

To Register for JET Volleyball Summer Trainings please visit:

www.jetvolleyball.com

Select the training button to get started!

JET's MISSION

JET strives to ensure that each individual athlete is given the opportunity to achieve their personal goals. Each training program is designed to enhance the players overall performance in fundamental skills. The focus will be on "Excellence in Execution with Enthusiasm".

JET's TRAINING PHILOSOPHY

To ensure each individual athlete is given the opportunity to achieve their personal goals. The training program is designed to enhance the fundamental skills and overall performance of every athlete. Focus will be on passing, setting, hitting, blocking and serving.

JET's 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
VOLLEYBALL
EXCELLENCE, EXECUTION, ENTHUSIASM

SUMMER 2019

CONTACT US

WWW.JETVOLLEYBALL.COM

FOLLOW US ON:
FACEBOOK & INSTAGRAM

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P.O. BOX 8283
AMARILLO, TX 79114

- JET SGTs
- SUMMER CAMPS
- JET GUT
- MEET IN THE MIDDLE
- JETSTRONG
- PRIVATE LESSONS

PRIVATE LESSONS

- For athletes 5th-12th grades.
- Lessons available for extra fine tuning!
- Sessions with our top trainers!
- Cost varies depending on individual coach.
- Private lessons scheduled through Jess.

ALL EVENTS AT NETPLEX

ONLINE REGISTRATION

www.jetvolleyball.com

JET Volleyball Summer Training Registration

 *Trainings for Club Athletes Only*

Details:

SPECIALIZED GROUP TRAININGS (SGTs)

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

- “BLEED GREEN” trainings are reserved for club experienced athletes grades 5th-12th only.
- “TUFF STUFF” trainings are for athletes new to JET or enrolled in JET PREP. Athletes are in grades 1st-4th.
- “BLACK” trainings are for beginner athletes and non-club players in grades 5th-12th.

- Monthly sessions include 3-2 hour weekly sessions
- The cost is \$125 per month
- Offered in June, July and August

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
- Cost is \$100 per camp

JET GUT CLINICS

These clinics are for JET athletes that are currently enrolled in other summer training/club programs.

- This summer, the session includes:
 - Passing/Defense
 - Setting/Serving
 - Hitting/Blocking
- Cost is \$100 per month, per session

MEET IN THE MIDDLE

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

- For grades 7th-8th
- Cost is \$100


WWW.JETVOLLEYBALL.COM

SPECIALIZED GROUP TRAININGS (SGTs)

\$125 per month

1st-4th Grade

TUESDAYS “TUFF STUFF”

9:00-11:00am

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 23, 30, AUGUST 6

5th-6th Grade

MONDAYS “BLEED GREEN”

9:00-11:00am

- JUNE 3, 10, 17
- JULY 1, 8, 15
- JULY 29, AUGUST 5, 12

TUESDAYS “BLACK”

9:00-11:00am

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 23, 30, AUGUST 6

7th-8th Grade

MONDAYS “BLEED GREEN”

11:00-1:00pm

- JUNE 3, 10, 17
- JULY 1, 8, 15
- JULY 29, AUGUST 5, 12

TUESDAYS “BLACK”

11:00-1:00pm

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 23, 30, AUGUST 6

High School

MONDAYS “BLEED GREEN”

11:00-1:00pm

- JUNE 3, 10, 17
- JULY 1, 8, 15
- JULY 29, AUGUST 5, 12

TUESDAYS “BLACK”

11:00-1:00pm

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 23, 30, AUGUST 6

JET SUMMER CAMPS

\$100 per camp

3rd-4th Grade

JET SUMMER CAMPS

6:00-8:00pm

- SESSION I - JUNE 25, 26, 27
- SESSION II - JULY 23, 24, 25
- SESSION III - JULY 30, 31, AUGUST 1

5th-6th Grade

JET SUMMER CAMPS

6:00-8:00pm

- SESSION I - JUNE 25, 26, 27
- SESSION II - JULY 23, 24, 25
- SESSION III - JULY 30, 31, AUGUST 1

7th-8th Grade

JET SUMMER CAMPS

8:00-10:00pm

- SESSION I - JUNE 25, 26, 27
- SESSION II - JULY 23, 24, 25
- SESSION III - JULY 30, 31, AUGUST 1

4th-12th Grade

JET GUT CLINICS

\$100 per month, per session

JET GUT - WEDNESDAYS

- JUNE 5, 12, 19
- JULY 3, 10, 17
- JULY 24, 31, AUGUST 7

GUT SESSIONS SCHEDULE:

- 9:00-10:00am - Passing/Defense
- 10:00-11:00am - Setting/Serving
- 11:00-12:00pm - Hitting/Blocking (JET Club Only)
- 12:00-1:00pm - Hitting/Blocking

MEET IN THE MIDDLE

\$100 per camp

7th-8th Grade

7th Grade - Meet in the Middle

6:00-8:00pm

- AUGUST 6, 7, 8

8th Grade - Meet in the Middle

8:00-10:00pm

- AUGUST 6, 7, 8

JETSTRONG

STRENGTH AND CONDITIONING

\$80 per month

3rd-12th Grade

JETSTRONG

6:00-7:00pm

- JUNE - MONDAYS
- JUNE - THURSDAYS
- JULY - MONDAYS
- JULY - THURSDAYS
- AUGUST - MONDAYS
- AUGUST - THURSDAYS

ABOUT JETSTRONG:

JET Volleyball has partnered with Gold's Gym to develop a volleyball specific training program for our athletes. This program is designed to improve vertical leaping, quickness, core strength, movement, strength, and overall volleyball fitness.

- All training sessions are held at Gold's Gym: 3000 Blackburn Street.
- Each session will include 2-3 trainers and will max out at 18 athletes.
- JETSTRONG is offered for all current JET Volleyball athletes.
- The cost is \$80 per month for four 1-hour sessions.

Registration must be completed online at www.jetvolleyball.com and all Gold's Gym Release forms must be completed and submitted a week prior to the first training data.

OPEN GYM

- JUNE 24, 25, 26, 27 9:00-1:00pm
- JULY 22, 23, 24, 25 9:00-1:00pm

Cost included in the SGT and GUT packages!