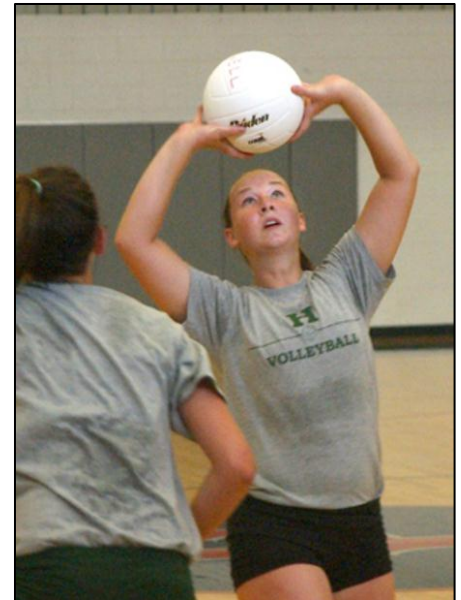


Tennessee Volleyball Association presents

# Tryout Cram Session



## Nashville Christian School

MAY 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>

The Tryout Cram Session is a 3-session volleyball clinic designed specifically for those athletes who are preparing for High School tryouts. Each session will include hundreds of repetitions across all skill areas including: passing, setting, hitting, serving, and blocking. At each session, players will have the opportunity to compete against some of the best players at their ability level.

Whether you are trying to make the team for the first time or a returning starter, the competitive drills and high intensity of each session will get you prepared to play your best volleyball in May.

### IMPORTANT INFORMATION

#### AGES

Girls entering grade 9-12

#### TIMES

Monday 6-8pm  
Tuesday 6-8pm  
Wednesday 6-8pm

#### COST

\$10 per 2hr session

#### LOCATION

Nashville Christian School  
7555 Sawyer Brown Rd  
Nashville, TN 37221

#### QUESTIONS

helton115@yahoo.com

### CLINIC HEAD COACH



#### TROY HELTON

- ✓ Director of the *Tennessee Volleyball Association*
- ✓ Director of *Ethos VBC*
- ✓ NCS Head Coach

### TO REGISTER

Visit [www.tennessee-volleyball.com](http://www.tennessee-volleyball.com) & fill out the medical release & player information forms

Bring \$10 cash/check to each Cram Session or mail payment to:

**TENNESSEE VOLLEYBALL ASSOCIATION**  
4808 Danby Drive  
Nashville, TN 37211