



Columbus Volleyball Center

2009 Summer Programs

Training Teams - New for 2009

Athletes will have a unique opportunity to work with one of the best volleyball coaches in the state; Bishop Hartley & Mintonette Sports' Max Miller. Coach Miller will work with athletes on individual skills, team concepts and position training. Athletes of all skill levels from club player to novice will train with their team in a competitive but positive environment. All athletes will also receive a training team t-shirt. Cost is \$160.

3rd - 5th Grade Training Team
Sundays 4-6 pm & Thursdays 5-7 pm
May 31st to June 25th

6th Grade Training Team
Wednesdays 5-7 pm & Saturdays 1-3 pm
June 3rd to 27th

7th Grade Training Team
Wednesdays 7-9 pm & Saturdays 1-3 pm
June 3rd to 27th

8th Grade Training Team
Thursdays 7-9 pm & Saturdays 8-10 am
June 4th to June 27th

Incoming Freshmen Camp (Class of 2013)

This third annual camp will prepare freshmen for their first high school tryout. Coach Miller will train athletes in the techniques, attitude, and over-all conditioning that high school coaches look for. Camp is open to all athletes in the class of 2013. July 8th - 10th from 6-9 pm. Cost is \$95

Serving Clinics

Middle and high school athletes will have an opportunity to focus each week on float serves, jump serves, serving zones and mental preparation. Clinics take place on Sundays in June from 7 - 8:30 pm. Clinic cost is \$15 per date.

* more dates may be added later in the summer



Extreme "D" Camp

Bishop Hartley's Coach Miller guide athletes through the same intense training that has made the Hawks a defensive powerhouse. Athletes will be coached on both the mental understanding and physical skills needed to compete at the varsity and collegiate levels. Camp is open to high school and college athletes. Camp is \$60 per session.

Session #1: June 7th & 14th, 6:30 - 9:30 pm

Session #: June 21st & 28th, 6:30 - 9:30 pm

Name:

School:

Grade: _____ Birthday: _____ / _____ / _____

Parent E-mail:

Shirt Size: YM YL S M L

Home Phone Number (WITH AREA CODE)

Parent(s) Names:

Emergency Contact:

Name:

Phone Number: (OTHER THAN HOME #)

I, the undersigned, individually and as the parents(s) or guardian(s) of _____, a minor, ask that she be admitted to participate in this event sponsored by the Columbus Volleyball Center, Mintonette Sports and Max Miller. In consideration of such admission, I do hereby release, discharge and hold harmless the Columbus Volleyball Center, Mintonette Sports, and Max Miller, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of an injury or accident involving the said minor arising out of the minor's attendance at the sport event or in the event competition and/or activities held in connection with the sports event.

Parent/Guardian:

Please check programs for which you are registering

- 3rd - 5th Grade Training Team (\$160)
- 6th Grade Training Team (\$160)
- 7th Grade Training Team (\$160)
- 8th Grade Training Team (\$160)
- Incoming Freshmen Camp (\$95)
- Serving Clinic, June 7th (\$15)
- Serving Clinic, June 14th (\$15)
- Serving Clinic, June 21st (\$15)
- Serving Clinic, June 28th (\$15)
- Extreme "D" Camp Session #1 (\$60)
- Extreme "D" Camp Session #2 (\$60)

Mail registration & check to:

Brenda Brammer
ATTN: Youth Rec. League
1129 Carrousel Dr. East
Reynoldsburg, OH 43068