

Southmoore SaberCats

Volleyball

Summer Pride

WHO: Open to Southmoore Volleyball Lady SaberCats 7th-12th

WHAT: Summer Training Program

WHERE: Southmoore High School

WHEN: Mon, Wed, Thurs starting June 5 - July 13 10:00AM-11:15AM
(Excluding Dead week: July 1-July 9)

WHY: To become a better athlete, teammate, competitor

- *The cost will be \$120 per athlete.*
- *Athletes will participate in structured strength, agility, and conditioning workouts.*
- *Instruction and guidance provided for basic bodyweight & agility drills directly related to the athletic performance as well as complex & dynamic strength training necessary for growth and goal achievement.*
- *For sign up or information please contact Coach Zac George:
Zachariahgeorge@mooreschools.com*
- *Pay in cash or make checks out to 'Southmoore Takedown Club.'*