

**6<sup>th</sup> Annual Club Tryouts Warm-up and Tune-up****Sponsored by Pumas Volleyball Club**

**Dates & Times:** Sunday, November 4<sup>th</sup> 8:30 AM to 4:30 PM  
Sunday, November 11<sup>th</sup> 8:30 AM to 4:30 PM

**Location:** Lawrence Boys & Girls Club  
136 Water St  
Lawrence, MA

**Cost:**                    **1 day - \$35      2 days - \$60      before 10/31**  
                                 1 day - \$40      2 days - \$70      after 10/31

The program is open to girls in 7<sup>th</sup> through 12<sup>th</sup> grades who are interested in preparing for the upcoming tryouts for the 2019 club and open volleyball season. Our goal is to help the players understand what they can expect at tryouts, in order to help reduce the anxiety and stress that often accompanies the tryout process.

During our program, we will introduce the players to the drills that are typically run during Pumas tryouts: such as serve, 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, kneepads, and a good attitude.

Please select the appropriate age. Refer to the NERVA Juniors age definitions available at <https://nevolleyball.org/wp-content/uploads/2019-Age-Definition.pdf> for more information.

8:30 AM	to	10:30 AM	14U
10:30 AM	to	12:30 PM	15U
1:00 PM	to	3:00 PM	16U
3:00 PM	to	5:00 PM	17U and 18U

We will be running the clinic on two courts, and will run the same types of drills that the girls will experience at tryouts. Different drills will be run on each court and the girls will switch between courts. We will try to provide as much individual attention as possible. At least four coaches will be working the two courts.

Please contact either Brian Healey or Bruce Shainwald at the email addresses for questions.

Brian Healey	<a href="mailto:brian.healey@comcast.net">brian.healey@comcast.net</a>
Bruce Shainwald	<a href="mailto:pumasemerald@gmail.com">pumasemerald@gmail.com</a>
Mike Ezekiel	<a href="mailto:mike.ezekiel@gmail.com">mike.ezekiel@gmail.com</a>

Please register online at [volleyballmd.net](http://volleyballmd.net)

Please send payments to:

**Volleyball MD**  
79 Beaver Brook Rd  
North Andover, MA 01845