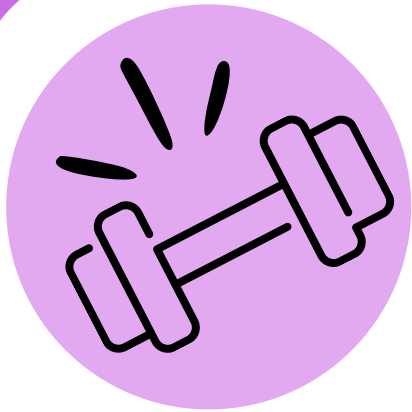




WHAT'S INCLUDED THIS SEASON

Additional development opportunities included with club membership



MONDAY DEVELOPMENT NIGHTS

In addition to regular team practices, athletes will have access to extra Monday development sessions throughout the season.

- Rotating weekly theme
- Fitness & conditioning
- Yoga & mobility
- Mindset / Mental performance

These sessions are designed to support overall athlete development on and off the court!



POSITION-SPECIFIC FRIDAYS

These focused sessions give athletes extra reps in the skills most relevant to their role on the court.

- Position based skill development
- Setter, Libero/defensive, hitter & mixed pairings
- Game understanding & confidence
- Extra touches outside regular practices

Some sessions may include setters training with liberos/defensive players



MINI TOURNAMENTS

We will continue our club wide mini tournaments throughout the season to give athletes additional game play.

- One Saturday per month
- January, February & April
- 2-3 games per day
- fun, low pressure competitive environment



INCLUDED WITH CLUB MEMBERSHIP

All of these development opportunities are included with club membership and come at no additional cost

- no extra registration fee
- more opportunities to learn, move, compete and grow
- Additional value beyond regular team practices

THANK YOU for being part of the Potential Volleyball family!