

2009 INDIVIDUAL AND GROUP SKILLS TRAINING

Glass City is proud to offer either individual or group training for athletes that are in the 7th grade or older. This program is designed to help players improve their game. The participants can be currently on a school team from Junior High through High School. It can also meet the needs of players who are not currently on a school team but wish to learn or improve their skills. Any skill can be improved, and we are confident that we can meet your needs for any of them: serving, hitting/attacking, passing/defense and setting

Dana Hooper is the instructor for the lessons, and she brings over thirty-five years experience in playing, coaching and officiating. There is no requirement for a certain number of lessons, and she will design a training program that best meets **your athletes'** needs.

The lessons are scheduled around school schedules and matches, and are seen as a great enhancement for your player to get the extra edge to be successful.

Sessions are scheduled by calling Dana Hooper at 419-381-1895 or emailing her at dahooper@buckeye-express.com. Personal references can be given to interested parents.

Each lesson is \$55.00, and this fee includes the cost of the gym rental. If there are a group of players that wish to train together, the cost for the session is \$70.00, and is shared by the participants. The maximum number for a group is four players.