

# SUNDAY SESSIONS

## Train & Compete

Sunday Sessions are a great way to get both position-specific training - that each athlete needs - along with some competition time designed to increase your overall court-movement & teamwork. Each 2hr training block will be split between highly technical positional training & then some competitions selected to mirror the skills we just trained.

This program is open to boys & girls ages 15-18 from any school, club or affiliation. Prior playing experience is required for this program. Players can register individually or as a group/team. Space is limited to 35 kids per session due to COVID protocols.

### COST & AGES

- \$20/session
- Ages 15-18

### TRAINING TIMES

- ✓ Sundays (2-4pm)
- ✓ White House Elementary

### DATES

- Sept 20
- Sept 27
- Oct 4
- Oct 11
- Oct 18



### BENEFITS OF SUNDAY SESSIONS

- Positional training focused on technical skill development
- Highly trained coaching staff
- Lots of repetitions per training
- Play alongside your HS teammates or be paired with similarly talented players to push your abilities
- Daily competition time designed to increase your level of play & competitiveness
- Great way to knock off the rust, get extra repetitions or to be prepared for Club Tryouts

Register at [www.ethosvolleyball.com](http://www.ethosvolleyball.com)

