



February Freeze



Volleyball Position Training Clinics

Saturday, February 13, 2010 at Bethany College

Bethany College Hummel Field House

Bethany College is located in the northern panhandle of West Virginia, just west of Washington, PA, south of Steubenville, OH, and east of Wheeling, WV. Bethany College is easily accessible from Cleveland, Columbus, and Pittsburgh.

Check the box for the clinic(s) you plan to attend. Any player who chooses to participate in 2 sessions will receive a discounted rate of \$25 per session.

Please return this portion with check made payable to Bethany College Volleyball. Cash also accepted day of clinic

Grades 3-8:

Cost: \$30

9:00 AM - 12:30 PM

All Skills Clinic

The all skills clinic for girls in grades 3-8 will focus on fundamental skill development. Instruction will focus on passing, serving, and attacking.

Grades 9-12:

Cost: \$30

1:00 PM - 4:30 PM

Setter Training

Learn proper hand position, footwork to the pass, and leadership skills. Practice the execution of various sets and patterns in game like situations. Right back defense will also be covered in the setter clinic.

Outside Hitter Training

Develop proper arm swing, hand contact, and footwork to the ball. Learn how to score against a double block and improve your timing as well. Camp teaches the elements of a strong attack and will help

Grades 9-12:

Cost: \$30

5:00 PM - 8:30 PM

Defense Training

The defense clinic will focus on proper fundamentals and execution of defensive skills and serve receive passing. Digging, acceleration skills, court responsibilities, and ball control will be covered. Instruction will also be given on developing a strong serve.

Middle Hitter Training

Develop proper arm swing, hand contact and attack footwork. Improve your timing for twos, slides, shoots, and quick sets, as well as blocking and transition training.

Player Information:

Name: _____ Phone _____ School: _____

Address: _____ City _____ State _____ Zip _____

Grade: _____ Date of Birth: _____ Year of Graduation: _____ Position _____ Email _____

Parent/Responsible Party Day of Event _____ Emergency Phone: _____

I realize and understand that my child may be at risk of injury while participating in physical activity. It is my intent to hold Bethany College, its trustees, officers, agents, and employees harmless. I hereby release, waive, and forever discharge the same from any and all liability for injury suffered related to my child's participation.

Parent of Guardian Signature: _____ Date: _____

Contact Coach Kline for more information @ ckline@bethanywv.edu or 304-829-7165

Email confirmation will be sent the week before the clinic.

Mail to: Bethany College
Hummel Field House/Volleyball Coach
Bethany, WV 26032