

BALANCE

RENEW | REFRESH | RETOOL

Balance volleyball club was established in 2014 to offer the serious volleyball player top-level training and op-level competition along with something else – an off-season.

Most volleyball players only have a 3-4 week break and studies are showing that this kind of intensity is leading to “over-use” injuries and burnout. Both of these can eventually lead to a diminished level of motivation. Balance offers a structured off-season weight training and a 1 day per week skill development program.

Many athletes use this “break” to play other sports or just to take a break and enjoy other aspects of their life.

A full, 3 days per week, practice and playing schedule will begin in March and run through mid-June, with teams traveling to major national recruiting events in the pursuit of attending either the USA or AAU National Championships.

Our tryouts will be located at **Cary-Grove High School** and **Online registration** will be available at www.balancevolleyball.com.

TRYOUT DATES / TIMES / CARY-GROVE HS

- **10s / 12s – October 1 and 8**
Registration: 8:30-9:00 am
Tryouts: 9:00-11:30 am
- **13s / 14s – October 1 and 8**
Registration: 11:30 am-Noon
Tryouts: Noon-2:30 pm
- **15s / 16s – October 23 and 30**
Registration: 8:30-9:00 am
Tryouts: 9:00 am-Noon
- **17s / 18s – October 30**
Registration: 11:30 am-Noon
Tryouts: Noon-3:00 pm
- **17s / 18s – November 6**
Registration: 8:30-9:00 am
Tryouts: 9:00 am-Noon





FIND OUT MORE ABOUT THE CLUB

Balance VBC will be holding an information session to discuss goals, schedule and costs of this unique club experience, as well as answering any questions you may have. This is a great chance to learn more and meet the incredible coaching staff.

INFORMATION SESSION

September 18, 2016

6:00-7:00 pm

Cary-Grove High School

For more information visit
www.balancevolleyball.com

WORRIED THAT AN OFF-SEASON WILL AFFECT RECRUITING?

100% of Balance graduating seniors left
Balance in pursuit of a college career.

2015 Class

Oyinlansola Akinola
Fairfield University (Schaumburg HS)

Alex Basler
Cornell University (Libertyville HS)

Bree Coffey
Loyola University-Chicago (Cary-Grove HS)

Abby Schebel
Union University (Cary-Grove HS)

2016 Class

Frankie Cavallaro
Grand Valley State University
(Dundee-Crown HS)

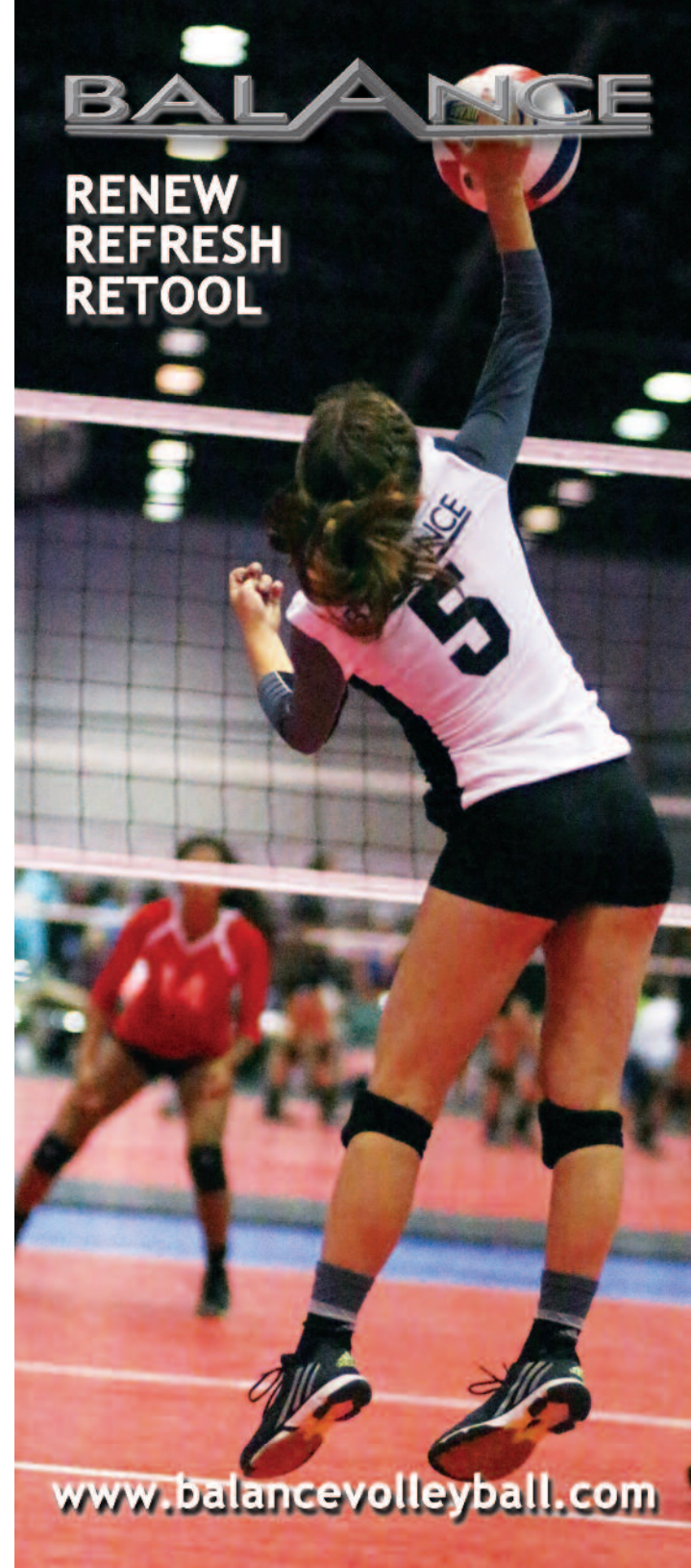
Erin Erb
Missouri Western State University
(Huntley HS)

Rachel Rosch
Illinois Wesleyan University (Cary-Grove HS)

Ally Vasquez
College of the Holy Cross (Cary-Grove HS)

Courtney Ward
Augustana College (Crystal Lake Central HS)

Allison Watson
Loyola University-Chicago (Libertyville HS)



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