

Mettle Volleyball Academy Fall 2019 class schedule

<p>Mettle Advanced: NEW! In Season Training! Pick ONE day a week! 6th-8th grade Aug 19-Oct. 17 (\$300) Monday, Tuesday, OR Thursday, 7:00-8:30pm 9th-12th Grade Girls, Tues & Thurs. 4:00-5:30pm Oct. 22-Dec. 19 (\$560) 6th-8th Grade Girls, Mon., Tues., AND Thurs. 7-8:30pm, Oct.21-Dec. 19 (\$860) Payment plans available upon request. This is an Advanced class and participants must meet requirements in order to participate.</p>					<p><u>Class requirements:</u> Mettle Advanced must be able to serve overhand and have previous volleyball experience.</p>
<p>Lil' Diggers Intermediate: 5th-8th grade One day a week training Fall Session #1, 8 weeks, \$250, August 19-October 17 (no class Sept. 2) Fall Session #2, 8 weeks, \$250, October 21- December 19 (No class Nov. 25) Mondays 5:30-6:45pm (no class Sept. 2 or Nov. 25) OR Tuesdays 5:30-6:45pm, (no class Sept. 3 or Nov. 26) OR Thursdays 5:30-6:45pm (no class Oct. 31 or Nov. 28)</p>					<p>Lil' Diggers do not require previous experience, underhand serving is allowed. We will be teaching the overhand serve.</p>
<p>Lil' Diggers Beginner: 3rd-5th grade Fall Session #1, 8 weeks, \$120, August 19-October 14 (no class Sept. 2) Fall Session #2, 8 weeks, \$120, October 21-December 16 (No class Nov. 25) Monday 4:30-5:30pm</p>					<p>Payment plans available for Mettle Advanced 3 day a week option.</p>
<p>All sessions will cover proper technique of basic skills in passing, setting, attacking, and serving. Each session will include simulated, fast paced game play and competition. Advanced session will learn offensive system 5-1 and 6-2 necessary for high school volleyball.</p>					<p>Fall #1 Junior High Mettle Advanced: please choose ONE day to attend. Most players are in season at this time. This is supplemental training for school volleyball.</p>
Monday	Tuesday	Wednesday	Thursday	Friday	<p>Fall #2 for Junior High Mettle Advanced is a THREE day a week commitment. Please plan accordingly. Thank you!</p>
Lil' Diggers 3rd-5th grade Beginner, Co-ed 4:30-5:30	Mettle Advanced 9th-12th grade High School 4:00-5:30pm (Girls)		Mettle Advanced 9th-12th grade High School 4:00-5:30pm (Girls)		
Lil' Diggers 6th-8th grade Intermediate, Co-ed 5:30-6:45pm	Lil Diggers 6th-8th grade Intermediate, Co-ed 5:30-6:45pm		Lil Diggers 6th-8th grade Intermediate, Co-ed 5:30-6:45pm		
Mettle Advanced 6th-8th grade, Girls 7:00-8:30pm	Mettle Advanced 6th-8th grade, Girls 7:00-8:30pm		Mettle Advanced 6th-8th grade, Girls 7:00-8:30pm		