



# MEMPHIS METRO *FALL LEAGUE*

August 23-September 30



## NOT JUST PRACTICE BUT BETTER PRACTICE!

We all know the saying "practice makes perfect." But have you ever stopped to think how much further your young athlete could be if given the opportunity to practice with the very best? Make every practice count! By learning the correct technique, gaining confidence and mental toughness early on ... how much better could your athlete be?

*GIVE YOUR ATHLETE THE CHANCE TO BE THE BEST! LEAVE YOUR COMPETITION IN THE DUST!*

*SIGN UP FOR OUR FALL LEAGUE TRAINING SESSIONS NOW!*

### What is Fall League?

Fall League is a skill training program designed for athletes ready to learn, perfect, and advance their basic volleyball skills.

Coach Jitka Okolicany and her Metro Staff will lead each player through the proper technique on passing, setting, hitting and serving. Perfecting and advancing each basic skill will give your athlete the tools necessary for her future success.

Drills are designed to build not only your athlete's skill and athletic fitness but also her confidence. Having confidence will lead to mental toughness and will give your athlete an advantage over her competition.

### Where

Each Training session is conducted at the **Memphis Metro Sports Facility** at:  
**2950 Brother Boulevard in Bartlett, TN.**

### When

Training sessions will be conducted **Aug. 23 - Sept.30** (no session on September 6 and 7 due to Labor Day Holiday)

Upon registration, players will be divided into groups of 12 based on their skills and experience.

**Black Team practice schedule: Monday and Wednesday 4:30 – 6:00pm**

**Red Team practice schedule: Tuesday and Thursday 4:30 – 6:00pm**

For parents' convenience, players can be dropped off at the gym at 4:00pm

### Who

Training sessions are open to all elementary school, middle school, and freshman athletes.

Coach Jitka Okolicany and her Metro Staff will assist each player in developing the four key elements necessary for success: Technique, Physical Fitness, Movement, and Mental Toughness.

### Cost

\$210.00 for the entire Fall League Season

**For more information, please contact:**

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# MEMPHIS METRO

The Premiere Junior Olympic Club in the Mid-South