



North Valley Volleyball Clinics



Julia Coats - Clinic Director

North Valley Coaches and various local coaches will run drills.

Location: Clinics will be held at Sutter Union High School, 2665 Acacia Avenue, Sutter, CA 95962

- ★ 4 Weekends of basic/advanced clinics that will enhance your volleyball skills and knowledge.
- ★ The clinics will go over all the skills, rotation defense, and have game type situation drills.
- ★ No 6 on 6 playing.

➤ **Clinic Information:**

- *These clinics will be designed for all players (girls and boys) ages 10-18.*
- *Players can take advantage of all the repetitions in the drills.*
- *Basic to advanced skills will be taught depending on the skill level of players attending.*
- *If you need extra help with your skills and knowledge of the game, these clinics will be able to help you with your weaknesses and build on your strengths for your school team.*
- *These clinics will also help athletes prepare for club tryouts this fall.*
- *Water breaks will be given at each clinic but there will not be any snack or lunch breaks.*
- *There is a half hour break in between clinics so players may eat during that break while we get ready for the next clinic.*

➤ **Reminders:**

- *Registration and check-in will start at 12PM for the first clinic of the day and then at 3PM for the second clinic of the day.*
- *Please arrive 30 - 45 minutes prior to the clinic for check-in and registration.*
- *Equipment needed for these clinics- kneepads and good court shoes.*
- *Active Ankles (ankle braces) are advised for preventative measures.*
- *Please come dressed in appropriate workout attire- shorts or spandex and a comfortable t-shirt.*
 - ✦ *No jeans, skirts, dressy tops, or shoes that will mark up the floor please. Athletes are here to work out and sweat.*

➤ **How to register and pay for clinics:**

- ✦ *Pay at the registration table on the day of the clinics.*
- ✦ *Send payment with the registration form (address to send form is below and on registration form)*
- ✦ *Pay online and bring receipt and registration form to the clinics. (Not available until September 16, 2015)*
 - ❖ *A mandatory PayPal processing fee must be added when using the online option.*
 - ❖ *Go to the North Valley website at www.northvalleyjrsvbc.com and click the Clinics button (on left side of the page) to pay and register online.*
- *A discount will be available for anyone signing up for all the clinics. There are no refunds for this option.*
- *Bring or send registration form. Walk Ups and Day of Registration are always acceptable.*
- *Registration Forms will be available on the day of the clinics at the Registration Desk.*

➤ **Contact Information for Julia Coats- Clinic Director:**

- ✦ *Phone number: (530) 301-6934*
- ✦ *Email: jcoats@northvalleyjrsvbc.com (This is the best way to get a hold of me)*
- ✦ *Send form to: North Valley Jrs. Volleyball Clinics, 5785 Oakwood Drive, Marysville, CA 95901*

Hope to see you there - Thank You!

