

Volleyball MD Summer 2019 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 8th

Time: Thursday, 7:00 to 9:00 pm

Location: Lowell Catholic HS

<https://goo.gl/maps/9VeJr1gV67N2>

Cost: \$180

Format: Skills, Drills & Scrimmaging

Court #1 - Max 20 players

JVA and Varsity – Entering 10th, 11th & 12th grade

Court #2 - Max 20 players

JVB, Middle School – Entering 7th, 8th & 9th grade



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!

Beach Volleyball Program

Duration: 7 weeks

Dates: July 2th through August 13th

Time: Tuesday 5:00* to 8:00 pm

Location: Plaistow Community YMCA
<https://goo.gl/maps/gSCpeEDyb6m>

Cost: \$150

Format: Skills, Drills & Scrimmaging

Two Sand Courts

- Advanced Beach Skills - 2 vs. 2
- Beginner Beach Skills - 3 vs. 3
- Max 20 players

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

*5-5:30 is free time to work on skills.





*The best way to become a better overall volleyball player
is to play the beach game!*

When playing 2 vs. 2 beach volleyball, you must master passing, setting, hitting and defense skills. Spend your summer building strength, quickness and improving your overall volleyball game. You will amaze your friends at high school tryouts!

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

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 6 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 10 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 6 years and played for UNH. Brian Healey has been coaching at Pumas for 11 years, was an Asst. coach at Pingree School and an Asst. Coach at Endicott College.