



Suwanee Sports Academy will host the cluster based AVL for Middle and High School girls once again this Fall. The AVL allows athletes to train and compete with players that will attend the same high school. This league will consist of skills training and match play. Registration is on an individual basis and all players will be assigned to a team on the first night of the program. Team t-shirts will be provided.

AVL Middle School League

Grades: 6th - 8th
Day: Mondays & Wednesdays
Dates: August 22 - October 3 (12 Sessions)
(Excludes September 5)
Times: 7 - 8:30pm
Cost: \$195 / player

AVL High School League

Grades: 9th - 12th
Day: Mondays & Wednesdays
Dates: August 22 - October 3 (12 Sessions)
(Excludes September 5)
Times: 7 - 8:30pm
Cost: \$195 / player

SPARQ - Performance Training Add-On Option

Day: Mondays & Wednesdays
Dates: August 22 - October 3 (12 Sessions)
(Excludes September 5)
Times: 6:30 - 7pm
Cost: \$75 / 12 sessions

For more information contact Cindy Young at 678-541-0179 • cyoung@ssasports.com

SUWANEE
SPORTS ACADEMY
EMPOWERING THE WHOLE PLAYER