



**\*NEW for 2009-2010\***

## A La Carté Training Program, Boys & Girls

If you are a player who cannot commit to a full club season due to either being a three-sport athlete, or are swamped with other conflicts, this choice of program may be perfect for you! Stay sharp with your volleyball skills through detailed practice sessions and be ready for the next school season!

Please send an e-mail to [cyclonesvolleyballclub@gmail.com](mailto:cyclonesvolleyballclub@gmail.com) if you have any questions or would like to enroll in this program.

### MIDDLE SCHOOL PROGRAM (Boys or Girls)

One Practice Session for \$25.00

Five Practice Sessions for \$100.00

### HIGH SCHOOL PROGRAM (Boys or Girls)

ONE Practice Session for \$30.00

FIVE Practice Sessions for \$125.00

Available for ALL Practice Sessions and Skill Shops, excluding FRIDAYS.

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

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