



CINCY PEPPERS VOLLEYBALL CLUB SKILLS & DRILLS FALL TRAINING 2010

The Cincy Peppers Skills & Drills Fall Training is a unique approach to volleyball training. Unlike youth leagues which only offer an opportunity for competitive play or private lessons which only offer individual skill development, the Cincy Peppers Skills & Drills Fall Training is designed to provide quality instruction in both individual and team skills as well as an opportunity for controlled team play. Each session will include instruction in individual skills - passing, digging, setting, attacking, blocking and serving, instruction in team skills - offensive systems and defensive positioning, movement, agility and strength training, conditioning and scrimmaging. Over the course of the 7-week session, players will receive 21 hours of training.

The Skills & Drills Fall Training is for girls in grades 6 - 8. Fall Training is ideal for players who want to prepare themselves for the upcoming season, whether it's CYO or Junior Olympics. Or, if your CYO team is already practicing, sign up together and the Skills & Drills Fall Training can serve as an additional day of practice! Any girl who is in 6th grade is eligible to play. 7th and 8th grade students are eligible to participate in the Skills & Drills Fall Training if they satisfy one of the following criteria:

1. The player attends a school that is not a member of the OHSAA (which includes most parochial schools) or,
2. The player attends a school that is a member of the OHSAA but is not on the 7th or 8th grade school team

If you are not sure if you are eligible to participate, contact us and we'll help you find out.

QUICK FACTS

DATES: 7-week session runs Thursdays & Saturdays, September 30 - November 13

TIME: Thursdays 6:00 - 7:30 pm
Saturdays 9:30 - 11:00 am

PLACE: Madisonville Recreation Center
5320 Stewart Ave
Cincinnati, OH 45227

COST: \$210

DEADLINE: September 11, 2010 or until session is full

TO REGISTER: Download the Registration Form from our website cincypeppers.com
Mail completed form and check payable to *Cincy Peppers Volleyball Club* to:
Cincy Peppers Volleyball Club
c/o Chet Cox
7810 Euclid Ave
Cincinnati, OH 45243

QUESTIONS: Contact Chet Cox by phone (513-561-3482) or email chet@cincypeppers.com