

Supreme Sports



After School – Sports Clubs

“ It’s Bigger than Sports ”



- The Afterschool Experience -



Volleyball Practice Drills Improve Basic Skills

In our academy, you'll see a number of drills you can apply to your next volleyball practice.

You'll notice the use of energy checks interspersed throughout the practice session to keep momentum and engagement high.

Follow along as our coaches take these beginner players through jam-packed volleyball practice drills.

Academy Skills - Program



- Academy Curriculum -



Supreme Sports is a year round program.

The Program includes

Seven (7) months of intense skills training

Year round Educational Tutoring

Year round Volleyball Program

Some of best coaches in Powder Springs

Practice Gear & Bags

Practice Sessions – Two (2) days a week

Academy Skills - Program Calendar

September – May / Skills Training



- Program Highlights -



After School - Instruction

Energy Check Drill

When team energy dips, boost it with a quick energy check! Players place a volleyball between their knees, then clap out a rhythm on their thighs and hands, followed by a jubilant shout of **“Volleyball!”**

Academy Skills - Program Calendar

September – March / Skills Training



- Team Concepts -



After School - Instruction

Down Ball Hitting Drill

Warm up your players' hitting hands with this simple drill. Athletes position the ball in front of their hitting shoulder, then strike the ball against the floor using the entire area of their hitting hand.

Academy Skills - Program Calendar

September – March / Skills Training



- Offensive Concepts -



After School - Instruction

Toss Up Setting Drill

Train players on proper ball and body position while setting. Athletes place one foot slightly ahead of the other, then toss the ball above their heads and catch it with fingers spread.

Academy Skills - Program Calendar

September – March / Skills Training



- Offensive Concepts -



Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -



As part of the girls' volleyball program, students will take part in our mentoring & leadership classes. The goal is to prepare our student athletes how to work together , as a team on and off the court.



-Mentorship & Leadership -



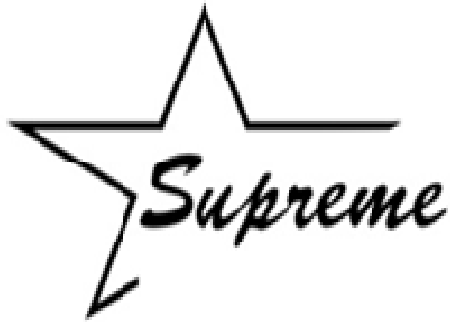
Monday – Friday

Academy Hours

TBA



- Program Hours -



Items needed for registration

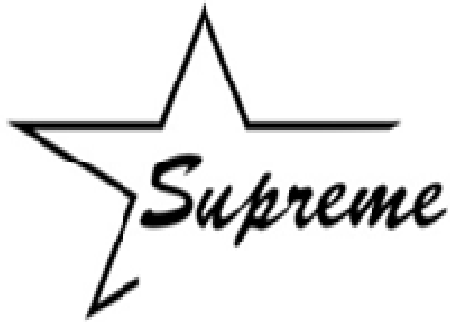
Parent's ID / Update picture of your child
Any medical restrictions, we need to know about
Practice Gear Sizes - (Shirts & Shorts)
Class schedules for tutoring

Academy Hours

Monday – Friday
TBA

Holiday & School Break Weekly Camps
are included in the weekly tuition cost.

- Registration Information -



Weekly Tuition - TBA

Academy tuition cover the cost for the entire week academy experience, which includes the sports training experience, and Team concepts

Camp deposit TBA is required at time of registration. The deposit cover the 1st week's tuition, t-shirts & shorts, travel bag, water bottle, and administration fees.

TBA weekly tuition discount for multiple family members are available at the time of registration.

No weekly refunds after academy week starts!

Payment methods accepted;

Zelle, PayPal, Money Order, Checks, or Cash

No Cash App payments will be accepted.

Holiday & School Break Camp included in tuition

- Registration Information -



***Come be apart of the best Sport
Academy Program in nation!***

A place where students get better!



- Welcome Information -