

Setters Training

Setters training will be hosted at the Athletic House EVERY Wednesday beginning at the following times:

4:15-5:15pm (8th-12th grade girls....Experienced)

5:30-6:30pm (5th-8th grade girls.....Younger teams)

The cost of the training is **\$50 per month**. All checks are to be made out to Pinellas Heat and PAID before the start of the first Wednesday of each month.

This setters training is **VERY IMPORTANT** for all setters on each team to attend. In practices, setters get the least amount of reps and tend to get ignored than any other player due to the fact that practices are focused more on the team concept rather than the individual. The training will allow the setters to get **4 hours p/month** of training in their specific skill. In each session, setters will set anywhere between **700-1000 balls**. I will be teaching the skills that are being taught to the Sports Performance setters in Chicago and all the top Division I & II setters in the nation.

Last year we offered the same training to all setters in our club. The ones that took advantage of the training and attended regularly saw **HUGE amounts of improvement in their footwork, hand positioning, better timing with hitters, etc.**

Thanks for your consideration in being a part of the Setter's Training and GO HEAT!!!!

Register by mailing the **Registration Form to 1490 N. Belcher Rd, Suite E, Clearwater 33765.**