Club Jollyville's 2009 Middle School Summer Clinics

All Clinics are held at Hopewell M.S. and will be run by the Club's finest coaches. Prepare to be mentally and physically challenged by coaches with decades of playing experience in USAV and NCAA! Parents are invited to stay and watch their daughter's progress. Due to the limited time, players should expect to be physically demanded. Please arrive by 5:45 on your scheduled night to ensure the clinic begins at 6:00.

Beginning Skills July 20 6-9 pm $30
This clinic is for athletes with minimal volleyball experience. Instruction is perfect for incoming sixth graders and any seventh graders that have not played club. Players will receive a balanced review of all skills, with added emphasis on serving and passing.

Intermediate Skills July 21 6-9 pm $30
Players are expected to have prior experience at the school or club level, including knowledge of positions and team rotations. All skills will be covered, but the majority of instruction will be at an eighth grade level. Players will be grouped by skill level.

Middle School Setter July 22 6-9 pm $30
These setters will practice a variety of sets. Emphasis will be placed on hand and foot placement, set location, and follow through. Setters will also run drills on dumping and transitioning.

Middle School Middle Blocker July 22 6-9 pm $30
Athletes will perform repetitions in hitting 1s and 2s and will focus on footwork. Areas covered include reading a pass, blocking, transition, and arm swing mechanics.

Middle School Outside Hitter July 23 6-9 pm $30
This clinic will instruct in both passing and attacking. Hitters will be introduced to a variety of shots and when to use. Technique and transition will be emphasized in passing and serve receive drills.

Hopewell Middle School, 1535 Gulf Way, Round Rock 78664

Send with fees to Debbie Shackelford, 4109 Mark Rae, Austin, 78727. Questions? Call 244-6790.

Name_____ Phone_____ Grade____

Email_____ School_____

- □ Beginning Skills
- □ Intermediate Skills
- □ Middle School Setter
- □ Middle School Middle Blocker
- □ Middle School Outside Hitter

Amount Enclosed $_____