



# VOLLEYBALL MINDSET ACADEMY



## CALLING ALL TROJANS!

### (GRADES 5-8)

SPOTS  
LIMITED!  
**12**  
ATHLETES



FOR ATHLETES COMMITTED TO IMPROVING  
AND CONSISTENT TRAINING.

**CONSISTENCY. COMMITMENT. GROWTH.**

## ARE YOU READY TO IMPROVE YOUR GAME?

This after-school enrichment program is for student-athletes who are:

- ✓ Serious about getting better
- ✓ Coachable and willing to be challenged
- ✓ Ready to train, grow, and compete with confidence



### TRAINING & EVALUATION

All athletes will participate in an initial evaluation session to:

- Assess skill level
- Evaluate coachability and effort
- Build a focused, high-level training group

★ Athlete Evaluation – \$25

Evaluation fee credited toward monthly tuition upon enrollment.

### SKILLS DEVELOPMENT

- 🏐 Serving, passing, setting, hitting
- 🏐 Game awareness & positioning
- 👥 Teamwork & communication
- 🏆 Confidence & leadership
- 📈 Measurable growth over time

### WHAT TO BRING



Athletic attire



Sneakers



Water bottle



Knee pads (recommended)



### PROGRAM DETAILS



#### GRADES:

5th–8th (Trojans)



#### DAYS:

Tuesdays & Thursdays



#### TIME:

3:30 – 4:30 PM



#### LOCATION:

St. Timothy



YEAR ROUND PROGRAM

# \$225 /MONTH

(2 SESSIONS PER WEEK)



#### EMAIL:

volleyballmindsetacademy@gmail.com



#### REGISTER / PAYMENT

#### ZELLE:

volleyballmindsetacademy@gmail.com  
(Include athlete's name in memo)



#### INSTAGRAM:

@VolleyballMindsetAcademy

## TRAIN WITH PURPOSE. GROW IN CONFIDENCE.