



6 WEEK Volleyball Skills Program

PROGRAM FEES

Members \$275 per child

Non-Members \$300 per child

Fees are due when the form is submitted. Slots are filled on a first come first serve basis, with preference given to members.

REFUND POLICY

There will be no refunds unless the club is closed to unexpected circumstances. At that point, the club will issue a club credit.*

REGISTRATION FORM

A form is required for each child participating in the program. See attached.

GENERAL INFORMATION

**Dates -- The program will begin June 13th and run to July 27th,
We will not meet July 4th and 6th. Limited to 24 players.**

AGES

Rising 6th grade through rising 8th grade

GOALS

The goal of this program is to develop volleyball skills necessary to be competitive at the high school level. Athletes must have some knowledge of the sport and will be separated into ability to give every athlete the opportunity to grow.

Attire – Comfortable clothes and appropriate shoes

PRACTICES

Monday/Wednesday 5:30-7

(Practice canceled due to club closures will not be made up)

Registration Closes - Friday May 20th

***Club Credit can be used towards memberships, other camps and programs, personal training.**



MEET YOUR COACHES



Ashlyn is one of our personal trainers here at the Sports Center and brings years of skills and knowledge to the court. Ashlyn has earned her B.S. in Kinesiology from Indiana University and a Certification in Personal Training from the National Academy of Sports Medicine (NASM). She has played volleyball for 9 years, traveling the country to compete in many different tournaments. In her time in the fitness industry she has had the opportunity to train and work with a wide variety of general population clients aiding in fat loss and mobility, as well as athletes of all age groups. She specializes in volleyball conditioning and SAQ's and has aided in facilitating many volleyball camps for kids throughout her years in high school. In college she was an assistant coach at The Academy Volleyball Club in Indianapolis and coached positional's for libero's and defensive specialists.



Mickey is in her 6th year as a school psychologist for Carteret County Schools. Mickey coaches Varsity volleyball at East Carteret High School. In the last two seasons, the Mariners were conference champs and made the playoffs each year. Mickey has played volleyball for 15 years, including coaching at the elementary, middle and high school levels. Mickey has also done skills training with players individually.



Welcome players!

This summer volleyball series will be designed to enhance your abilities in all facets of volleyball! We will focus on individual skills and combine them into weekly scrimmages. Come compete against other local players and improve your volleyball skills as you prepare for middle and high school volleyball. At the end of the 6 weeks, we will celebrate and show off your improvements with scrimmages and a pool party! Space is limited, so be sure to sign up quick! It is going to be a fantastic summer, and we look forward to meeting you!

Coach Mickey mickeyputnam@gmail.com
Coach Ashlyn ashbreannfit@gmail.com