



## 2018 Club Volleyball Season Warm-up and Tune-up

**Sponsored by Pumas VBC**

<b>Dates &amp; Locations:</b>	<b><u>Sunday November 5<sup>th</sup></u></b> UMass Lowell Campus Recreation Center 100 Pawtucket Street Lowell, MA 01850	<b><u>Sunday November 12<sup>th</sup></u></b> Lawrence Boys and Girls Club 136 Water Street Lawrence, MA 01841
<b>Times:</b>	Refer to <u>Age Group</u> for selected time, see below	
<b>Cost:</b>	<b>1 day - \$35.00 2 days - \$60</b> before 10/31 <b>1 day - \$40.00 2 days - \$70</b> after 10/31 Payable via mail or at clinic - checks or cash (preferred)	

The program is open to girls in 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades who are interested in preparing for the upcoming tryouts for the 2018 club volleyball season. Our goal is make the girls understand what they can expect at tryouts, to hopefully reduce the anxiety that often accompanies selective processing.

During our program, we will stress required volleyball skills (per age group) like serving & serve receive, hitting, digging, setting and blocking. We will also incorporate game-like drills to prepare for tryouts and the upcoming season. Participants should bring water, knee pads and a good attitude.

Please select the appropriate Age Group and circle it. Age as of August 31<sup>st</sup>, 2018

8:30 AM	to	10:30 AM	14U (Please come at 8:15 AM)
10:30 AM	to	12:30 PM	15U (Please come at 10:15 AM)
1:00 PM	to	3:00 PM	16U (Please come at 12:45 PM)
3:00 PM	to	5:00 PM	17U and 18U (Please come at 2:45 PM)

We will run the same types of drills that the girls will experience at club tryouts. We will try to provide as much individual attention as possible. A minimum of 4 coaches will be working the court.

For questions, please contact either Brian Healey ([brian.healey@comcast.net](mailto:brian.healey@comcast.net)), Bruce Shainwald ([pumasemerald@gmail.com](mailto:pumasemerald@gmail.com)) or Mike Ezekiel ([mike.ezekiel@gmail.com](mailto:mike.ezekiel@gmail.com))

In order to expedite the registration process and get the girls on the court as quickly as possible, please complete the registration form on the back of this flyer, and send to the address below or bring payment to the clinic. Please come 15 mins before your session. Check payable to Volleyball MD.

**Volleyball MD**

79 Beaver Brook Rd  
North Andover, MA 01845

### Registration Form

Player Information			
Name			
Address			
Telephone		School	
Date of Birth		Grade	
Parent/Guardians' Information			
Mother's Information		Father's Information	
Name		Name	
Address (if different from above)		Address (if different from above)	
Telephone		Telephone	
Cell Phone		Cell Phone	
Work Phone		Work Phone	
Mother's email			
Father's email			
Emergency / Medical Information			
Emergency Contact Name		Contact Phone	
		Contact Cell	
Medical Conditions, Allergies, etc.			

**Registrations will not be accepted without Emergency Contact information and Medical Conditions (if applicable).**

### Parental Agreement

- I /We, the parents/guardians of the applicant named above, do hereby give my / our consent and approval for said applicant to participate in any and all of the activities conducted in the volleyball program.
- I/We agree to assume all the risks and hazards incidental to the participation in said program including the transportation to and from the various activities sponsored by this program.
- I /We further agree to release, absolve, indemnify and hold harmless the Officers, Directors, Organizers, Managers, Coaches, Assistants and / or Sponsors of **Volleyball MD™** and Pumas Volleyball from any and all claims that may arise as a result of injury to said applicant while participating in this program and / or in the transporting of said applicant to and from activities conducted by the program.

<b>Parent or Guardian Signature:</b>	
<b>Date:</b>	