



# 16th 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 training is designed for players of all experience and ability levels. Volleyball camps will run for girl's ages 8-14 August 31<sup>st</sup> through October 1st. Participants will focus on the dynamics of volleyball and improving fundamental skills.

**LOCATION:** Elite Performance (17363 Edison Ave Chesterfield, MO 63005). Please see below for date, time and location.

Ages 8 - 12: MONDAYS (AUG 31, SEP. 4, 11, 14, 18, 21, 25 & 28)- 6<sup>th</sup> graders or under fall 2020; 6:00pm- 7:30pm

Ages 13 & under: TUESDAY & THURSDAYS (SEP. 8, 10, 15, 17, 22, 24, 29, Oct. 1) - 7<sup>th</sup> grader fall 2020; 6:00pm - 7:30pm

Age 14 & under: TUESDAYS & THURSDAYS (SEP. 8, 10, 15, 17, 22, 24, 29, Oct. 1) - 8<sup>th</sup> grader fall 2020; 7:30pm - 9:00pm

**\*\* 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) \$140.00

Six Sessions (6) \$180.00

Eight Sessions (8) \$199.00

Registration Contract

All Registration can be done online at [www.plyocitystl.com](http://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

Aug. 31 6:00pm-7:30pm (SERVING/RECEIVE)  
 Sept 4 6:00pm-7:30pm (DRILLS & GAMES)  
 Sept 11 6:00pm-7:30pm (HITTING)  
 Sept 14 6:00pm-7:30pm (DRILLS & GAMES)  
 Sept 18 6:00pm - 7:30pm (DEFENSE/RECEIVE)  
 Sept 21 6:00pm - 7:30pm (DRILLS & GAMES)  
 Sept. 25 6:00pm-7:30pm (ALL SKILLS/SETTING)  
 Sept. 28 6:00pm-7:30pm (DRILLS & GAMES)

#### Ages 13 & 14

Sept. 8 (SERVING/RECEIVE)  
 Sept. 10 (DRILLS & GAMES)  
 Sept. 15 (HITTING)  
 Sept. 17 (DRILLS & GAMES)  
 Sept. 22 (DEFENSE/RECEIVE)  
 Sept. 24 (DRILLS & GAMES)  
 Sept. 29 (ALL SKILLS/ SETTING)  
 Oct. 1 (DRILLS & GAMES)

PlyoCity has designed these classes based off our success from our limited capacity through the 2020 summer programs which ran from June 1<sup>st</sup> through July 23<sup>rd</sup>. PlyoCity has put in extra time and cost to ensure our coaches and participants are in a safe environment. MASK'S are REQUIRED to enter the facility. PlyoCity will take temperatures of all participants and requires participants to wash their hands at the beginning and conclusion of camp. During drink breaks we also use hand sanitizer with all participants. PLEASE DO NOT attend with any symptoms of any kind.

These classes are smaller in size and there will be up to three coaches for the 20 participants we allow to sign up. There will not be a wait list and these classes will fill so sign up early to ensure your spot. All participants will enter in the front and be picked up in the back. Parents are asked to drop off and pick up to reduce numbers in the facility. Thank you for your understanding.

*PlyoCity St. Louis*

*Phone: (314) 518-5086 Fax: 636.386.6500*