

VOLLEYBALL CLINICS

EDWARD ELMHURST
HEALTH & FITNESS

SEVEN BRIDGES
6600 IL RT 53
WOODRIDGE, IL

Small Group
Training & a Focus
on Fundamentals



FALL / WINTER 2022 -2023

THREE FLEXIBLE & AFFORDABLE 6-WEEK SESSIONS

A Great Way to
Stay in Shape

I. Sept. 10 - Oct. 21

II. Nov 2 - Dec 12

III. Jan 2 - Feb 12

Increase Club Team
Practices

We will also be offering Holiday Break Camps

BEGINNERS

Sunday	1:30 - 3 pm
Monday	4:30 - 6 pm
Friday	6:30 - 8 pm

JUNIOR HIGH

Sunday	3 - 4:30 pm
Monday	6 - 7:30 pm
Wednesday	5:30 - 7 pm
Friday	6:30 - 8 pm

HIGH SCHOOL

Sunday	4 :30 - 6 pm
Monday	7:30 - 9 pm
Thursday	4:30 - 6 pm

SATURDAY SPECIALS:

Serving

4:45 - 6 pm

Setting

3:30 - 4:45

1 Session per week = \$210 - 2 Sessions per week = \$400

Unique Comprehensive Training Methodology

Individual and Team Training -
Professional Assessment
Sports Psychology -
Conditioning - Nutrition

**ALL INSTRUCTION AND
COACHING MANAGED
BY BONNIE
BREMNER-PETTIGREW**

*Four-time All-American
and a National Champion
at Penn State and 3-Year
Professional Player*

Accelerated Development

No Wasted Practice Time - Fast-paced
Atmosphere - Immersion Environment

**Coaches with Collegiate
and Pro Experience**

Experts in Conducting NLA Drills

MORE THAN 400 CAMPS AND CLINICS CONDUCTED OVER 20 YEARS

WHAT PARENTS HAVE TO SAY...



"Hannah made the Freshmen A team at her high school. Many thanks to your great coaching...made a difference for this girl. I'm sure you'll be seeing her again." Michelle, Hannah's Mother

"Absolutely loved the 1st session of clinics. 65 girls tried out for 24 spots. My daughter and all six in her carpool made their Jr. High team thanks to your clinic." Tricia, NLA Parent

"The lessons this summer were exactly what my son needed. The money was worth it and it helped build his confidence. He learned a lot and does not regret or miss baseball." Dan, NLA Parent

"Wow! You not only provide training regimens to improve a player's game skills, but also get the player to perform with optimum desire and effort... huge step up from her club." Dave, a Benet Parent

HOLIDAY THREE-DAY CAMPS

4th-8th Grade / Boys & Girls

Pumpkin Oct. 28-30

Thanksgiving Nov. 25-27

Winter Break Dec. 27-29

New Years Jan. 2-4

\$125 Per Camp

Held at Edwards Elmhurst Health & Fitness

REGISTRATION

Please submit a separate registration for each clinic

Select Session(s)



Serving

Setting

Participant's Name _____

Level



Start Date Desired _____ Day _____

School _____

Grade _____

Parent's Name _____

Parent's Email _____

Note: We communicate almost exclusively via email.

Parent's Cell _____

EMERGENCY CONTACT NUMBER

PARENT'S PERMISSION

I hereby grant permission for my son/daughter to attend Next Level Athletes™ Clinics/Camps. My child has no medical condition(s) that would interfere with his/her participation in prescribed activities. I release Next Level Athletes and the coaching staff from any liabilities from any injuries that may occur.

Parent/Guardian Signature _____

Date _____

PAYMENT

Amount Paid

Refunds/credits provided via makeup sessions only

Check Number

Make Check Payable to and Mail Payment to:

Next Level Athletes

830 Kimberly Way, Lisle, IL 60532

...or register online with Sign-Up Genius

or pay cash/check/zelle

www.nextlevelathletesinc.com

**Questions? Call Bonnie at 630-330-7785
or info@nextlevelathletesinc.com**