

# HIGH LINE

## Training Academy

### When:

Tuesday : 3:30–5pm

Thursday: 3:30–5pm

### Where:

LBCC Small Gym

### Cost:

\$100 per month

(Make checks payable to  
High Line VBC)

### Starting:

On-going!

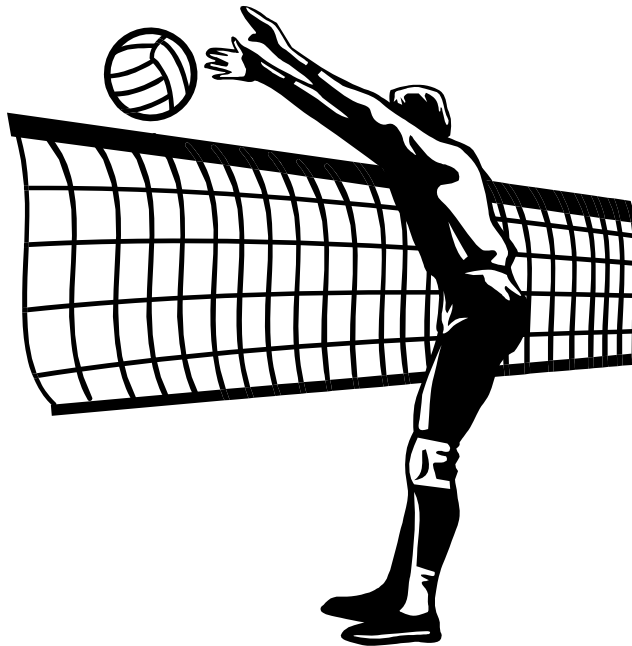
### HIGH LINE VBC

3514 Clark Ave.  
Long Beach, CA 90808

[www.highlinevbc.com](http://www.highlinevbc.com)

### CONTACT INFORMATION

Matt Silva: (562) 843-3355  
E-mail: [matt\\_silva@live.com](mailto:matt_silva@live.com)



Open to boys & girls ages 11 to 15

Come and join the High Line

Training Academy! The coaching staff of High Line VBC will be providing expert training and instruction to help athletes improve and better their game. This will benefit the athlete for both their school teams and for future club potential.

THE TRAINING ACADEMY ATHLETES WILL BE GIVEN DIRECT INSTRUCTION IN BASIC FUNDAMENTAL VOLLEYBALL SKILLS IN A GROUP SETTING TO ENCOURAGE FURTHER DEVELOPMENT

Contact Coach  
Matt Silva if you  
are interested  
in joining the  
High Line  
Training  
Academy

