



MASSPIKE VOLLEYBALL

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WWW.MASSPIKEVOLLEYBALL.COM



FEB VACATION CLINIC BOYS AND GIRLS, ALL LEVELS

CHELMSFORD McCarthy Middle School

MON-THUR, FEB 18-21, 2019*

Price to apply by Jan 22 **\$195** or \$65/day to attend 1-3 days)**

Price after Jan 22 **\$225** or \$75/day to attend just 1-3 days)**

**We have tentatively booked the gym on Friday Feb 22, as a possible weather makeup day if needed, or we will try to extend hours on Mon-Thur to make up time. 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 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)

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)
(if beginner girls are interested in AM session, contact Karyn at masspikevolleyball@gmail.com)

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 5-12 without high school or U14-18 te experience)

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 before the end of February

[Sign up to be on our email list](#) to receive notice about future clinics