



# SUMMER 2017 JR HIGH VOLLEYBALL TRAINING



Glass City Volleyball is entering its 23rd year and is proud to offer the following trainings for an extended time period during the summer to increase retention. Statistics show that the more a skill is practiced, over a period of time, not in an isolated two-three hours, the better the retention of that skill and the greater the chance for improvement. This concept is what is driving our summer training programs. The instructors are a combination of former collegiate All-Americans to tenured High School coaches. Every player gets a summer training shirt. All trainings will take place at the Paragon, home of Glass City Athletics.

**JUNIOR HIGH - GET YOUR GAME READY / ALL SKILLS:** The focus of this training is to teach and improve correct fundamentals of players. Players should have already had exposure to the game, and have a basic knowledge of all of the skills.

**PLAYERS:** players entering grades 7th and 8th in September 2017

**DATES:** Fridays: 6/23, 6/30, 7/14 7/21 and 7/28

**TIME:** 10:30-12:00 pm

**COST:** \$125.00 per player

**JUNIOR HIGH-SERVE TO SCORE-** This training will help improve a players' serve. Different types of serves will be taught. Players will learn correct technique and be expected to excel in this session.

**PLAYERS:** players entering grades 7th and 8th in September 2017

**DATES:** Fridays: 6/23, 6/30, 7/14 7/21 and 7/28

**TIME:** 1 - 2 p.m.

**COST:** \$85.00 per player

**JUNIOR HIGH - LEARN THE BASICS:** This training will teach the basics to a new player who has limited experience in the game. This session will stress all of the techniques so a player can learn and make improvements prior to trying out for a Junior High team.

**PLAYERS:** players entering grades 7th and 8th in September 2017

**DATES:** Fridays: 6/23, 6/30, 7/14 7/21 and 7/28

**TIME:** 3 - 4 p.m.

**COST:** \$125.00 per player

**REGISTER:** Register online at [glasscityathletics.com](http://glasscityathletics.com) or complete the sign-up form and mail it or drop it off at the Paragon. Don't wait to sign up as each training has limited spaces.

**For more information contact Dana Hooper:**

☎ 419-261-0067 ✉ [dahooper@roadrunner.com](mailto:dahooper@roadrunner.com) 🌐 [glasscityathletics.com](http://glasscityathletics.com) 🏠 The Paragon, Suite 12  
1590 Albon Rd Holland, OH 43528

## 2017 SUMMER JR HIGH VOLLEYBALL TRAINING SIGN-UP FORM

Training Session (please circle):	ALL SKILLS	SERVE TO SCORE	LEARN THE BASICS
Player's Name:	T-Shirt Size (please circle): YL AS AM AL AXL		
Address:			
City:	State:	ZIP:	
Parent's Name:			
Parent's Email:		Parent's Phone:	

Amount Enclosed (please make checks payable to Glass City Athletics): \_\_\_\_\_



Please mail form and payment to:

Glass City Athletics 1590 Albon Road Suite 12, Holland, Ohio 43528