

Volleyball MD Summer 2017 Programs

Pumas Volleyball Club is sponsoring Volleyball MD to run a series of indoor and outdoor volleyball programs this summer! Volleyball MD is offering programs for a variety of experience levels that will challenge you and help you grow as a volleyball player.

Indoor Volleyball Program

Duration: 5 weeks
Dates: July 11th through August 15th
Time: Tuesdays, 6:00 to 9:00 pm
Location: Lowell Catholic HS
<https://goo.gl/maps/9VeJr1gV67N2>
Cost: \$150
Format: Skills, Drills & Scrimmaging

Court #1

Freshman, JV and Varsity - Max 20 players

Court #2

Middle School - Max 20 players

Keep your indoor volleyball skills sharp by getting touches every week with our weekly indoor clinic!

Work on new skills to prepare for high school tryouts in August.

Do you have younger sisters, cousins or neighbors that want to try our great sport? Point them to our Middle School Introduction to Volleyball program.



Outdoor Beach Volleyball Program

Duration: 5 weeks
Dates: July 13th through August 17th
Time: Thursday, 5:00* to 8:00 pm
Location: Plaistow Community YMCA
<https://goo.gl/maps/gSCpeEDyb6m>
Cost: \$150
Format: Skills, Drills & Scrimmaging

Three Sand Courts

- Adv. Outdoor Skills - 2 vs. 2
- Beginner Outdoor Skills - 4 vs. 4
- Max 30 players

Practice starts at 5:30 but arrive when you can. Ask about the short cut to Plaistow!

*5-5:30 is open time for players to work on skills.

The best way to become a better overall volleyball player is to play the outdoor game. When competing in either 2 vs. 2 or 4 vs. 4, you must master all the volleyball skills. Amaze your friends at high school tryouts by improving your passing, setting, hitting and defense by playing beach volleyball!



Beach Volleyball Tournaments

Duration: 4 Weekend Dates

Dates: 7/22, 7/30, 8/6, 8/12

Time: 8:00am to 4:00 pm

Location: Hampton Beach, NH

<https://goo.gl/maps/abrPjUQYHHs>

Cost: \$10

Format: Queen of the Beach Tournament

3 to 4 Courts*

- Adv. Outdoor Skills - 2 vs. 2
- Beginner Outdoor Skills - 4 vs. 4
- Available to all registrants of the Indoor or Outdoor Beach programs
- ***Non-program players are welcome if spots are available. Join our tournament mailing list!***

*depending on the number of registered players



Test your skills against your teammates in the Queen of the Beach Tournament series. Compete for the coveted QOTB Tiara!

Program Requirements

All players must have a current USAV/NERVA membership. If you played NERVA Club this past winter, your NERVA membership is good until Aug. 31st. If you did not, you can sign up for a Summer Membership for \$10

Program Registration

If you would like to register for one or more programs, send an email to mike.ezekiel@gmail.com with:

- your players name and email address
- your name and email address
- the program(s) you would like to register for

Volleyball MD is using TeamSnap to manage the summer volleyball programs. You will receive an email with an invite to sign up with your program “team”. Once you have created a team account, you will receive an email detailing the remaining steps in the registration process.

Questions?

If you have questions about the summer program offerings, please feel free to contact either:

- Coach Bruce (pumasemerald@gmail.com)
- Coach Mike (mike.ezekiel@gmail.com)

About Volleyball MD

Volleyball MD was established in 2012 to educate players about the sport of volleyball. For 5 years, Volleyball MD has been holding clinics in the Boston area for all age groups. The owners include: Bruce Shainwald, Mike Ezekiel and Brian Healey. Bruce has been a Pumas Coach for 8 years, a Salem High Girls Volleyball coach and is presently the Girls Varsity Coach at Wilmington High School. Mike has been a Pumas coach for 4 years and played for UNH. Brian Healey has been coaching at Pumas for 9 years, was an Asst. coach at Pingree School and an Asst. Coach at Endicott College.