



VOLLEYBALL MINDSET ACADEMY



CALLING ALL TROJANS!

(GRADES 5-8)



FOR ATHLETES COMMITTED TO IMPROVING
AND CONSISTENT TRAINING.

CONSISTENCY. COMMITMENT. GROWTH.

SPOTS
LIMITED!

12
ATHLETES

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



EMAIL:

volleyballmindsetacademy@gmail.com



REGISTER / PAYMENT

ZELLE:

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



INSTAGRAM:

@VolleyballMindsetAcademy

TRAIN WITH PURPOSE. GROW IN CONFIDENCE.