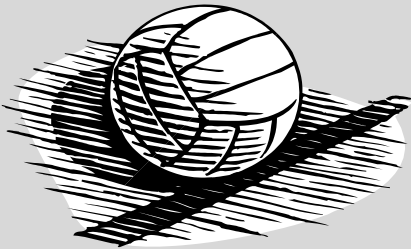


## CAMPS & CLINICS

The Preble girls volleyball program is offering more clinics than ever this summer. We have opportunities for girls entering grades 4-9 to learn the game of volleyball and have fun doing it.



### **Incoming Freshmen Clinic - \$30**

*Sundays & Tuesdays from June 27 to Aug. 10*

*Sundays: 5pm-7pm - Tuesdays: 7pm-9pm*

*\*\*no clinic on July 4\*\**

This clinic is for girls entering Preble as freshmen in the fall. This is the best way to prepare for tryouts. We will teach you the skills, drills and systems we use at Preble so you will be ready for tryouts in August.

***Please register by June 10***

*\*Registrations will be accepted after June 10, but players who register by the deadline will be guaranteed their t-shirts.*

**Send registrations to:**

Andrew Heimerman  
Green Bay Preble - Girls Volleyball  
2222 Deckner Avenue  
Green Bay, WI 54302

Follow Preble girls volleyball on the internet:

<http://www.preblehornetvolleyball.net>

Contact Coach Andrew Heimerman with ?s:

920-810-3758

[aheimerm@greenbay.k12.wi.us](mailto:aheimerm@greenbay.k12.wi.us)

# 2010 PREBLE GIRLS VOLLEYBALL CAMPS/CLINICS

**2009 FRCC Conference Champions  
2009 WIAA Regional Champions  
2009 WIAA Sectional Finalists**



**Celebrating 35 years of  
Preble girls volleyball!  
1975-2010**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_  
\_\_\_\_\_

School in 2010: \_\_\_\_\_

Grade in 2010: \_\_\_\_\_

Adult T-Shirt size: XS S M L XL XXL

Check the box for each clinic you are registering for:

All Skills Session 1 - \$30

All Skills Session 2 - \$25

All Skills Session 3 - \$20

Freshmen Clinic - \$30

Serving/Passing Clinic - \$15 (or \$25 for both)

Setting/Hitting Clinic - \$15 (or \$25 for both)

**\*\*make checks payable to Preble Girls Volleyball**

### **Health and Medical Information/Liability Waiver:**

I certify that this athlete is in good physical condition and is physically able to participate in volleyball clinic activities. Also, I hereby authorize the directors of the clinic to act for me according to their judgment in any emergency requiring medical attention.

Furthermore, I hereby waive and release Preble High School, the athletic department, the Preble girls volleyball program, its coaches and players from any and all liability for any injuries incurred while attending the clinics

Parent/Guardian Signature: \_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

Please list any medical conditions the directors of the clinic should be aware of: \_\_\_\_\_  
\_\_\_\_\_

## CAMPS & CLINICS

### **All Skills Camp - June 21-June 25**

*Session 1: Girls entering grades 8-9 - \$30*

*Session 2: Girls entering grades 6-7 - \$25*

*Session 3: Girls entering grades 4-5 - \$20*

#### *Times:*

*Session 1: Mon/Wed/Fri - 9am to noon*

*Tues/Thurs - 11am-2pm*

*Session 2: MWF - noon to 2pm*

*Tues/Thurs - 2pm-4pm*

*Session 3: MWF - noon to 1:30pm*

*Tues/Thurs - 2pm-3:30pm*

This week-long camp focuses on developing all skills needed in the game of volleyball.

The camp will include work on individual skills as well as team play. Friday will feature a tournament with the campers split into teams and coached by members of the Preble volleyball team. Parents are welcome to attend the tournament. All players are welcome regardless of school affiliation.



## CAMPS & CLINICS

### **Speciality Skills - \$15 for 1 session, \$25 for both**

*For girls entering grades 7 and 8*

*Thursdays from July 1 to Aug. 5*

*1) Passing/Serving clinic - 5pm-6:15pm*

*2) Setting/Hitting clinic - 6:15pm-7:30pm*

Open to any player regardless of school affiliation, these clinics will focus on the development of specific skills. Each clinic will focus on mastering basic technique, but we will also introduce advanced volleyball techniques and concepts. For example:

Serving: The basics of the float serve will be taught with an emphasis on control and accuracy. Players at the serving clinic will also learn how to jump serve the Preble way.

Passing: The basics of platform skills and movement will be taught. Players will also work on passing with their hands and be introduced to emergency defensive techniques.

Setting: Beyond basic footwork and ball skills, players in the setting clinic will be introduced to advanced concepts such as jump setting and running fast-tempo plays. Setters will also learn the basics of how to run an effective offense during games.

Hitting: Hitters will benefit from training on our SoloSpike training device. They will learn proper arm swing and footwork mechanics. Advanced concepts will include learning the slide approach and developing shots.