



What is club volleyball? Club volleyball is for any athlete who wants to maximize their potential in the sport. Top-notch coaching combined with an intense practice environment and multiple weekend tournaments will get athletes ready to compete at the highest levels. Whether you are trying to make the varsity team for the first time or preparing to play at college, you'll become your best at Ethos.

Ethos Volleyball Club

Nashville, North, Boys, Elite, East

4 different training programs

Adidas Elite Teams

- Practices 3-4 times/week
- Weekly positional training
- 10-11 tournaments
- 8 month season (Nov-June)

Travel Teams

- Practices 2-3 times/week
- Positional training available
- 6-7 tournaments
- 7 month season (Nov-May)

In-House Teams

- Practices 2 times/week
- 3 month season (Feb-April)

Youth Teams *(Ages 12 & under only)*

- Practices 2-3 times/week
- Winter & Spring seasons available (3-4 months each)
- 3 tournaments per season



WHY ETHOS?

- Highly trained coaching staff
- Weekly positional training
- Player focused club
- Proven training model
- Intense practice environment



Informational Meetings

Nashville Branch	Sept 30
<ul style="list-style-type: none"> • Trevecca Nazarene (7:30pm) • in the Tarter Student Activity Center 	
North Branch	Sept 29
<ul style="list-style-type: none"> • White House Heritage (4pm) 	
Boys Volleyball	Sept 29
<ul style="list-style-type: none"> • White House Heritage (5:30pm) 	
East Branch	TBA
<ul style="list-style-type: none"> • TBA 	

Sign up for Tryouts or learn more @
www.ethosvolleyball.com