



MASSPIKE VOLLEYBALL CAMP

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NOVEMBER VOLLEYBALL CLINICS

*PREPARE FOR YOUR CLUB TRYOUTS
DEVELOP YOUR SKILLS IN THE OFF SEASON*

HELD AT LOWELL CATHOLIC – 530 Stevens St, Lowell (Rt 110, off Rt 3)

TUES NOV 8, 15, 22 7-9PM (stay and play til 9:30)

SAT NOV 12 noon – 2pm (stay and play til 2:30)

REGISTER FOR 1, 2, 3, OR ALL 4 SESSIONS
(boys are welcome, but instruction will be on girls height net)

**COST: \$35 per 2 ½ hour session if you register for 3 sessions (\$105) or 4 (\$140)
\$40 per 2 ½ hour session if you register for 1 (\$40) or 2 (\$80) sessions**

A Typical session might be (will vary depending on skill level, positions, and player interest)

- 7-7:55 Warmup, Serve/Pass/Defense Training for all players
- 8-8:40 Position training (Setter/Back row group and Hitter/blocker group)
- 8:40-9pm Combo/Team Drills/Coach Controlled Play
- 9-9:30pm Optional stay and play (and cool down)

There are 2 courts at Lowell Catholic. A clinic spot is reserved when your application is received and accepted. Do not assume you are registered without receiving an email confirmation. I realize this is short notice and many, like myself, do not have power yet, I apologize for the short notice, but due to the lack of power, computer usage is limited. If there is room for the Tues Nov 8 clinic, I will take registrations at the gym, and waive the \$5 additional fee for Same Day Registration. but only if space is available. Call 24 hours before the clinic 978-226-8781. Do not just show up at the gym. I will take the first 12 players for each court level. I will try to post that status (if FULL) on the website home page.

The courts will be divided by skill/experience level for part of the clinic. Position training will be mixed level, but each more advanced players will focus on position skills that are appropriate for their level. I will try to hire a coach for every 6-8 players that attend, so that each player can receive a lot of individual feedback.

**FOR APPLICATIONS, GO TO WWW.MASSPIKEVOLLEYBALL.COM
(Applications and Camp Status (if full) will be posted there**