

# Kings Grades 1-6 Volleyball

## Training Teams - Spring 2017

-Girls & Boys-

Team practices, scrimmages & plyometric training once a week for 6 weeks:

Wednesdays, March 1-April 5 – 3:00-4:30 PM

at Sports Express (5280 Kings Mills Road)

Cost: \$75

Directed by Amanda Meadows ~ Kings Varsity Volleyball Coach

Coached by Kings Players

Please bring knee pads & a water bottle.

Send form and check for \$75 – Pay to: **ELEVATION**

Sports Express, ATTN: Amanda Meadows

5280 State Route 741, Mason, Ohio 45040

Email questions to: CoachAmanda24@aol.com

Name:	Grade:
Parent Names:	Cell:
Email:	Age & Birthdate:

For more information on Kings Volleyball Program, visit: [www.kingsvolleyball.com](http://www.kingsvolleyball.com)

For more information on Sports Express Volleyball, visit: [www.sportsexpressvb.com](http://www.sportsexpressvb.com)