



# Middle School Tryout Prep Sessions

## Dates:

Nov 27<sup>th</sup> through Feb 5<sup>th</sup>

## What:

Serving ~ Passing ~ Setting ~ Hitting

## For Whom:

Ages 11 through 14

## Where:

Nov 27<sup>th</sup> through Feb 5<sup>th</sup>

*Mondays (@Cape Henry Collegiate)*

*Fridays (@Calvary Assembly of God)*

Time: 7:00 – 9:00PM

## Costs:

17 sessions for \$220

10 sessions for \$150

Single sessions for \$18

All participants will need an AAU youth membership (\$14)

**NOTE:** anyone who signs up for 10 or more sessions will receive an Outbreak Tee-shirt

Outbreak Volleyball is hosting two practice sessions a week to give your middle-schooler a chance to prepare for their Middle School Volleyball team tryouts. Have your player come out and hone their volleyball skills prior to tryouts. Focusing on serving, passing, setting and hitting skills

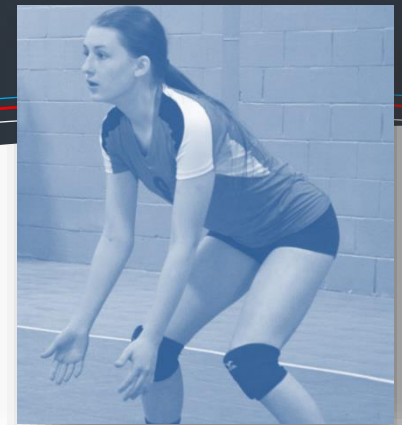
confidence

leadership

teamwork

fundamentals

tactics



passing

serving

setting

hitting

defense

blocking

## Who is Outbreak Volleyball Club?

The mission of Ocean Outbreak Volleyball is to develop student-athletes to reach their highest potential as players, teammates and leaders on and off the volleyball court.

We are dedicated to developing the total person by balancing the priorities of training, academics, community service, and rest. Training and competing at the highest level in a fun and competitive atmosphere is also a top priority. At Outbreak Volleyball, we also believe in making the sport of volleyball accessible to everyone by providing an affordable price in our team model.

**GO OUTBREAK!**

## Skills Clinic Series 2018

Hosted by:  
Outbreak Volleyball Club



These Clinics will be hosted at:

**Calvary Ass. Of God**  
4925 Providence Rd  
Va Beach, VA 23464

**Cape Henry Collegiate**  
1320 Mill Dam Rd  
Va Beach, VA 23454

Questions? Contact Karen Causey at: [Karen.causey@outlook.com](mailto:Karen.causey@outlook.com)