

WHY TVA?

- * Texas Volleyball Academy was developed by two coaches and former club directors. We also happen to be moms! We bring a unique approach to developing your young athlete.
- * TVA bridges the gap between recreational programs and club volleyball.
- * We have outstanding coaches! All of our staff have extensive playing and/or coaching experience. Learn more about our staff on our website at:
www.texasvolleyballacademy.com
- * TVA requires a commitment of one night per week with no Saturday games. This is a family friendly schedule and allows your young athlete to continue to pursue other interests.
- * Our motto is our goal -

Instruct...

Inspire...

Enjoy!!!

**TVA is Directed by Ronda Cluff and
Erin Hellmuth**

Contact us directly at:

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Winter Programs

4th-8th Grade

www.texasvolleyballacademy.com

4th Grade

8 WEEK DEVELOPMENTAL PROGRAM

- Tuesday nights January 10th—March 6th
- 6:00—7:30pm
- Located at Denton Creek Elementary—adjacent to Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- “Mini-volleyball” training philosophy is our foundation. A smaller court, lower net and lighter ball (we use both First Touch and Volley-lite) allows our youngest athletes to develop the correct technique while training in drills, games and scrimmages.
- Sign up as an individual or as a group of friends to be placed together.
- FUN and fundamentals are the key to learning a new sport!

COST: \$170

Registration

Deadline:

January 3rd

5th / 6th Grade

8 WEEK INSTRUCTIONAL LEAGUE

- Tuesday nights January 10th—March 6th
- Beginner/Intermediate 6:00—7:30pm
- Advanced 7:30-9pm* *Specific criteria required. Please see registration form for details.*
- Located at Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- 45 minutes of team instruction followed by 45 minutes of match play
- Lighter ball—Volley-lites will be used
- Serving line and net height adjusted for skill level
- Sign up as a team or an individual to be placed on a team.

COST: \$170

Registration Deadline: January 3rd

7th / 8th Grade

16 WEEK COMPETITIVE LEAGUE

-ALTERNATIVE TO CLUB VOLLEYBALL-

Not ready for the expense and time commitment of club volleyball? This program is designed to provide consistent weekly instruction on volleyball skills, offensive and defensive systems and game strategy. Team instruction as well as specific instruction by position is provided. Each session concludes with match play.

- Tuesday nights Nov. 29—April 10 with breaks for Christmas, Valentine’s Day and Spring Break
- Located at Coppell Middle School North (SE corner of Hwy. 121/Denton Tap)
- Schedule for the 16 week program:
Weeks 1-3: 11/29, 12/6, 12/13 (6-8pm)
No TVA 12/20 and 12/27
Weeks 4-9: 1/3—2/7 (7:30-9:30pm)
No TVA 2/14

COST: \$450

Registration

Deadline:

**November
18th**

Weeks 10-12: 2/21, 2/28, 3/6
(7:30-9:30)

No TVA 3/13

Weeks 13-16: 3/20, 3/27, 4/3,
4/10 (6-8pm)

- Sign up as a team or an individual to be placed on a team.

Download Registration forms at www.texasvolleyballacademy.com