

NWJRS Elite VBC Fall Academy

Taking your game to the next level!

September & October

Fall Academy: 8 weeks/2 days per week, \$450

Fall Academy will improve volleyball movements, court awareness, speed and agility in a group training format. Improve your game and prepare for tryouts while training with some of NW Juniors Elite coaching staff. Do your off-season training right with **NW Juniors!** In addition to regular training, athletes will be able to compete in tournament-style play against other Fall Academy teams.

Fall Academy Teams offered on the Eastside (Bellevue) and the Northend (Mill Creek/Snohomish area)
For 5th - 8th Graders <ul style="list-style-type: none">• 1 practice Sunday• 1 practice on a weeknight <p>Led by our NWJRS Elite coaching staff, group Training will focus on skill development, individual skill improvement, and position tutoring. This Academy is for players of all levels looking for an introduction to club volleyball and to prepare for club season. After an initial evaluation, players are separated into teams of two levels:</p> <ul style="list-style-type: none">• Experienced 7th & all 8th graders = Level 1• 5th, 6th & less experienced 7th graders = Level 2 <p><i>Enrollment limited to 60 players in each location.</i></p> <p><i>Participants receive a NWJ Elite practice tee and a team color jersey</i></p> <p><i>NOTE: We also offer a similar program for K-4th graders called Mini-Ball. If interested, go here http://www.nwjuniors.org/miniball</i></p>

Practices will be held at one of our local practice gyms:

- Northend: Beautiful Savior Church Gym (Mill Creek/S. Everett)
- Eastside: Tillicum Middle School, Tye Community Gym, Eastside Christian School.

Registration can be completed using an online registration form at our Fall Academy webpage: <http://www.nwjuniors.org/fall-academy>



The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

Questions or comments? Contact our club director: Tony Miranda at tony@volleyballnw.com or 425-497-1051 ext. 102.
Visit our website, www.nwjuniors.org for updates and information