

ETA Sports & Exposure Program
MENTALITY DEVELOPMENT EXPOSURE



TECHNICALLY
● VOLLEYBALL ●

TRAINING
TEAM 2025

GET RECRUIT READY !!

SUPPORTED BY: **ETA** **SPORTS+**
EXPOSURE

NOV. - APR. 2025

SIGN-UP NOW!!



TECHNICALLY

● VOLLEYBALL ●

ETA

**SPORTS+
EXPOSURE**

HUB FOR ELITE TRAINING IN DAVIDSON COUNTY

WHAT DOES IT MEAN?

**INTRODUCING AFFORDABLE
ELITE SPORTS PROGRAMMING
TO ATHLETES THROUGH PROS
& OLYMPIC REPS TOWARDS
SCHOLARSHIP OPPORTUNITIES**





**GET COMPETITION
& RECRUIT READY!**

FREE TRYOUT

NOV 2
8a - 12pm

SUPPORTED BY:

ETA
SPORTS+
EXPOSURE

**BOUTIQUE CLUB EXPERIENCE
W/ OLYMPIC TRAINING VIBES**

**14U & 16U TRAINING TEAMS
(15 SPOTS EACH)**



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TRAINING TEAM 2025



GET TRAVEL BALL READY !!



4-MONTH PROGRAM: 2X WEEKNIGHTS + SATURDAYS

JANUARY 6 - FEBRUARY 1

FEBRUARY 3 - MARCH 1

MARCH 3- MARCH 29

APRIL 5- APRIL 26

COMPETITION & TOURNAMENTS: TENTATIVE

LOCAL TOURNAMENTS + SCRIMMAGES

ATLANTA: A5 + GA5

NASHVILLE: ALLIANCE + TPV

TEAM SCHEDULE



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TRAINING
TEAM 2025



GET TRAVEL BALL READY !!



COMPETITION SCHEDULE: TENTATIVE

4 TRAINING + SCRIMMAGES WEEKENDS

ATLANTA: A5 + GA5

NASHVILLE: ALLIANCE + TPV

4 LOCAL TOURNAMENTS

JANUARY 11.... "JAN JAM"

FEBRUARY 15-16.... "BATTLE ON MUSIC ROW"

MARCH 1-2.... "ST. PADDY'S DAY"

APRIL 12-13.... "NASHVILLE OPEN"

TEAM SCHEDULE



WHAT GEAR?

LOOK GOOD. PLAY GOOD.

TECHNICALLY

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APPAREL INCLUDES:

- 1 BLACK LONG SLEEVE
- 1 COLOR LONG SLEEVE
- 1 BLACK SPANDEX
- 1 BLACK JOGGER
- 1 BLACK SWEATSHIRT



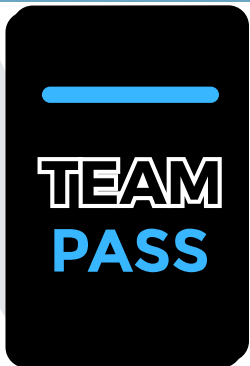


TECHNICALLY

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WHICH ONE?

Pick the training experience you prefer. Training Only is always an option IF your on a club team.



**TEAM
PASS**

\$2,000/
competition ready

**2X WEEK PRACTICE + SATURDAYS
TRAINING GEAR
TOURNAMENT SCHEDULE**



**PLAY
PASS**

\$750/
training only

**4 MONTH TRAINING PASS
1 TRAINING SHIRT**



**TRAIN
PASS**

\$250/
monthly

4 WEEK TRAINING PASS



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TEAM

PASS 2025



2 TEAMS
14U & 16U

SKILL/POSITION DEVELOPMENT
HIGH TECHNICAL REPS
BALL CONDITIONING

15 SPOTS ONLY

MIDDLE & HIGH

NOV - APR

- 6 MONTH TRAINING PROGRAM
- TRAINING GEAR
- SPEED TRAINING
- SKILL & POSITION SPECIFIC
- BALL CONDITIONING
- MINDFULNESS AFTER EA. SESSION
- TOURNAMENT SCHEDULE

