

Registration Information

Name _____
Address _____
City/St/Zip _____
Phone _____
Email _____
Grade _____ School _____

Circle the two day(s) of the week you will most likely be attending:

Monday 7:00-7:30p

Tuesday 7:00-7:30p

Wednesday 7:00-7:30p

Thursday 7:00-7:30p

Four Months (\$160) _____

Five Months (\$200) _____

Where did you hear about TVA?

____ Email ____ Radio ____ Referral

____ Previous Camps ____ Other _____

Return registration form & payment to:

The Volleyball Academy or TVA
8930 S 137 Cir Ste 2
Omaha, NE 68138
TVA Phone: 402.213.4644

Release

I, the undersigned, as the parent or legal guardian of a minor child, hereby acknowledge that (child)

_____ is covered by medical insurance as follows, by Company: _____ and Policy Number: _____

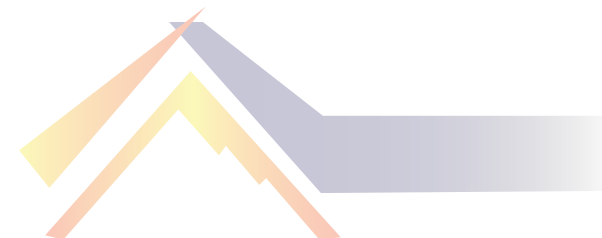
It is further understood that The Volleyball Academy does not provide medical insurance for this camp. The undersigned hereby releases The Volleyball Academy, The Volleyball Academy Camp Staff, The Courts, and its successors, assigns, officers, agents, and staff from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation by the aforementioned child in The Volleyball Academy Camps.

Parent or Legal Guardian Signature

THE VOLLEYBALL ACADEMY
8930 S 137 Circle
Omaha, Ne 68138



2010 Winter PlyoCity



www.thevolleyballacademy.com

PlyoCity Information

PlyoCity is proud to partner with The Volleyball Academy. PlyoCity is the largest and fastest growing plyometric training company in the country. Deb Grafentin has been certified to provide the same time-tested workout that is utilized by 2-time Gold medalists Karch Kiraly, Misty May and Kerri Walsh as well as 2-time Olympians Mike Lamberty and Logan Tom. Why has PlyoCity trained over 90,000 athletes in 27 different sports over the last 12 years? The answer is simple...RESULTS!

Training Session/Days

You may choose to attend training sessions from two different nights. It's one of the best 30 minute workouts you will ever experience. You can choose two nights per week depending on your schedule.

Four month session: week of November 30- week of March 22.

Five month session: week of November 30- week of April 26.

Training Days:

Monday	7-7:30p
Tuesday	7-7:30p
Wednesday	7-7:30p
Thursday	7-7:30p

Cost

Twice a week for four months(32 sessions):
\$160

Twice a week for five months(42 sessions):
\$200

Checks Payable to

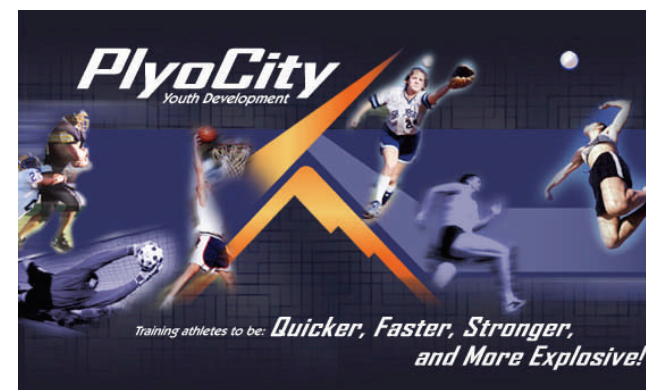
TVA or The Volleyball Academy

Return registration form and payment to:
(Office Address)

TVA
8930 S 137 Circle
Omaha, NE 68138

Questions

Please email Korie at korlebeda@gmail.com or Deb at dgraf@cox.net. For more information visit our website at www.thevolleyballacademy.com or call Deb at 402.213.4644.



**Join us for
our most
popular
session and
see results.**

Training Location

The Courts Volleyball Training Facility
8930 S 137 Circle
Omaha, NE 68138