



# 2011 VOLLEYBALL CLINICS

## Passing & Serving Clinic for intermediate & advanced players with Coach Josue

Be the ultimate well rounded player that wants to take their Passing & Serving skills to the next level.

This clinic is for Intermediate & Advanced Players only.

The 2 day Clinics will be held on Tuesday & Thursdays July 5<sup>th</sup> & 7<sup>th</sup> from 6-8 pm

## Setting & Hitting Clinic for intermediate & Advanced Players with Coach Josue

Be the ultimate well rounded player that wants to take their Offensive skills to the next level.

This clinic is for Intermediate & Advanced Players only.

The 2 day Clinics will be held on Wednesday & Friday July 6<sup>th</sup> & 8<sup>th</sup> from 6-8 pm

## Setters Boot Camp Beginning & Advanced Sessions with Coach Jessica Mitchell

Improve your setting skills with 2 day clinics Previous Setting Experience is necessary for Advanced sessions.

Beginner Session #1 July 5<sup>th</sup> & 7<sup>th</sup> 9-11 am Beginner Session #2 July 19<sup>th</sup> & 21<sup>st</sup> 9-11 am

Advanced Session #1 July 12<sup>th</sup> & 14<sup>th</sup> 9-11 am Advanced Session #2 Aug 2<sup>nd</sup> & 4<sup>th</sup> 9-11 am

## Middle School Age Defensive Clinic with Coach Lindsey Terry

Work on defensive footwork, overhand digging, how to dive properly, how to read a hitter.

Beginning Session Tues & Thurs July 12<sup>th</sup> & 14<sup>th</sup> 2-4 pm Advanced Session **TUE/THUR 19<sup>th</sup> & 21<sup>st</sup> 2-4 pm**

## Jump and Jump Float Clinic with Coach Lindsey Terry #1 & **Jessica Mitchell #2**

Learn to Jump and Jump Float Serve, or improve your skills in these 2 Day one hour clinics.

Overhand serving proficiency is required . Session #1 Coach Lindsey Terry Tue/Wed July 5<sup>th</sup> & 6<sup>th</sup> 12:30-1:30 pm or Session #2 Coach Jessica Mitchell Tue/Thur Aug 2<sup>nd</sup> & 4<sup>th</sup> 12:30-1:30 pm

## 2 Day Middle School Age Hitting & Blocking Clinic with Coach Lindsey Terry Session #1 & **Coach Jenna Meligan Session #2**

This Clinic is for Middle School Aged players who would like to improve their Hitting & Blocking Skills. The focus will be on Arm Swing, Footwork, and Positioning & Timing.

Session #1 Tuesday & Wednesday July 5<sup>th</sup> & 6<sup>th</sup> 2-4 pm Session #2 Monday & Tuesday July 25<sup>th</sup> & 26<sup>th</sup> 2-4 pm

## Advanced Hitting & Blocking Clinic with **Coach Jenna Meligan**

What does it take to be a front row player at the college level? A tremendous understanding of the mental and physical game at the net. Let this college coach and former college player show you the secrets and techniques to understanding how to hit and block like a collegiate athlete... NOW!

The 2 day clinic will be on Wednesday & Thursday July 27<sup>th</sup> & 28<sup>th</sup> 2:00-4:00 PM

## Serving & Passing Clinic Beginning & Advance Sessions with Coach Aaron Hedland

The 2 day clinic we will focus on learning technique on Serving and Passing for the beginner session, and for the advance session bring your technique to the next level.

Beginning Clinic Mon-Wed Aug 1<sup>st</sup> & 3<sup>rd</sup> 4-6 pm Advanced Clinic Tue & Thur Aug 2<sup>nd</sup> & 4<sup>th</sup> 4-6 pm

Private & Semi Private Lessons are available on request. Private Lessons \$60 Session/Hour, Semi Private Lessons \$50 Session/Hour, or Semi Private Package 5 Sessions for \$200.00

## Additional programs and open gym will be available thru summer.

Youth and Teen Summer Camps held weekly,

Jump Training & Conditioning

Teenage Open Gym \$5.00 per session on Sundays starting July 10<sup>th</sup> throughout the summer.

Middle School Age 4-7 pm, High School Age 7-10 pm

[www.californiaheatvbc.com](http://www.californiaheatvbc.com)

You do **NOT** have to be a member of California Heat Volleyball Club to participate in our summer programs.



