

To Register for JET Volleyball Summer Trainings please visit:

[www.jetvolleyball.com](http://www.jetvolleyball.com)

SCAN the code below with your phone to register for Supreme Trainings:



JET SUPREME is the highest tier of training intended only for current JET Athletes or for athletes recommended by JET Staff.

### 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.

### 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.

## CONTACT US

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

FOLLOW "JETVOLLEYBALL" ON:  
FACEBOOK & INSTAGRAM & TIKTOK

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LOCATION:  
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**JET**  
**VOLLEYBALL**  
EXCELLENCE, EXECUTION, ENTHUSIASM

**SUMMER 2024**  
**JET**  
**SUPREME**

- SGT GREEN
- POSITIONAL TRAINING
- SUMMER CAMPS
- MEET IN THE MIDDLE
- PRIVATE LESSONS

ONLINE REGISTRATION  
[www.jetvolleyball.com](http://www.jetvolleyball.com)

## CURRENT JET SUPREME TEAM PLAYER TRAININGS:

### SPECIALIZED GROUP TRAININGS (SGTs)

\$125 per session

5th-6th Grade

#### TUESDAYS "GREEN" (5th-6th Grades)

9:00-10:30am

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 30, AUGUST 6, 13

7th Grade

#### TUESDAYS "GREEN" (7th Grade)

10:30-12:00pm

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 30, AUGUST 6, 13

8th Grade

#### TUESDAYS "GREEN" (8th Grade)

12:00-1:30pm

- JUNE 4, 11, 18
- JULY 2, 9, 16
- JULY 30, AUGUST 6, 13

9th-12th Grade

#### MONDAY "ADVANCED HS SGT"

1:00-2:00pm

- JUNE 3, 10, 17
- JULY 1, 8, 15

9th-12th Grade

#### WEDNESDAY "ADVANCED HS SGT"

1:00-2:00pm

- JUNE 5, 12, 19
- JUNE 3, 10, 17

### POSITIONAL TRAINING

\$125 per session

#### WEDNESDAYS:

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

5th-8th Grade

#### 5th-6th Grades:

- 9:00-10:00am Advanced Setting
- 10:00-11:00am High Impact Hitting

#### 7th-8th Grades:

- 11:00-12:00pm Advanced Setting

#### 7th Grade:

- 12:00-1:00pm High Impact Hitting

#### THURSDAYS:

- JUNE 6, 13, 20
- JUNE 27, JULY 11, 18
- JULY 25, AUGUST 1, 8

5th-8th Grade

#### 5th-6th Grades:

- 9:00-10:00am Dynamic Defense

#### 7th Grade:

- 10:00-11:00am Dynamic Defense

#### 8th Grade:

- 11:00-12:00pm Dynamic Defense
- 12:00-1:00pm High Impact Hitting

### JET SUMMER CAMPS

\$125 per session

3rd-6th Grade

#### JET SUMMER CAMPS (3rd-6th Grades)

5:00-7:00pm

- JUNE 18, 19, 20
- JULY 16, 17, 18
- JULY 30, 31, AUGUST 1

7th-8th Grade

#### JET SUMMER CAMPS (7th-8th Grades)

7:00-9:00pm

- JUNE 18, 19, 20
- JULY 16, 17, 18
- JULY 30, 31, AUGUST 1

## 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.

- SGT "GREEN" trainings are reserved for club experienced athletes grades 5th-12th only.
- Monthly sessions include 3 - 1.5 hour sessions

### POSITIONAL TRAINING

Specialized positional training for 5th-8th Grades:

- Advanced Hitting
- High Impact Hitting
- Advanced Setting
- Dynamic Defense

### 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

### MEET IN THE MIDDLE

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

- For grades 7th-8th

### MEET IN THE MIDDLE

\$125 per camp

7th-8th Grade

#### 7th Grade - Meet in the Middle

5:00-7:00pm

- AUGUST 6, 7, 8

#### 8th Grade - Meet in the Middle

7:00-9:00pm

- AUGUST 6, 7, 8

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