



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SET SPIKE GROW

## VOLLEYBALL Skills Clinic



**September 11<sup>th</sup> – October 12<sup>th</sup>**

**Monday & Wednesday 1st – 5th Grade 4:30–5:30**

**Tuesday & Thursday 5th – 8th Grade 4:30–6:00**

\*5th-8th grade session - we ask that 5th grade participants be ready for the next level of play. This session players should be able to pass to a target, serve, and have attended the 1st-5th grade sessions.

**1st – 5th Grade Monday & Wednesday      Members: \$49      Non- Members: \$64**

**5th – 8th Grade Tuesday & Thursday      Members: \$59      Non- Members: \$74**

**Registration Deadline: September 8<sup>th</sup>**

**Receive \$5 off if registered by August 25<sup>th</sup>**

### Roscoe Branch

In this clinic, players will work on skill building and proper techniques. We will cover targeting, blocking, passing, setting, and serving. Players will learn to keep a positive attitude and build their sense of teamwork. We make our drills fun and challenging. In these clinic's we work with each young athlete and are able to adjust the drills to fit to their level of play. In the 5th thru 8th grade session we will also work on agility and some strength training.

If you have any questions, please contact Carrie Human at [chuman@statelineymca.org](mailto:chuman@statelineymca.org) or 815.623.5858.

### Volleyball Skills Clinic Roscoe YMCA 2017

September

Circle one:    **Grades 1–5**                      **Grades 5–8**

Participants Name: \_\_\_\_\_

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent's DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Child's School: \_\_\_\_\_

Participants will receive a T-shirt or YMCA promotional item