



# FALL BALL

Ethos is excited to introduce our first season of the “Fall Ball” program for ages 6-12. This program is designed for players new to the game or those who want to stay sharp after Middle School season ends and before club season hits full swing. The 3hrs per week will be split into ½ training and ½ games. The goal is to improve each individual player’s skills while instilling a joy of competition and the valuable lessons of teamwork & hard work.

## 8 WEEK SCHEDULE

1. Sept 29 & 30
2. Oct 6 & 7
3. Oct 13 & 14
4. Oct 20 & 21
5. Oct 27 & 28
6. Nov 3 & 4
7. Nov 10 & 11
8. Nov 17 & 18



### Session 1

- Friday – 5:30-7pm
- Saturday – 8:30-10am

### Session 2

- Friday – 7-8:30pm
- Saturday – 10:30am-noon

*\*Sessions determined after week 1. Based on ability*

### COST

- \$125/player (includes t-shirt)

### AGES

- 6-12 (broken up by ability level)

### GYM ADDRESS

- 901 6<sup>th</sup> Ave S, Nashville TN 37201

## BENEFITS OF FALL BALL

- 24hrs of court time
- Weekly games/competition time
- No travel, uniforms, hotels or additional costs
- Highly trained coaching staff
- Fun way to learn the game
- Learn all 4 major skills of the game (pass, serve, set, hit)

Register at [www.ethosvolleyball.com](http://www.ethosvolleyball.com)

