

PLYOCITY / TEAM MOMENTUM

Summer 2024

2024 Programs

-Summer Pre Evaluations

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

- 7th & 8th graders
- 9th -12th graders
- College Prep Class
- 4th-6th graders

-Weekend Positional Clinics

- GIRLS HIGH SCHOOL OPEN GYMS: 7/9, 7/11, 7/15, 7/17, 7/22, 7/24- Save the date!!

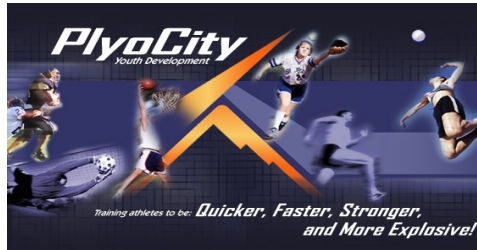
- BOYS OPEN GYMS: 8/12, 8/14, 8/19, 8/21, 8/26, 8/28, 9/4 - Save the date!!

MASTER COACHES:



[**REGISTER ONLINE TODAY!**](#)

Contact Information:
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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. There are NO REFUNDS for missed classes and no credits carry into other programs.

Training Dates: Training takes place Monday- Thursday **starting May 28th - Aug. 1st**
*There will be a 2 week break starting June 24th- Class will resume on July 8th.

College Prep (11th & up) and 4th- 6th graders training only on Tuesdays and Thursdays. May 28th - Aug. 1st *There will be a 2 week break starting June 24th. Class will resume on July 8th.

BOYS - Training will be at JBLOOM on Mondays & Wednesdays. 8th graders (fall 2024) - 10th graders (fall 2024) train 6:00pm - 8:00pm. 11th through College (fall 2024) train 7:15pm - 9:15pm.

The boys program will train for 6 weeks, three weeks in June, three weeks in July and then resume training in August prior to club tryouts. JUNE 10 - JUNE 26 / JULY 15 - JULY 31. Total of 12 classes available to attend. Boys who attend all 12 classes will get a program tshirt.

Training Times: GIRLS
6:00-8:00pm (6th-8th graders) *ELITE (M-TH) / JBLOOM (T/TH)
7:15-9:15pm (9th-12th graders) *JBLOOM T/Th / ELITE MW
7:15-9:15pm (College Prep 11th & up)*elite only (T/TH)
9:00am-11:00am (4th-6th graders)*elite only (T/TH)

COST: \$120 (4 sessions) / \$159 (6 sessions) / \$199 (8 sessions) / \$259 (12 sessions) / \$299 (16 sessions) * Free T shirt)

Training Locations: Elite Performance (17363 Edison Ave. Chesterfield, MO 63005). Class size each night will be limited to 24 participants.
JBLOOM (5230 Highway 94 St. Peter's, MO 63304)

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 11

Time: 9am-3pm

Cost: \$80 *athletes pick their hour based on availability.

Weekend Positional Clinics:

Location: Elite - GIRLS
*EACH CLINIC WILL ONLY HOST 20 PARTICIPANTS - SIGN UP SOON!
Cost: \$80 per clinic / 4 for \$250

FRIDAY, MAY 17 - MIDDLE SCHOOL (6th-8th graders) * 6:00pm-9:00pm (HITTING)
SATURDAY, MAY 18 - HIGH SCHOOL (9th -12th graders)
9:00am -12:00pm (HITTING)
1:00pm - 4:00pm (SERVE RECEIVE/ SERVING)
4:00pm - 7:00pm (SERVE RECEIVE/SERVING)
*MIDDLE SCHOOL - Only this weekend

FRIDAY, JUNE 7 - MIDDLE SCHOOL
SATURDAY, JUNE 8 - HIGH SCHOOL
9:00am -12:00pm (DEFENSE/ SETTING)
1:00pm - 4:00pm (JUMP SERVING/ HITTING)

FRIDAY, JULY 12 - MIDDLE SCHOOL
SATURDAY, JULY 13 - HIGH SCHOOL
9:00am -12:00pm (BLOCKING/HITTING)
1:00pm - 4:00pm (JUMP SERVING/SERVE RECEIVE/ SETTING)

FRIDAY, JULY 19- MIDDLE SCHOOL
SATURDAY, JULY 20- HIGH SCHOOL
9:00am -12:00pm (DEFENSE)
1:00pm - 4:00pm (HITTING)