

6th Annual Club Tryouts Warm-up and Tune-up**Sponsored by Pumas Volleyball Club**

Dates & Times: Sunday, November 4th 8:30 AM to 4:30 PM
 Sunday, November 11th 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 7th through 12th 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	brian.healey@comcast.net
Bruce Shainwald	pumasemerald@gmail.com
Mike Ezekiel	mike.ezekiel@gmail.com

Please register online at volleyballmd.net

Please send payments to:

Volleyball MD
 79 Beaver Brook Rd
 North Andover, MA 01845

Registration Information to be placed on the website:

Player's Information	
Players Name	
Players Email	
Grade	
Age Group	<input type="checkbox"/> 14U <input type="checkbox"/> 15U <input type="checkbox"/> 16U <input type="checkbox"/> 17U/18U
Dates Attending	<input type="checkbox"/> Nov 4th <input type="checkbox"/> Nov 11th
Parent/Guardians' Information	
Parent's Name	
Parent's Primary Phone	
Parent's Email	
Emergency / Medical Information	
Emergency Contact Name	
Emergency Contact Primary Phone	
Medical Conditions, Allergies, etc.	

Add the link to the medical form to the online registration site.