\$2000/ATHLETE

- PRACTICE 2X PER WEEK & SATURDAYS
- GET GAME REPS
- GET TRAVEL BALL READY
- MIND SET TRAINING
- STRENGTH & CONDITIONING



TECHNICALLY

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PLAY

PASS 2025



**2 GROUPS
14U & 16U**

**SKILL/POSITION DEVELOPMENT
HIGH TECHNICAL REPS
BALL CONDITIONING**

25 SPOTS ONLY

MIDDLE & HIGH

JAN - APR

- PRE-SEASON CLINICS
- 4 MONTH TRAINING PROGRAM
- SKILL DEVELOPMENT
- SPEED TRAINING
- POSITION SPECIFIC
- BALL CONDITIONING
- MINDFULNESS AFTER EA. SESSION

\$750/ATHLETE

- 1 TRAINING SHIRTS
- SATURDAYS ONLY
- GET GAME REPS
- GET TRAVEL BALL READY
- MIND SET TRAINING
- STRENGTH & CONDITIONING

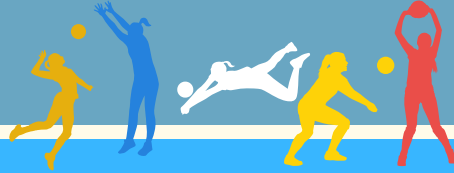


TECHNICALLY
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**TRAINING
ONLY 2025**



GET TRAVEL BALL READY !!



\$250/MONTH!!!

4 HR TRAINING CLINICS:

SATURDAYS 8AM-12PM

JANUARY 6 - FEBRUARY 1

FEBRUARY 3 - MARCH 1

MARCH 3- MARCH 29

APRIL 5- APRIL 26

= 4 TRAINING SESSIONS PER MONTH

TRAINING SCHEDULE



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IMPORTANT DATES 2024



FALL 2024 & SPRING 2025
ELITE TRAINING IN DAVIDSON CO.
LOCATION: @MLK

DATE

DESCRIPTION

NOTE

CHECK

ETASPORTSANDEXPOSURE.COM

FOR UPDATES

NOV. 2

TRAINING TEAM TRY-OUT DAY

RSVP!!

OCT.-DEC.

SATURDAY SKILLS CLINICS

\$25/ CLINIC

NOV. - APR.

TRAINING TEAM SEASON

\$2000/athlete

TRAINING ONLY IS \$250/MONTH

EMAIL: OPERATIONS@ETASPORTSANDEXPOSURE.COM TO RSVP



ANY QUESTIONS?

FAQS FOR THIS PROGRAM

TECHNICALLY

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WHAT IF I'M ALREADY ON A CLUB TEAM?

NO WORRIES! IF YOU WANT TO GO TO COLLEGE PLAYING CLUB IS NECESSARY, BUT THERE'S MORE TO IT!

THIS PROGRAM IS HIGH LEVEL TRAINING FOCUSED PREPARING THE ATHLETE TO GET COLLEGE PAID FOR.

THE GOAL HERE IS TO GET POLISHED FOR RECRUITING PURPOSES & TO DEVELOP YOUNG TALENT.

WE PROVIDE TRAINING FOR EVERYONE SATURDAYS.

WHAT IF I CAN'T AFFORD CLUB?

THAT'S WHY WE'RE HERE TO MAKE ELITE TRAINING AFFORDABLE AND LOCATED IN NASHVILLE TO SERVE MORE ATHLETES.

TEAM PASS IS THE MOST CLUB-LIKE EXPERIENCE WE HAVE. STARTING NOV. 2

WHATS MY ATHLETE'S EXPERIENCE?

**TECHNICAL TRAINING
MINDSET TRAINING
STRENGTH TRAINING
SPEED TRAINING
JUMP TRAINING
BALL CONDITIONING**



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