



Platinum Plus Program

Want something new and different that will still fuel your competitive volleyball fire? Platinum Volleyball Solutions is hosting an 8 week program beginning January 2010 for athletes that want to train at an elite level without all the expense and time commitment of club volleyball.

What: 8 week training programs; Each training session is 2 hrs/1.5 hrs once a week
Session I and III for 5th-7th grade; Session II and IV for 8th-11th grade

When:

January 5th-February 23rd

Session I: Tuesday evenings from 4:30-6:00 for 5th-7th grade athletes \$250.00

Session II: Tuesday evenings from 6:00-8:00 for 8th-11th grade athletes \$325.00

April 6th-May 25th

Session III: Tuesday evenings from 4:30-6:00 for 5th-7th grade athletes \$250.00

Session IV: Tuesday evenings from 6:00-8:00 for 8th-11th grade athletes \$325.00

Where: Collin Creek Community Church; 3701 W. Spring Crk Pkwy, Plano

Instructors: Julie Vordenbaum, Tony Vordenbaum, other PVS instructors

Athletes will train using the latest high performance techniques that are utilized by the USA national team. Nutritional, mental, and leadership training will also be incorporated. Additional opportunities for scrimmages against club teams will be provided. Each session is concluded with a player evaluation to create a road map for the athlete's future volleyball success.

Class size is limited, so please register early! For more information and to read coaches bios visit our website www.platinumvolleyball.com



Platinum Volleyball Solutions
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