



PlyoCity Hosts

SUMMER 2026

Volleyball Training

This summer, Plyo City and Team Momentum are teaming up to deliver an action-packed Summer Clinic Schedule designed to challenge, inspire, and elevate athletes of all ages and skill levels. Led by our incredible Master Coaches, each clinic is powered by years of experience, elite knowledge, and proven results. Whether athletes are looking to build strength, sharpen skills, or gain confidence heading into their next season, our summer clinics provide a high-energy, supportive environment where serious development meets serious fun.

Pre-Summer Evals

May 9, 2026

9 AM-4 PM

@ Elite Performance Academy:

17363 Edison Ave.

Chesterfield, MO

St. Louis, MO
(314) 518-5086

heatherkea@yahoo.com
momentumvolleyball.com

SUMMER TRAINING

Schedule

monday-thursday

GIRLS

LOCATION - St. Louis Priory
500 South Mason RD. Creve Coeur, MO
Dates - Starting May 26th - June 18th / July 6th - July 30th

5th - 8th graders - 6:00 pm - 8:00 pm
9th - College - 7:15pm - 9:15pm

BOYS

LOCATION - JBLOOM
5230 Highway 94 St. Peters, MO
Dates - Starting June 9th - June 25th / July 14th - July 30th

8th - 10th graders - 6:00-8:00pm
11th - College - 7:15 - 9:15pm

HOW TO SIGN UP

SCAN THE QR CODE
TO REGISTER:



Summer training is offered in multiple package options, with costs of \$120 for 4 sessions, \$159 for 6 sessions, \$199 for 8 sessions, \$259 for 12 sessions, or \$299 for 16 sessions, which includes a free T-shirt.

Weekend clinics are available for \$80 per clinic or \$250 for a package of four.

The Summer evaluation is \$90 with one-on-one evaluation with a coach.

If you have any questions or need additional information, don't hesitate to get in touch with Heather Cumbee.

WEEKEND CLINICS

Calendar

@Elite Performance Academy
17363 Edison Ave. Chesterfield, MO

MAY 16

High School:
9-12: **Hitting**
1-4: **Serve/Serve Receive**

MAY 30

Middle School:
9-12: **Hitting**
1-4: **Serve/Serve Receive**

JUNE 12

Middle School:
9-12: **Defense/Setting**
1-4: **Jump Serve/Hitting**

JUNE 13

High School:
9-12: **Defense/Setting**
1-4: **Jump Serve/Hitting**

JULY 10

Middle School:
9-12: **Blocking/Hitting**
1-4: **Jump Serve/Receive & Setting**

JULY 11

High School:
9-12: **Blocking/Hitting**
1-4: **Jump Serve/Receive & Setting**

JULY 17

Middle School:
9-12: **Hitting**
1-4: **Defense**

JULY 18

High School:
9-12: **Hitting**
1-4: **Defense**