

# XTREME VOLLEYBALL

**Xtremeacademy.com**

114 Hillcrest Avenue, Ledgewood, NJ

38 Station Road, Sparta, NJ

**(862) 219-5696**

***Expert USAV Certified Coaching using our unique integrated technical, performance and sport psychology training methodology***

## Middle School Development - Girls

Players train as a team and participate in scrimmages and a local tournament. Meets twice a week for 8 weeks beginning September 10. Cost: \$395.00

## Diggers – Boys & Girls – 5 to 10 yrs.

Introductory program focusing on the basic fundamentals in a fun environment. Meets every Sunday beginning Sept 9. Cost: \$90.00

## Next Level Training – High School Girls

Players who have the desire and drive to bring their skills and game play to the next level. Meets every Sunday for 8 weeks beginning Sept. 9. Cost: \$275.00

## Fall Volleyball – High School Girls

Trains and plays Tuesdays & Thursdays for 8 weeks, includes scrimmages, begins Sept. 11. Cost: \$465.00



**Xtremeacademy.com**

Non-Profit #81-2366076

## Winter Academy – All Levels

**Xtreme is introducing a new program beginning this December in our new location at the Sparta PAL.**

Teams will be formed based on skill level and all players will be trained in a competitive, yet fun, environment. Includes training, conditioning, in-house scrimmages and a tournament at our Ledgewood gym.

\*All players must attend an evaluation to be placed on a team on either October 12 or 26 at our Ledgewood location. Cost: \$295.00 (includes registration & evaluation).

## Club Girls Travel Volleyball

Girls, ages 10 to 18 - Season runs November to April/May. Teams participate in multiple tournaments in the PA, NJ & NY area. Special tryouts in October. Competitive and fun.

## Additional Programs:

- Adult Volleyball
- Private Lessons