

# Eastside Volleyball Club

## JHS 11-14u Program



\*Space is Limited!

### 2020-21 JHS ELITE Training\*

Our Junior High School Elite training prepares 12-14u athletes who want to play at the next level for JHS Elite Travel team assessments November 15 (more details soon). While participating in this training does not guarantee that you will make a travel team, your chances are improved based on the training you receive.

**JHS Travel Teams:** Building on previous success (i.e. 2019 14U Elite Sharks Jr National Championship at Navy Pier), we will engage our 12-14u Elite Travel Teams along the same scheduling as our HS Travel teams to prepare them to compete at similar tournaments, including a trip to the AAU National Tournament in Orlando, FL.

We are living in a very fluid environment. Following IDPA guidelines, the plan is to offer a JHS competition schedule that accommodates the scheduling needs of the players on each team. Practices during JHS school seasons will consist of 2 Sundays/month for 2 hours and will transition to 2 practices/wk through the remainder of the season.

- ◆ Sundays 1-3pm
- ◆ Sept 20-Nov 8
- ◆ Cost: \$200

**Save the Date!**

### JH Elite Travel Assessments

Eastside Center,

Sunday, Nov 15

1:30-4pm

◆ Makeup: 11/16 from 5-7pm

### Junior High Prep \*

Hoping to give yourself a better chance to make your middle school team? This program, open to all 5-8th graders, provides a mixture of skill drills and game-like drills to help prepare you for tryouts. Players will not be assigned to specific "teams".

Led by Director of Player and Coach Development, Ching Zedric, this clinic will build your basic technical skills such as Serve, Serve/Receive, Setting, Attacking, and Defense.

- ◆ Saturdays @ Peoria Riverplex 10am-12pm
- ◆ Sept 20-Nov 8
- ◆ Cost: \$125

### Little Spikers \*

For our 11-12u players with less experience, the Little Spikers Academy trains one-on-one drills to incorporate into at-home training. With the guidance of Ching Zedric, parents will accompany their players to every session and learn drills and ways to work with their player to improve her volleyball skills.

- ◆ Fridays @ Eastside 5:30-7pm
- ◆ Sept 18-Nov 6
- ◆ Cost: \$65

**Register now at [www.EastsideVB.com](http://www.EastsideVB.com)**

**For more info - Email: [info@eastsidevb.com](mailto:info@eastsidevb.com) or Text: (262)672-1276**

**DEVELOP SKILLS ◆ BUILD RELATIONSHIPS ◆ HAVE FUN ◆ COMPETE HARD**



◆ **ESVBC Strong**