



**“Rocket City Volleyball Development Academy”
“Developing your game to the NEXT LEVEL!”**

“Age group 9, 10, 11, 12, and 13”

Staying in the PROCESS counts!!!

- 1 hour and 15 minutes of skill development
(Passing, Setting, Defense, Hitting & team concepts)
 - 15 Minutes – Sports Enhancement
(Plyometrics, Jump Training, Band Training)

Great time for those that are not playing club or on a school team to get in some much need skill training. Along with sports enhancement training.

Session A: February 9, 16, and March 1, 8, 15

3pm – 4:30pm

Session B: March 29, April 5, 11, 19, 26

3pm – 4:30pm

online registration available January 25th. (www.rcvc.net)

~\$140 each session Non-refundable

15 spots available **Only**

NO WALK UP REGISTRATION ACCEPTED

First come, first served!

THE PROCESS IS REAL!!!