

## **PLEASE READ CAREFULLY BEFORE LOOKING AT THE BROCHURE!**

- The JET Summer training programs are methodically designed for purposes suitable for the development of our athletes in the program. There is a process and format that **MUST** be followed when participating in our summer program so pay close attention to the 2 separate portions of brochure and **ONLY register for programs in which you fit the criteria:**

### **GREEN PORTION (TOP-HALF OF BROCHURE W/BLACK BOXES)**

- These options are for **JET PLAYERS WHO ARE CURRENTLY ON A CLUB TEAM.**
- All current JET athletes have been assigned to their recommended programs. If your athlete has not been assigned to one of these programs, you must contact Jess to get approval to register.
- These programs are **NOT** open to athletes OUTSIDE the club UNLESS Jess has approved. **DO NOT SIGN UP FOR ANY TOP-HALF PROGRAMS UNLESS YOU HAVE FINAL APPROVAL FROM JESS.**
- Every single daily session is strategically designed for a certain number of girls so we cannot have an influx of unexpected athletes.
- The ONLY programs available in the (bottom portion) for these athletes are the Summer Camps & MITM.

### **BLACK PORTION (BOTTOM-HALF OF BROCHURE W/GREEN BOXES)**

- These options are for **athletes who are currently in the JET Prep program.**
- These options are open to all brand-new athletes to JET. This includes incoming Kids Inc or non-JET affiliated athletes.
- Current JET Prep athletes have been assigned to one or more of these programs.
- Nonaffiliated JET athletes do **NOT** need approval to register for these programs.
- It is possible our staff may move your athlete to more advanced training at some point. This depends on her personal progress.

**Below, on the flyer event boxes, you can click on any training box to open the correct corresponding online registration form:**

# JET VOLLEYBALL 2023 SUMMER TRAINING

## CURRENT JET CLUB TEAM PLAYER TRAININGS:

### JET SGTs:

Circuit training and agility format that allows athletes to focus on passing, setting, hitting, blocking and serving in a smaller group setting.

#### MON | SGT "HIGH SCHOOL"

**AGE/TIME:** 9th-12th: 1pm-2pm  
**DATES:** - June 5, 12, 19  
- July 3, 10, 17

#### TUES | SGT "GREEN" & JET JUMP

**AGE/TIME:** 3rd-4th: 9-10am  
5th-6th: 10-11am  
7th: 11-12pm  
8th: 12-1pm  
**DATES:** - June 6, 13, 20  
- July 11, 18, 25  
- August 1, 8, 15

#### WED | SGT "HIGH SCHOOL"

**TIMES/AGE:** 9th-12th: 1pm-2pm  
**DATES:** - June 7, 14, 21  
- July 5, 12, 19

### JET POSITIONAL TRAINING:

#### MONDAYS "ADVANCED SETTING"

**AGE/TIME:** 4th-6th: 9:00-10:00am  
**DATES:** - July 3, 10, 17  
- July 31, Aug 7, 14

#### WEDNESDAYS "ADVANCED SETTING"

**AGE/TIME:** 7th-8th: 12:00-1:00pm  
**DATES:** - July 5, 12, 19  
- July 26, Aug 2, 9

#### WEDNESDAYS "ADVANCED HITTING"

**AGE/TIME:** 7th-8th: 11:00-12:00pm  
**DATES:** - June 7, 14, 21  
- July 5, 12, 19  
- July 26, Aug 2, 9

#### THURSDAYS "DYNAMIC DEFENSE"

**AGE/TIME:** 3rd-6th: 9-10am  
7th-8th: 10-11am  
**DATES:** - June 8, 15, 22  
- July 6, 13, 20  
- July 27, Aug 3, 10

REGISTER ONLINE FOR ALL  
TRAININGS!

[WWW.JETVOLLEYBALL.COM](http://WWW.JETVOLLEYBALL.COM)

#### THURSDAYS "HIGH IMPACT HITTING"

**AGE/TIME:** 4th-6th: 11-12pm  
7th-8th: 12-1pm  
**DATES:** - June 8, 15, 22  
- July 6, 13, 20  
- July 27, Aug 3, 10

## CURRENT JET PREP ATHLETES & NEW, NON-JET AFFILIATED PLAYER TRAININGS:

### JET SGTs:

#### MONDAY SGT "TUFF STUFF"

**AGE/TIME:** 3rd-4th: 10-11am  
**DATES:** - June 5, 12, 19  
- July 3, 10, 17  
- July 31, Aug 7, 14

#### MONDAY SGT "BLACK"

**AGE/TIME:** 5th-6th: 11-12pm  
7th-8th: 12-1pm  
**DATES:** - June 5, 12, 19  
- July 3, 10, 17  
- July 31, Aug 7, 14

### JET SUMMER CAMPS

Available for all levels, players and positions. Fundamental training, specialized skills and drills designed to enhance TEAM play. For grades 3rd-8th.

#### June 20, 21, 22

3rd-6th: 5-7pm  
7th-8th: 7-9pm

#### July 18, 19, 20

3rd-6th: 5-7pm  
7th-8th: 7-9pm

#### August 2, 3, 4

3rd-6th: 5-7pm

All Summer Camps are open to all athletes regardless of club affiliation.

### MEET IN THE MIDDLE

**AGE/TIME:** 7th: 5-7pm  
8th: 7-9pm  
**DATES:** - AUGUST 8, 9, 10

A skill specific clinic that is designed to prepare athletes for middle school tryouts.

If you are interested in switching clubs and want to get into the training program, please contact Jess Evers at 806-433-0320.



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