be in the gym and provide great training and feedback. Summer camps that only last 3-5 days in June or July do not match the consistent training PlyoCity offers. Athletes get results by training consistently!