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| College Summer Training    when: Training begins: June 4 – July 25  Tuesdays & Thursdays: 7:15pm-9:15pm  Where: Elite Performance 17363 Edison Ave. Chesterfield, MO 63017  Train once per week, twice per week and at your convenience. Plyometrics begins at 715pm-800pm; 800pm-915pm play and compete. Elite Performance can be used for additional weight training upon request and with proper supervision.  www.plyocitystl.com | Current College Players & Seniors Playing Fall 2019  Registration Details:  Register Online  (Pay for classes in advance & save your spot)  www.plyocitystl.com  At the Door  Pay $20 at the door – space limited so register online to ensure your spot.  \*\*Players are able to cancel their classes 24 hours in advance and move their classes around based on their availability.  CONTACT:  Heather Cumbee  (314) 518-5086  heatherkea@yahoo.com |