

INVITATION TO ELITE TEAM TRAINING;

I used to conduct elite team training for the top level players from each division but have not had the time the past two springs. With my schedule opening up, Morgan and I am going to start conducting that training again and am inviting you to it.

Elite team training is very fast paced and high level and is based on taking the top players recommended by the Midnight Sun coaching staff in each division and putting them in high intensity 6 on 6 team training that is nothing but games and game situations. I use alternative scoring rules that put all the players into high pressure game situations and make it difficult to score or win a drill without paying attention to the smallest details and keeping focus on what is happening on your side of the net and the opponents. It is all about speed play, speed thinking.

I will invite 15 players from each division, bring in elite players who are playing college volleyball or about to or from the ranks of State Champions of the past to in bed with you to make your play very fast, and teach you by example and help you speed your play while you are playing. These wash scoring drills are fast, very difficult, and a lot of fun. There is no serve and serve receive, just a quick warm up and we play the wash games the rest of practice. Winners of each drill are rewarded and losers have consequences which creates an atmosphere to try to win every point and be smart for every game situation that I put you in. By waving groups through the most time anyone would sit out is 5 minutes.

Each division has three playing dates, each two hours and we will put everyone in elite uniforms sweatshirt and t shirt that must be worn at every practice. We will use the following schedule for each division and all practices will be at ATT on the scheduled dates below and you must be at all of the the practices in order to not fall behind with what I am teaching. Cost will be \$90 total for the two sessions and include an Elite training t-shirt, paying the guest coaches and players, and gym rental. schedule is—

C—Sat July 6-13-20 noon-2 JV Silver— Sat. July 6-13-20 2:30-4:30 JV Gold Sat. June 8-15-22 noon-2 Varsity — Wednesdays Apr 24 and May 1 and 8 5-7 All at ATT and we will combine a couple of hand picked JV Gold with the Varsity players.

If you get an invite, you have one week to decide and send an email to me at akjrvbal@gci.net that indicates yes or no but please make sure you reply!!!! If we do not hear from you in that time then we will go on to an alternate. If finances are a problem, just email me and we can work out a payment plan, but \$40 will be due before we put you in the training and checks are made out to Virgil Hooe. We also have raffle tickets available that can be sold to help pay for the training but not until the \$40 is paid up front so I can secure gym time. If you email yes, send in your t and sweatshirt size and pay attention to the dates above. Mail checks made out to Virgil Hooe at 9650 Birch Rd. Anchorage, 99507.

This will be fast, hard, but a lot of fun and will speed your game and game situation understanding to a new level. This is why we call it Elite training And—only 15 come out of your division so just to get this invite celebrates your level of play this season.

Virgil