



14th Annual Club Volleyball Tryout Preparation Camp

Sponsored by: **PlyoCity**

Official trainers of gold medalist Kerri Walsh, Misty May-Treanor, SLU Volleyball, Alabama Volleyball & UMSL Volleyball

Prepare for tryouts or just improve your game. This camp is designed for players of all experience and ability levels. Volleyball camps will run for girl's ages 8-14 October 1st through October 24th. Participants will focus on the dynamics of volleyball and improving fundamental skills.

LOCATION: Westminster Christian Academy (800 Maryville Centre Dr. Town and Country, MO 63017). Please see below for date, time and location.

October 1 & 3 Emphasis: Ball Control, serve receive and serving

October 8 & 10 Emphasis: Attacking and setting

October 15 & 17 Emphasis: Defense and combination drills

October 22 & 24 Emphasis: Serving, attacking and tryout run through

Ages 8 - 12: 6:00pm - 7:30pm

Ages 13 - 14: 7:30pm - 9:00pm

(If you are 12 years of age trying out for 13s make sure to sign up with the older age group)

** Middle school athletes and below only. Athletes currently playing volleyball on any high school team belonging to MSHSAA may not participate until their final contest of the season. Check with your coach or athletic director before participating in any organized sport activity outside of your school. (Single sessions are available for purchase).

Cost: Four Sessions: (4) \$120.00

Six Sessions (6) \$159.00

Eight Sessions (8) \$199.00 (T-shirt Included)

Registration Contract

All Registration can be done online at www.plyocitystl.com

Please be sure to follow the following steps when registering online:

1. Create a login and password
2. Use your athlete's name on your account
3. Find your class
4. Pay for the classes of interest & checkout
5. Go back to the calendar and sign up for each class you plan on attending

*There will be no refunds for missed classes

Ages 8-12

Oct. 1 6:00pm-7:30pm
 Oct. 3 6:00pm-7:30pm
 Oct. 8 6:00pm-7:30pm
 Oct. 10 6:00pm-7:30pm
 Oct. 15 6:00pm-7:30pm
 Oct. 17 6:00pm-7:30pm
 Oct. 22 6:00pm-7:30pm
 Oct. 24 6:00pm-7:30pm

Ages 13-14

Oct. 1 7:30pm-9:00pm (WCA)
 Oct. 3 7:30pm-9:00pm (WCA)
 Oct. 8 7:30pm-9:00pm (WCA)
 Oct. 10 7:30pm-9:00pm (WCA)
 Oct. 15 7:30pm-9:00pm (WCA)
 Oct. 17 7:30pm-9:00pm (WCA)
 Oct. 22 7:30pm-9:00pm (WCA)
 Oct. 24 7:30pm-9:00pm (WCA)

Additional weekend Specialty Clinics will be hosted on October 13 & October 20. If you are enrolled in the tryout preparation clinic there is a 20% discount on weekend clinics. Specialty Clinics will be lead by Heather Cumbee (Westminster Christian Academy/Tennessee Alumni) and John Powell (Francis Howell/ Westminster Alumni). Class size will be limited.

PlyoCity St. Louis

Phone: (314) 518-5086 Fax: 636.386.6500