

## Summer 2019

### 2019 Programs

#### -Summer Pre Evaluations

#### -Complete Volleyball Training (Train, Play & Condition) Classes:

- 6th –8th graders
- 9th –12th graders
- College Prep Class—NEW!!!
- 3rd-5th graders—NEW!!

#### -Weekend Positional Clinics

#### -High School Preparation Clinic

#### -Saturday Elite Reps

**REGISTER ONLINE TODAY!**

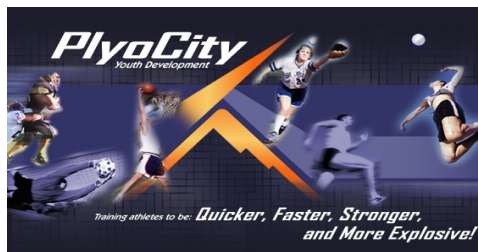
[www.plyocitystl.com](http://www.plyocitystl.com)

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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 3rd - July 25th.**

**College Players / 3rd– 5th graders training only on Tuesdays and Thursdays. June 4th— July 25th.**

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

**Training Location:** (College Players/ 3rd-5th graders): Elite Performance (17363 Edison Ave. Chesterfield, MO 63005)

### Training Times:

**6:00-8:00pm** (6th, 7th & 8th graders - St. Louis Priory) / (3rd –5th graders—Elite Performance)  
**7:15-9:15pm** (9th-12th graders - St. Louis Priory) / College Players (Elite Performance)

**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 18

Time: 9am-4pm

Cost: \$75

\*athletes pick their hour based on availability.

### Weekend Positional Clinics:

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

Cost: \$80 per clinic / 4 for \$250

Friday, May 31 (6pm-9pm) HITTING  
Saturday, June 1 (9am-12pm) JUMP SERVING/  
SERVE RECEIVE

Friday, June 14 (6pm-9pm) DEFENSE  
Saturday, June 15 (9am-12pm) HITTING/  
BLOCKING

Friday, July 19 (6pm-9pm) SETTING  
Saturday, July 20 (9am-12pm) DEFENSE/  
SERVE RECEIVE

Friday, July 26 (6pm-9pm) JUMP SERVING  
Saturday, July 27 (9am-12pm) HITTING

\*\*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 29– August 1

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. Missouri State coach of the year in 2012.



**JOHN POWELL:** John has been coaching for 13 years. He has been a part of Westminster, Francis Howell 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 qualified for nationals on multiple occasions.



**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 5 years. Roman is a former volleyball player from Eureka and Parkway Central.

*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!*