



2018 SUMMER VOLLEYBALL CLINIC SERIES

JUNE 24 - AUG 2

3RD-8TH GRADE

Registration June 4-June 23

Strength and Conditioning Clinic

6-week session: **THURSDAYS 6:30-7:30 PM**

Improve your overall game by participating in workouts to improve volleyball agility and movement, strength and speed, as well as timing. Plyos and vertical jump training included.

Volleyball Skills Clinic

6-week session: **SUNDAYS 5-6:30 PM (3rd-5th) & 6:30-8 PM (6th-8th)**

This program will focus on more advanced fundamental training, game-like drills, and contests. Emphasis always on passing, setting, serving (overhand), hitting, and proper footwork.

Y Members - \$40 / 6-week session or ONLY \$65 for BOTH!

Non Members - \$60 / 6-week session or ONLY \$105 for BOTH!

Name _____

Address _____

DOB ____/____/____ Grade (2018/19) _____ Phone (____) _____

Email (required) _____

Played Last Year? YES NO Years Experience _____

Strength & Conditioning Clinic _____ Skills Clinic _____ Both _____

Every day, our members and guests are expected to accept and demonstrate the YMCA core values of CARING, HONESTY, RESPECT, and RESPONSIBILITY.

In consideration of my participation in the activities of the Young Men's Christian Association (YMCA) and Community Partners, I do hereby agree to hold free from any and all liability the YMCA and its respective officers, employees, and members, and do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereinafter accrue to me arising out of or connected with my participation in any of the activities at the YMCA or outside locations associated with a YMCA program.



I do hereby declare myself/children to be physically sound, having medical approval to participate in the activities of the YMCA.

Signature _____ Date _____