





# TRUFORM VOLLEYBALL

## JULY CLINIC SERIES



 FRIDAYS IN JULY  AGES 10-18  WAKEFIELD SCHOOL

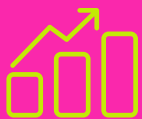
<p><b>10</b> JULY</p>	 <p><b>SERVE AND PASS</b> MASTER THE GAME'S TWO FIRST CRUCIAL CONTACTS</p>
<p><b>17</b> JULY</p>	 <p><b>BACKROW DEFENSE</b> IMPROVE PLATFORM CONTROL, DIGGING TECHNIQUE, AND COURT AWARENESS</p>
<p><b>24</b> JULY</p>	 <p><b>HITTING AND BLOCKING</b> FINE TUNING TECHNIQUES AND SKILLS TO SCORE AT THE NET</p>
<p><b>31</b> JULY</p>	 <p><b>SETTING</b> LEARN HOW TO RUN AN OFFENSE WITH CONFIDENCE</p>

### WHY TRAIN WITH TRUFORM?



LEARN FROM EXPERIENCED COACHES AND FORMER COLLEGIATE ATHLETES.

FUN, POSITIVE & CHALLENGING. GROW YOUR GAME & ENJOY THE PROCESS. 



HIGH REPETITION TRAINING AND SMALL GROUPS FOR INDIVIDUALIZED FEEDBACK.

LIMITED SPOTS AVAILABLE

SCAN ME!



6PM - 8PM

**TRUFORM MEMBERS**  
**\$15 PER CLINIC**  
**NON MEMBERS**  
**\$25 PER CLINIC**

QUESTIONS? CONTACT US!



(571) 445-0094



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**TRAINING FOR GAME TIME.**