



Premier Fall Ball Sessions

Program Details

Fall Ball is designed for any player from any school or team that wants to participate in volleyball training through the fall months. This is also open to players that are not currently participating on their Junior High or High School teams this fall. Fall Ball is open to players in grades 7-12. Players are divided by age.

Session Site and Dates

The fall ball session will last for 6 training weeks and all sessions are at Premier Academy in Maumee, Ohio. Sessions will be 2 hours in length (players are divided by age and skill). The cost includes all 6 sessions and players must pay the total amount to be registered.

Dates/Times:

Sundays: September 13, 20, 27, October 4, 11, 18

PlyoCity Option 10:00-11:00 AM Fall Ball 11:00-1:00 PM

Optional PlyoCity Training

The PlyoCity work-out program will be added to each Fall Ball session immediately before each session with Bryan Voss the strength and conditioning coach at Premier. We have found the PlyoCity program to be one of the most beneficial aids in developing our club players to make them quicker, stronger, jump higher, and help reduce injury. The PlyoCity program normally costs athletes \$180 for 10 sessions. We are offering 6 **sessions for an additional \$80.00** in conjunction with Fall Ball.

Staff

Staff for fall ball will consists of our Elite coaches on staff

Cost

The cost for fall ball is \$150.00 for the 6-week session or \$230 for Fall Ball with PlyoCity

Registration

Registration forms should include the full amount while checks should be made out to Premier Volleyball Academy and can be mailed to

**Premier Academy Fall Ball
1183 Tricia Ct.
Perrysburg, OH 43551**

PlyoCity and Fall Ball Registration \$230.00 _____
Fall Ball Registration-Without PlyoCity \$150.00 _____

Player's Name _____ Age _____

Graduation year _____ Grade _____ DOB _____ Height _____

School _____ Address _____

City _____ St _____ zip _____

Telephone _____ Email _____ @ _____