

Winter Training Program

Experienced, Vision Centered, Strategic Training

Good Evening,

We are pleased to offer Rhythm Volleyball's **Winter Training Program** as an alternative training option (rather than participating on a volleyball club team). Rhythm Volleyball is not exclusively a club program but a community program. This is why we are an "Academy!" Our goal is to serve our community through various training and play opportunities including club teams, camps, clinics and academy training programs such as the **Winter Training Program**. This 2-part program will be offered in the winter and spring. Participants can choose to participate in just 1 of the 2 sessions or both sessions.

Experienced: Quan Scott is our Training Academy Supervisor. She will have Rhythm Volleyball Academy (RVA) coaches from various ages to support the program. **Quan Scott** is one of our area's finest coaches. The former MTSU Volleyball standout, has had multiple NCAA D1 coaching stints including MTSU, TSU, Florida International and South Dakota State. The longtime community club coach has had a positive impact on thousands of athletes in our community. Coach "Q" serves as Rhythm's Academy Supervisor and Lead Trainer running multiple large groups training including Academies, Leagues, Positional Training and all RVA Tryouts. She has been a lead Summer Camp coach for many universities including UT, MTSU, UTC and many more.

Vision: Winter Training Program (WTP) will be a high-intensity training program focusing on individual and team tactical concepts such as serve and pass strategies, managing out of system situations, reading the game to become a better blocker/defender, etc. Although these are examples of what we will be covering in the program, the curriculum will not be limited to these areas of training. WTP will overlap into the RVA Skill Acquisition goals for individuals in the club team branch of RVA. This will afford players in the academy model to enhance their skill development helping their optionality to pursue a club placement in future years.

Strategic: In order to maximize reps and instructional time, attendance will have a cap. Please register in short order to ensure your space. This cap will facilitate more contacts and more individualized attention for each participant. Academy members will be of the

ages 12 to 17. Members will have opportunities to perform all skills in individual and group scenarios as well as competitive situations performing skills in a live situation.

Friday Dates: 10 sessions (starting 12/6) + *Assessment Night*:

Times: 6:00 - 8:00 Cost: \$375

***Assessment Night*:** Friday 11/22 6:30 - 8:00 No Cost

**Assessment night is a free evening of skill review, competition and evaluation for WTP to help prepare for the upcoming 10 training sessions. Assessment night is a voluntary evening exclusively for our WTP participants. Families are welcome to attend to also become more familiar with our brand new 4 court facility (2139 Logistics Way Building C, Murfreesboro TN)*

Registration: is opened online