



2017 Illini Elite Sunday Junior High Prep Training Program

NO Tryouts. This program is open to all 6th, 7th and 8th graders.

REGISTER ONLINE at www.illinielite.com (you will be directed to ALLPLAYERS.COM to register)

1st Practice/Training Session: Sunday, September 10th from 1:00-3:00 PM

The program description/information is listed below. Call the Illini Elite office at 309-829-3671 with any questions.

Program Details:

- ⇒ No Tryout required. All 6th, 7th, 8th graders are welcome.
- ⇒ Individual skills training focus to prepare players for their Junior High School tryouts in the winter. The SJHP program is intended to complement, not replace the Fall Youth Program, as the SJHP program players will NOT be placed on teams and the SJHP program will focus on individual skill training.
- ⇒ Practice/Training sessions will be Sundays from 1:00-3:00 PM (*unless noted*) on the following dates:
 - Sunday, September 10th (1st practice/training session)
 - Sunday, September 17th
 - Sunday, September 24th
 - Sunday, October 1st
 - Sunday, October 8th
 - Sunday, October 15th
 - Sunday, October 22nd
 - Sunday, October 29th
 - *Sunday, November 5th (late start 3:30-5:30)
 - Sunday, November 19th (*final practice*)(*note: no SJHP practice Sunday, November 12th*)
- ⇒ Practices/training session will consist of extensive individual skill training practices and occasional basic volleyball team concepts. All practices will cover the basic skills including overhand passing, underhand passing, serving, attacking, digging and more. Most practice sessions each week will also include specialized position training for setters, hitters and defensive specialists.
- ⇒ Program participants will NOT be placed on teams and will NOT play in any competitions. Some practices may include some team concept drills to help prepare for their Junior High School team tryouts, but the focus will be on training the individual volleyball skills.
- ⇒ Cost: \$250.00 (includes all training sessions and coaching fees)



Illini Elite Volleyball Club

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