## 2011 SUMMER CLINICS REGISTRATION FORM

Summer Clinics	Coach	Date	Time	Price	Register
Middle School Age Hitting & Blocking #1	Lindsey	Tue/Wed July 5th & 6th	2:00-4:00 pm	\$ 80.00	\$
Jump & Jump Float Clinic #1	Lindsey	Tue/Wed July 5th & 6th	12:30-1:30 pm	\$ 40.00	\$
Beginner Setter Boot Camp #1	Jessica	Tue/Thurs July 5th & 7th	9:00 -11:00 am	\$ 80.00	\$
Advanced Passing & Serving clinic	Josue	Tue/Thurs July 5th & 7th	6:00-8:00 pm	\$ 80.00	\$
Advanced Setting & Hitting Clinic	Josue	Wed/Fri July 6th & 8th	6:00-8:00 pm	\$ 80.00	\$
Advanced Setter Boot Camp #1	Jessica	Tue/Thurs July 12th & 14th	9:00 -11:00 am	\$ 80.00	\$
Middle school Defensive Clinic #1	Lindsey	Tue/ Thurs July 12th & 14th	2:00-4:00 pm	\$ 80.00	\$
Middle school Defensive Clinic #2	Lindsey	TUE/THUR July 19th & 21st	2:00-4:00 pm	\$ 80.00	\$
Beginner Setter Boot Camp #2	Jessica	Tue/Thurs July 19th & 21st	9:00 -11:00 am	\$ 80.00	\$
Middle School Age Hitting & Blocking #2	Jenna	Mon/Tues July 25th & 26th	2:00-4:00 pm	\$ 80.00	\$
Advanced Hitting & Blocking Clinic	Jenna	Wed/Thurs July 27th & 28th	2:00-4:00 pm	\$ 80.00	\$
Advanced Setter Boot Camp #2	Jessica	Tue/Thurs Aug 2nd & 4th	9:00 -11:00 am	\$ 80.00	\$
Jump & Jump Float Clinic #2	Jessica	Tue/ Thurs Aug 2nd & 4th	12:30-1:30 pm	\$ 40.00	\$
Beginning Serving and Passing Clinic	Aaron	Mon /Wed Aug 1st & 3rd	4:00-6:00 pm	\$ 80.00	\$
Advanced Serving and Passing Clinic	Aaron	Tue/ Thurs Aug 2nd & 4th	4:00-6:00 pm	\$ 80.00	\$
<b>Total</b>					\$

FILL IN \$ AMOUNT ON REGISTER COLUMN FOR DESIRED SESSIONS

PARTICIPANT'S NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_ CELL PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIPCODE \_\_\_\_\_

AGE \_\_\_\_\_ BOY \_\_\_\_\_ GIRL \_\_\_\_\_ T-SHIRT SIZE (YOUTH M, L ADULT S, M, L, XL) \_\_\_\_\_

**T-Shirt given to first Summer Session**

### WAIVER & PROGRAM PARTICIPATION

The undersigned hereby agrees to defend, indemnify, and hold harmless California Heat Volleyball Club and its coaches and director against any and all losses, liability charges, and expenses (including attorney fees), and costs which may arise by reason of participation in this program. (California Heat Volleyball Club does not provide accident, medical, liability, workers' compensation insurance, or any insurance for program participants.) As a parent/guardian, I hereby consent to emergency treatment of my minor child as a result of accident or injury. I agree to pay any and all costs incurred as a result of said treatment. I agree to carefully inspect and satisfy for myself that the facilities provided are reasonably safe for their intended use. Once having conducted the inspection, I agree to expressly assume the risk of participation at the premises. I understand the California Heat Volleyball Club retains the right to use photos taken during activities for publicity purpose.

Signature (Parent/Guardian)

Date: \_\_\_\_\_

SIGNATURE REQUIRED TO PROCESS REGISTRATION

CHECKS PAYABLE TO:  
MAIL CHECK & REGISTRATION FORM TO:  
(Credit Card Payment available at Location only)

California Heat Volleyball Club, Inc.  
300 S. Lewis Road, Unit D  
Camarillo, CA 93012

For more information  
[www.californiaheatvbc.com](http://www.californiaheatvbc.com)  
[calheatvbc@gmail.com](mailto:calheatvbc@gmail.com)  
805 657-6700

Sessions have limited enrollment, so register early