

Club Jollyville's 2010 Summer Clinics

All Clinics are held at Hopewell Middle School 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. All clinics are from 6 - 9 pm and are \$40 per session. Registration Deadline is July 10.

Setter High School: July 12 Middle School: July 21
Aside from hundreds of repetitions, setters will learn to call play sets and how to read opposing blockers. Other topics include footwork, jumpsetting, dumping, transition, set tempo and proper hand placement and follow through.

Outside Hitter High School: July 13 Middle School: July 22
This clinic will focus on attacking and passing, both in fundamental and advanced skills. Hitters will be introduced to a variety of shots and when to use each. Technique and transition will be emphasized in passing and serve receive drills.

Middle Blocker All Ages (run on two courts): July 14
Players will be instructed in proper technique in blocking, transition, and attacking quick sets. Instruction includes receive repetitions in attacking 1s, 2s, 3s, slides, and step-ins and learning the mental side of being a middle blocker.

Serve and Serve Receive Boot Camp High School: July 15
In addition to learning five different styles of serving, players will focus on body movement, digging, serve receive, ball control, and pursuit. Major emphasis will be placed on proper court movement, posture, platform positioning, and defensive progressions.

Beginning Skills Middle School: July 19
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 Middle School: July 20
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.

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

Name _____ Phone _____ '10-'11 Grade _____

School _____ Email _____

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| <input type="checkbox"/> July 12: High School Setter | <input type="checkbox"/> July 19: Beginning Skills |
| <input type="checkbox"/> July 13: High School Outside Hitter | <input type="checkbox"/> July 20: Intermediate Skills |
| <input type="checkbox"/> July 14: Middle Blocker | <input type="checkbox"/> July 21: Middle School Setter |
| <input type="checkbox"/> July 15: Serve/Serve Receive Boot Camp | <input type="checkbox"/> July 22: Middle School Outside Hitter |