

WHY TVA?

- * Texas Volleyball Academy was developed by two coaches and former club directors. We also happen to be moms! We bring a unique approach to developing your young athlete. In our first 6 years we have trained over 1,600 athletes!
- * TVA bridges the gap between recreational programs and club volleyball.
- * We have outstanding coaches! All of our staff have extensive playing and/or coaching experience. Our coaches are passionate about coaching the fundamentals and recognize the privilege of coaching young athletes. Learn more about our staff on our website at:
www.texasvolleyballacademy.com
- * TVA requires a commitment of one night per week with no Saturday games. This is a family friendly schedule and allows your young athlete to continue to pursue other interests.
- * Our motto is our goal -

Instruct...

Inspire...

Enjoy!!!

June/July All Skills Clinics:

These clinics allow TVA athletes to keep their hands on the ball throughout the summer months. Each clinic will review every skill and conclude with competition drills and games.

Clinics are available to incoming 5th—8th grade athletes with previous volleyball experience.

August Clinic Series - Get Ready for Middle School Tryouts:

These clinics are specifically designed to prepare your athlete for the upcoming middle school season.

Athletes will move through various stations. Each station focuses on a specific skill or potential tryout drill. Each night concludes with helpful tryout tips and strategies.

Available to incoming 7th and 8th grade athletes ONLY!

Clinics are designed to work as a series of 6 clinics OR as stand alone clinics to be registered for individually.

**TVA is Directed by Ronda Cluff and
Erin Hellmuth**

Contact us at:

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2015-2016 School Year

**Programs available for 4th-8th
grade athletes**

**Located at Coppell Middle
School North**

(SE corner of Hwy. 121 and Denton Tap)

www.texasvolleyballacademy.com

4th Grade 8 week Developmental Program

Are you looking for a fun introduction to volleyball without compromising the fundamentals? Volleyball is a highly technical sport. Help your athlete begin playing volleyball with the correct fundamentals in a fun and fast-paced environment!

- Mondays in Fall, Tuesdays in Winter and Spring. See website for dates.
- 6:00—7:30pm
- Located at Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- “Mini-volleyball” training philosophy is our foundation. A smaller court, lower net and lighter ball (First Touch and Volley-lite) which allows our youngest athletes to develop the correct technique while training in drills, games and scrimmages.
- Competition games integrated throughout the 1.5 hour session.
- Sign up as an individual or together as a group of friends.
- FUN and fundamentals are key to learning a new sport!

COST: \$170

5th / 6th Grade 8 week Instructional League

Both beginners and intermediate players will be challenged in this league. Our unique formula of 45 minutes of instruction followed by 45 minutes of match play provides the opportunity for our athletes to immediately implement what they just learned in practice!

- Mondays in Fall, Tuesdays in Winter and Spring. See website for dates.
- 6:00—7:30pm (5th) 7:30—9:00pm (6th)
- Located at Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- Regulation court used with lighter ball (Volley-lite). Serving line and net height is adjusted for skill level.
- Experienced coaching staff. Coach remains with the same team throughout league.
- All teams learn a 4-2 offense and rotation defense.
- Sign up as an individual or together as a group of friends.

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Inspire...

Enjoy!!!

COST: \$170

6th / 7th / 8th Grade 16 week Competitive League

-ALTERNATIVE TO CLUB VOLLEYBALL-

Is your volleyball athlete experienced and enthusiastic but you are not quite ready for the expense and time commitment of club volleyball? This program is designed to provide consistent weekly instruction on volleyball skills, offensive systems (6-2 or 5-1), defensive systems and game strategy. Team instruction and specific instruction by position is provided. Each session concludes with match play. Our coaches have years of experience and many of them currently coach school and club. Our training is top notch! We will have your athlete ready for school ball!

- Tuesdays: December — April with breaks for Christmas and Spring Break.
- 7:00-9:00pm or 7:30-9:00pm depending on the week . See website for dates and times.
- **Previous volleyball experience required! Visit our website for registration requirements.**
- Located at Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- Sign up as an individual or together as a group of friends.

Cost: \$450

Register at www.texasvolleyballacademy.com