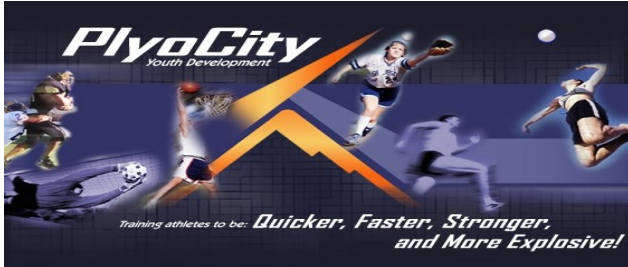


# PLYOCITY

## Elite Training Team (15s-18s)



PlyoCity is the area's leading volleyball and plyometric trainer. Many athletes have told us they would like the option to receive the consistently high level regular training and practice provided by club teams but without the travel, time and financial commitment. Many skilled volleyball players are unable to play club volleyball due to the time and cost required by other sports, scholastics or other activities. Now PlyoCity is meeting this need for high school players all over the St. Louis and Illinois area!!!

Club volleyball is a large commitment; not just financially, but also of high school athlete's time. PlyoCity has designed a unique program for the 2018-2019 season that allows players to receive elite coaching and training throughout the year, but without the time and financial commitment of weekends and travel. Training will include the same practice and training offered to club players, and will include the opportunity to scrimmage other club teams in the area.

**AGES:** 15-18 (Freshman- Senior)

**TRYOUTS/REGISTRATION:** Saturday, December 1st.

**TIME:** 9:00am - 12:00pm

**LOCATION:** Elite Performance

The PlyoCity Training Program will train December through April, and also will include the value of 8 training sessions through June and July in preparation for the High School Season.

### EXPERIENCED COACHES:

#### ROMAN BALABAN:



Roman is going into his 9th season of coaching. Roman Balaban has coached for Parkway Central and is the current Varsity coach for Parkway North. Roman has coach club volleyball for Team Momentum for 4 years. Roman is a former volleyball player from Eureka and Parkway Central.

#### JOHN POWELL:



JP is going into his 14th season of coaching. He has been a part of Westminster, Incarnate Word and currently Francis Howell volleyball programs. He has been a part of 2 state appearances in boys volleyball, and 1 state appearance in girls. JP has coached club volleyball for 14 seasons as well for Team Momentum, Rockwood Thunder and the former Elite. JP is a former player from Westminster Christian Academy.

Cost of Training: \$1200

The cost of this program includes practice (December– April), 8 summer training session (June–July), Plyometric training all season long along with testing, equipment cost, practice shirts (2), practice shorts and warm up, coaches fees, organized scrimmages.

#### Program Details:

Practice/ Training & Scrimmages twice per week. Practices will be at Elite Performance (17363 Edison Ave. Chesterfield, MO 63005).

Practice Days/Time: Tuesdays & Thursdays 7:45pm–9:45pm. Each week the team will get plyometric training throughout the entire season. Testing will be done at the beginning and end of the season. Players will have access to the facility and equipment for additional power and strength training.

This program is ideal for players with a heavy academic load, multi sport athletes, players that have weekends commitments and players who did not make the club team of their choice.