

Summer Volleyball

Hitters Program

Thursday evenings in Andover

This girls-only program will focus on improving your hitting approach, arm-swing, velocity, and placement. Using video, I'll show you what your approach looks like, breaking it down in slow motion and comparing it to elite players. Then, using the Thunderspiker, a static volleyball hitting machine, I'll analyze, critique, and develop your footwork and arm-swing. Once that's under control, we bring out the AirCat, a volleyball setting machine, and work on integrating everything with a moving ball. This program has improved dozens of hitters each year for the past six years, and can help others who want to improve their versatility – like setters who want to hit right side and play all around, or defenders who want to improve their back row attack. Typical ages are entering grades 8 through 12. Location is my large, flat, grassy yard at 10 Stouffer Circle, Andover.

Terms and Schedule: The program runs every Thursday from June 2 through late August, and schedules are individual. I work around both your vacations and mine. You sign up and pay for 4 sessions to start; that's the minimum necessary to show real progress. Then you decide whether to continue, and for how long. Each session is \$25. Class sizes are typically four to eight, depending on schedules, with the kind of individual attention that isn't possible in a larger team setting. The time slots are 5:45-6:45, and 7:00-8:00. You give me your preference, then I decide who comes to each time slot, ideally based on jumping height – this allows me to get the most out of the equipment. To sign up, please fill out the form on page 2.

THE COACH

Steve McRoy has coached boys and girls volleyball in the Andover elementary and middle schools since 1997, and has been a player since the 1970s. In 2003 he co-founded the Pumas Girls Junior Olympic Volleyball Club, which grew from 25 players to over 380 players in ten years, and he continues on the Board of Directors. He has coached all ages from 4th through 12th grade. One of Steve's primary coaching philosophies is that junior athletes are capable of far more than they give themselves credit for, and it's his objective to bring out the best in every player through a structured and insightful approach to the game that is appropriately tailored to each age and level.

Summer 2016 Volleyball Hitters Program Sign-Up

Please fill out and mail form to Steve McRoy, 10 Stouffer Circle, Andover 01810 with the \$100 start-up fee.
Email me with any questions: steve_mcroy@verizon.net

Semi-Private Hitting Clinic - \$100 for 4 sessions

Girl's Name _____

Available Times - check all that apply, use a double check for preferences, if any:

Thurs 5:45-6:45 _____ Thurs 7:00-8:00 _____

Available Dates – Put a check next to the weeks that you can make, or circle the dates. Schedule will be decided with priority given to those whose payments are received, and those who can start right away. Schedule changes are ok as long as you give 48 hours notice. Girls who defer their start too long could get bunched up in August and may not get placed. Some sessions may get rained out.

Jun 2 _____ Jun 9 _____ Jun 16 _____ Jun 23 _____ June 30 _____

Jul 7 _____ Jul 14 _____ Jul 21 (away) _____ Jul 28 _____

Aug 4 _____ Aug 11 _____ Aug 18 _____

Number of sessions – Sessions cost \$25 each, with a minimum of 4. After the first 4 sessions, you pay as you go. How many sessions do you anticipate wanting? Check one. This is non-binding.

4 _____ 5-7 _____ 8-10 _____ 4 to start, then we will decide _____

Personal Info - Please give the following information:

Address _____

Contact Phone _____

School _____

Date of Birth _____

Best email to reach you (please print clearly!) _____

Did you play for a club this past season? Which club and team? _____

Height with shoes _____

About how many inches above a woman's height net can you reach when you jump, if any? _____

Please mail form back ASAP with \$100 check to Steve McRoy, 10 Stouffer Circle, Andover MA 01810