

# Academy Skills Training

Skill specific, small group training for 7th-12th graders

[academysportscenter.net/academy-skills-training/](http://academysportscenter.net/academy-skills-training/)



## What is it?

- \*Specialized training in small groups
- \* 3-8 people per coach
- \*Opportunity to develop technical training in specific skills
- \*Cool gadgets to optimize training
- \*Elite level coaching
- \*Courses last 6 weeks - attend one or all

## The Details:

### 6 Week Sessions

Serving Academy: Tues 9/15 5:30-7:00pm

1st Contact Academy: Tues 9/15 7:15-8:45pm

Setting Academy: Thur 9/17 5:30-7:00pm

Attack/Blocking Academy: Thur 9/17 7:15-8:00pm

Cost: \$125 for 6 weeks or Individual session for \$25

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