



Adult Volleyball Educational Skills Clinics

Inver Hills Community College, Inver Grove Heights, MN
Presented by North Country Region USA Volleyball

BEGINNER AND INTERMEDIATE SKILLS CLINIC!

Please note: participants will be divided into groups according to skill level

Instructors: Jennifer Brathol and other instructors added as needed

Beginner (B/Rec/New): This class is for those people that interested in the sport of volleyball but do not know where to begin with learning the skills. Here we will start from square one and work into more advanced skills. This clinic has an emphasis on basic skills.

Intermediate (BB/A): This class is for people whose playing skills are not up to the level appropriate for Advanced Intermediate Classes. This session is also for those who have played volleyball in the past, but either need some brushing up or more explanation of how to perform volleyball skills. Emphasis is on learning the rules and strategies of volleyball and developing the basic skills of the game.

Where: Inver Hills Community College ~ Inver Grove Heights, MN

When: Friday, December 8th- passing and setting
Friday, December 15th-hitting and serving

*6:30 - 6:50 check in, 7:00-8:15pm will be skill instruction, and 8:15-9:00pm will be scrimmage/open gym. Times are approximate.

Feel free to attend just one session if that works best with your schedule!

Attend all too really understand the game!

-----cut registration here-----

December 2006 Adult Volleyball Skills Clinic Registration Form

Name _____ Home/Cell # _____
Email _____ Address _____
City _____ State _____ Zip _____ Bdate _____
Dates I will be attending (circle) **December 8th** **December 15th**
Ability/Skill Level (circle one that applies) Beginner (B/Rec/New) Intermediate (BB/A)

Select one of two options below

I am a USAV member
Entry Fee: \$8 per session

I am not a USAV member
Entry Fee: \$15 per session

TOTAL ENCLOSED: _____

Send/Fax registration and entry fee to: NCR c/o Jennifer Brathol, 726 160th St, Hammond, WI 54015 (fax) 715-796-5701

We will contact you by phone or email once registration is received.

Questions, please call 952-831-9150 or 800-657-6967 EXT 14.

***There will be no refunds given after Friday, December 1st unless the clinic is cancelled due to low attendance.**