

## Summer Skill Sessions

These are high-repetition skill sessions designed to get you ready for your high-school season. Ages are restricted to 9th through 12th graders (Fall 2011) for weeks 1 & 2. Previous volleyball experience is required. These sessions are intended to give 9th Grade, B-team, Junior Varsity, and Varsity players the reps needed to start their season ahead of the competition.

Register for one, several, or all sessions. Skill times are rotated daily to give all players a chance to attend.

Cost is \$30 per session for 1.5 hours of high-repetition work. All registration is done online at [www.signuptoplay.com](http://www.signuptoplay.com).

### Open to 9<sup>th</sup> – 12<sup>th</sup> Grade Players

Time	Aug 1st	Aug 2nd	Aug 3rd	Aug 4th	Aug 5th
9:00-10:30	Hitting	Setting	Serving	Defense	Hitting
11:00-12:30	Defense	Hitting	Setting	Serving	Defense
1:30-3:00	Serving	Defense	Hitting	Setting	
3:30-5:00	Setting	Serving	Defense	Hitting	

### Open to 9<sup>th</sup> – 12<sup>th</sup> Grade Players

Time	Aug 8th	Aug 9th	Aug 10th	Aug 11th	Aug 12th
9:00-10:30	Hitting	Setting	Serving	Defense	Hitting
11:00-12:30	Defense	Hitting	Setting	Serving	Defense
1:30-3:00	Serving	Defense	Hitting	Setting	
3:30-5:00	Setting	Serving	Defense	Hitting	