

# Memphis Metro Volleyball Team Clinics



With the High School and Middle School volleyball season right around the corner, Memphis Metro is excited to get your team prepared for victory. Let your team learn from the best under the instruction of Memphis Metro All-Star National Team Coaches.

## BENEFITS OF PARTICIPATION FOR PLAYERS:

- Opportunity to develop and master individual skills
- Opportunity to create and implement team strategy
- Opportunity to enhance team chemistry
- Quality specialized coaching
- Having FUN

## BENEFITS OF PARTICIPATION FOR COACHES:

- Learning the new techniques of volleyball and coaching
- Learning new drills and how to develop and work a practice effectively
- Learning offensive and defensive strategy
- Developing and implementing effective line-up strategies

## DETAILS:

**When:** The clinics will be held over the course of a four week period. There will be two hours practices once a week. They can also be held for 4 consecutive days.

**Where:** Our brand new Memphis Metro Training Facility, 2950 Brother Blvd., Bartlett, TN 38134. If desired, the clinic can be held at the school's gym.

**Dates and Times:** The clinics are available during the months of April-July. Dates will be set at an individual team request with accordance to Metro Coaches' availability.

**Cost:** \$100/athlete (minimum of 10 athletes)

To get signed up or for more information please contact:

Katie Hybnerova at 901.515.7040 or [memphismetro.marketing@gmail.com](mailto:memphismetro.marketing@gmail.com)



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