



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET SPIKE GROW

VOLLEYBALL Skills Clinic

November 6th – December 14th

NO PRACTICE THE WEEK OF NOVEMBER 20TH -24TH (HOLIDAY WEEK)

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: October 27th

Receive \$5 off if registered by October 20th



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 or 815.623.5858.

Volleyball Skills Clinic Roscoe YMCA 2017

November

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

T-Shirt Size: Youth and Adult

YS

YM

YL

YXL

AS

AM

AL

AXL