

Ready for club try-outs? Want to improve your game? Fall Academy is designed to bring your volleyball skills to the next level. Don't miss out! Session I is for 5th and 6th graders only. Session II is for 7th and 8th graders only.

Participants will learn:

- Volleyball movements
- Court awareness
- Speed and agility drills
- Passing, setting, serving, digging, and hitting skills

\$180 per player 5 week program. 10 sessions.

Includes Academy t-shirt

Open to both CYO and public school players.*

* Check with your school for any restrictions.

September 12 - October 12 2010

Sundays and Tuesdays
Session I: 6:00-7:30pm
Session II: 7:30-9:00pm

MAVS

FALL ACADEMY

Taking your game to the next level!

Print registration form and mail to: MAVS Fall Academy, 4500 W. 107th St., Overland Park, KS 66207 by September 3rd.

All sessions to take place at Fitness Plus More, 4500 W. 107th St., Overland Park, KS 66207. Just east of Roe Blvd on 107th St.

ENROLLMENT IS LIMITED

TO 32 PLAYERS PER SESSION.

MAVS
VOLLEYBALL

Questions or comments? Contact Kathy Bates at kbates@mavskc.com or 913-383-

2636 Visit our website, www.mavskc.com, for updates and information.