

TRAINING

JET PREP

Group training sessions offered for beginners and/or less experienced players. JET Prep is for beginners to learn fundamentals and skills and develop team cohesiveness.

- **AGES:** 1st-6th Grade
- **WHEN?** September 2019 - May 2020
Wednesdays | 6:00pm-8:00pm
- **Monthly cost is \$125.00 for 4 - 2 hour sessions.**

POWERBALL

Fall Powerball is in a team round robin format & provides the opportunity for athletes to play on an organized or independent team.

- **AGES:** 3rd-6th Grade
- **WHEN?** September 7, 14, 21, 28 - 2019
Saturdays | 9:00am-12:00pm
- **COST:** \$125 w\ JET COACH - \$100 w/o JET COACH

GROUP TRAINING

Advanced skill training. The goal of JET group training is to fine tune all fundamental skills and develop each individuals' overall performance. Small groups of 6-10 athletes based on age and ability.

- **AGES:** 4th-8th Grade
- **WHEN?** September 2019 - May 2020
- **Monthly cost is \$125 for 3 - 1 hour sessions and 1 - 2 hour session of GUT Training.**

JETSTRONG

STRENGTH AND CONDITIONING

Elite Certified Trainers program for JET athletes to improve vertical, quickness, core strength, movement, strength and overall volleyball fitness.

- **AGES:** 3rd-12th Grade
- **WHEN?** Monthly - Mondays | 6:00pm-7:00pm
- **COST:** \$80 for 4 training sessions

JET CLUB LEAGUE

JET JUNIORS LEAGUE:

Developmental club teams for 4th-6th grade athletes. Kids will be evaluated during the PowerBall League and JET Prep/Group Training. There will be NO tryouts, as JET believes tryouts at this age can be discouraging to a player's development. Teams will participate in one-two team practices per week, with JET Director, Jess Evers, overseeing a minimum of one practice per team, per week. The Jr's teams will compete in 4 local tournaments. Cost for a Jr's team is from \$650-\$750 & Jr. Plus \$750-1250 depending on number of practices per week. (December-March)

JET SETTERS LEAGUE:

SEMI TRAVEL: Competitive Club teams for 6th-12th grade athletes who wish to play on pre-formed/independent teams. JET offers a trained coach and/or additional players to help round out a successful team. Teams will play in 4-5 local tournaments, 1-2 out of town tournaments. These teams are more focused on developmental needs than National Championships. Estimated expense for a semi-traveling team will range from \$1350-2250 depending on selected tournaments, number of practices per week and uniforms.

FULL TRAVEL: Competitive Club teams for 6th-12th grade athletes who wish to play on pre-formed/independent teams. JET offers a trained coach and/or additional players to help round out a successful team. Teams will play in 6-9 local tournaments, 2-6 out of town (this could include 1-2 National Qualifiers). These teams are more focused on a full competitive schedule with a possibility of qualifying for Nationals. Estimated expense for a full travel team would be \$2250-3500 depending on number of practices per week. (December-April)

JET JUNIOR LEAGUE

- **AGES:** Must be 12 and younger. 4th-6th Grade.
- **WHEN?** December 2019 - March 2020
Options for One or Two Practices Weekly

JET SETTERS LEAGUE

- **AGES:** 6th-12th Grade (See age chart on back).
- **WHEN?** December 2019 - April 2020
SEMI-TRAVEL & FULL-TRAVEL Team Options

REGISTER & FIND OUT MORE @ JETVOLLEYBALL.COM

Join us for JET world:

SEPTEMBER 26, 2019 | 6:00pm-7:00pm

Join us on on Thursday and learn about the good, the bad and the ugly of the club volleyball season.

ABOUT JET...

JET Team Philosophy

Our focus is to develop consistency and continuity in teams. We want to allow kids that work well with each other to stay together as a team. We support keeping players together and allowing independent teams.

JET Prep

Thursday 6-8 pm for athletes in 1st-6th grade. Sessions are offered September-May. JET Prep is for the beginner and/or less experienced player. Monthly cost is \$125.00 for 4-2 hour sessions.

JET Group Training

4th-8th grade athletes. Monthly training includes 3 - 1 hour sessions per month. Cost is \$125 per month. This includes 3 weeks of training plus ONE 2-hour GUT training session (TBA). Offered September-May

JET PowerBall

Team round robin format provides the opportunity for athletes to play on an organized or independent team. For grades 3rd-6th. \$125 per player with JET Coach. \$100 per player with independent coach.

JET Juniors

Developmental club teams for 4th-6th grade athletes (Must be 12 or under). Kids will be evaluated during the PowerBall League and JET Prep/Group Training. There will be NO tryouts, as JET believes tryouts at this age can be discouraging to a player's development. Teams will participate in one-two team practices per week, with JET Director, Jess Evers, overseeing a minimum of one practice per team, per week. The Jr's teams will compete in 4 local tournaments. Cost for a Jr's team is from \$650-\$750 & Jr. Plus \$750-1250 depending on number of practices per week. (December-March)

JET Setters

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JET GUT (Offered with Group Training Package)

1 hour sessions offered to Group Training athletes ONLY. These sessions will have a skill specific focus. GUT settings, GUT hitting/blocking and GUT passing/defense.

PARENT INFORMATION MEETING

for the 2019-2020 Club Season
for NEW members only:

SEPTEMBER 30, 2019 | 6-7pm @ NETPLEX

JET
VOLLEYBALL
EXCELLENCE, EXECUTION, ENTHUSIASM

P.O. BOX 8283

AMARILLO, TX 79114

PHONE: 806-433-0320

Email: jess@jetvolleyball.com

www.jetvolleyball.com

***ALL TRAINING PROGRAMS ARE AVAILABLE TO ANY ATHLETE REGARDLESS OF CLUB AFFILIATION**

AGE DEFINITION CHART:

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under	17 & Under	16 & Under	15 & Under ²	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Oct	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Nov	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Dec	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Jan	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Feb	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Mar	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Apr	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
May	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
June	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
July	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Aug	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012