



MASSPIKE VOLLEYBALL

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FEB VACATION VOLLEYBALL CLINIC BOYS AND GIRLS, ALL LEVELS (including Middle School and High School Beginners)

CHELMSFORD McCarthy Middle School

MON-THUR, FEB 18-21, 2019*

\$225/4days or \$75/day to attend just 1-3 days)**

**We will make every effort to make up any session time cancelled due to emergency/weather situations. The gym has been tentatively booked Friday Feb 22, as a makeup day if needed, or we will try to extend hours on Mon-Thur to make up cancelled session time(or possibly look at Feb 23,24). Since the cost of 3 clinic days is the same as 4 days, no refunds will be given if 1 snow/emergency cancellation time cannot be rescheduled or attended. If a 2nd day needs to be cancelled due to weather, \$65/player will be refunded or credited towards a summer clinic of your choice*

*** Those signing up for 3-4 days will be given priority over those signing up for 1 -2 days.*

10:00am-12:50pm (*Preparation for Boys High School Tryouts and Season*)
or beginner court to learn the sport. Players will be grouped on court with others of similar experience.

- Boys with Experience (Varsity, JV, Club or extensive clinic experience)
- Boys Beginners (Grade 5-12 without high school or U14-18 team experience)
- Girls Beginners **NEWLY ADDED:** Grade 5-8 with no previous volleyball specific clinic experience. Contact Karyn at masspikevolleyball@gmail.com if unsure about which girl's beginner session is the right fit (AM OR PM)

1:40- 4:30pm session for the following groups:

Players will be grouped on court with others of similar experience

- Girls with Varsity, JV, Club (U14-U18)
- Girls U12 Club, Middle School players (Call Karyn to talk about court placement)
- Girls Beginners (Grade 6-12 WITH previous volleyball specific clinics or camps but without high school or U14-18 club experience) contact Karyn at masspikevolleyball@gmail.com if unsure about which girl's beginner session is the right fit

Sample Daily Format: (*format will vary by level*)

45 min: Warmup and general skill instruction/drills

50 min: Position training

45 min: Combo and team-like drills

30 min: Competition Drills and Play

Summer Volleyball Training Programs will be posted on our website in March
[Sign up to be on our email list](#) to receive notice about future clinics