



# FALL BALL - EAST

Ethos is excited to bring back the very successful & popular "Fall Ball" program for ages 5-12. 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 4hrs per week will be split between training and games. The goal is to improve each individual player's skills while instilling a joy of competition and the valuable lessons of teamwork, communication & hard work.



## COST/AGES

- \$125/player (includes t-shirt)
- Ages 5-12 (broken up by ability level)

## GYM = SOUTHSIDE ELEMENTARY

- 1224 Murfreesboro Rd, Lebanon TN 37087

**DAYS = Tuesdays (7-9pm) & Sundays (1-3pm)**

## 6 WEEK SCHEDULE

Wk 1 - Sept 3 & Sept 8  
Wk 2 - Sept 10 & Sept 15  
Wk 3 - Sept 17 & Sept 22  
Wk 4 - Sept 24 & Sept 29  
Wk 5 - Oct 1 & Oct 6  
Wk 6 - Oct 8 & Oct 13

## 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)

