



STING *Winter* 2025 - 2026 **TRAINING ACADEMY**

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- Small group positional training.
 - Train with Sting's TOP coaches.
 - All training plans developed by STA Master Coaches.
 - Keep improving with elite training during the club season!
 - Continued development of skills and systems that are being implemented during the the 2025-2026 club season.
 - For Milwaukee Sting members only. Limit on available spots.
 - No 12s 11s 10s or 18s
 - If 18s are interested please reach out ot Dave.
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| <ul style="list-style-type: none">• Mondays and Tuesdays• 4:00 - 5:00 PM• Dec 1 - 9 - 16• Jan 5 - 13 - 19• Feb 2 - 10 - 23 | <ul style="list-style-type: none">• Grades 13s 14s 15s 16s 17s• Pin Attackers• Middle Attackers• Setters• Libero / Def. Spec. |
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NINE SESSIONS = \$360.00

INDIVIDUAL SESSIONS = \$50.00 PER

MILWAUKEESTING.COM / INFO@MILWAUKEESTING.COM