



Summer VOLLEYBALL TRAINING
Girls and Boys

WHERE: O'Fallon High School-Smiley Campus- Main Gym

Training includes
 Teaching and training all volleyballs skills for age appropriate sessions
 Fundamental skills for passing, setting, hitting and blocking
 Court movement - movement to the ball and transition from offense to defense
 Intermediate conditioning

Cost: Per player
 \$20.00 per each two hour session

Sign Up: Bring this form, medical release form and check to your first session
 or Email your Name, age, address, home and cell number and session dates
 Must have medical release form at the first session

Session Dates

Grades	Grade going into 7th, 8th, Freshman		Grade going into Sophomore, Junior, Senior	
	Tuesday's		Thursday's	
	22-Jun	7:00-9:00 pm	24-Jun	7:00-9:00 pm
	29-Jun	6:30-8:30 pm	1-Jul	6:30-8:30 pm
	13-Jul	6:30-8:30 pm	15-Jul	6:30-8:30 pm
	20-Jul	6:30-8:30 pm	22-Jul	6:30-8:30 pm

Grades	Grade going into Freshman, Sophomore, Junior, Senior		Grade going into Freshman, Sophomore, Junior, Senior	
	Tuesday		Thursday	
	27-Jul	6:30-8:30 pm	29-Jul	6:30-8:30 pm

Session Date(s):
name:
Age:
Incoming Grade:
address:
city:
state:
zip:
email:
home phone:
cell phone: