



# NEXT LEVEL ATHLETES

## VOLLEYBALL CLUB SEASON CLINICS 2011-2012

December- February (Session I) & March – May (Session II)



These clinics are perfect for players who want to play volleyball one day (or one more day) a week. You will work on all skills, positions, and game play from an experienced and well-respected coaching staff. In addition, intense training with *Speed* will improve agility, speed, and vertical jump. The clinic is broken into two packed 10 week sessions. This is helpful for multi-sport athletes. Although some players use this as a supplement to their club team; the clinic is designed to give you the “club training” without the hassles and expenses of playing on a club team.

I have spent ten years creating practice plans to ensure efficient, comprehensive, and intense volleyball training. You will learn more one night at this clinic than you would practicing 2 nights at a low level club.

### SPROUTS (K-3<sup>rd</sup>)/ **Beginners (2<sup>nd</sup>-4<sup>th</sup>)**

Wednesdays	4:15-5:30 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec.7 <sup>th</sup>	Cost: \$165 Dec.-Feb.

### **Juniors (4<sup>th</sup>-7<sup>th</sup>)**

Sundays	4:00-5:30 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec. 4 <sup>th</sup>	Cost: \$180 Dec.-Feb. (\$350 for both sessions)
Mondays	7:00-9:00 p.m.	Glen Ellyn (Glencrest School) Court 2
	Start Date: Dec. 5 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)
Wednesday	5:30-7:00 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec. 7 <sup>th</sup>	Cost: \$180 Dec.-Feb. (\$350 for both sessions)
Fridays	7:00-9:00 p.m.	Lyons Township (LT High School South Campus) Court 2
	Start Date: Dec.2 <sup>nd</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)
Fridays	6:00-8:00 p.m.	Sunsetters Volleyball Center (Woodridge)
	Start Date: Dec.2 <sup>nd</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)

### **Intermediate (6<sup>th</sup>-9<sup>th</sup>)**

Sundays	5:00-7:00 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec. 4 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)
Mondays	7:00-9:00 p.m.	Glen Ellyn (Glencrest School): Court 1
	Start Date: Dec. 5 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)
Wednesday	7:00-9:00 p.m.	St. Charles (Pottawatomie Comm. Center)
	Start Date: Dec. 7 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$350 for both sessions)
Fridays	7:00-9:00 p.m.	Lyons Township (LT High School South Campus) Court 1
	Start Date: Dec.2 <sup>nd</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)

### **Advanced (8<sup>th</sup>-12<sup>th</sup>)**

Sundays	10:30a.m.-12:30 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec. 4 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)
Wednesdays	7:00-9:00 p.m.	Edward Health and Fitness Center (Woodridge)
	Start Date: Dec. 7 <sup>th</sup>	Cost: \$220 Dec.-Feb. (\$420 for both sessions)

**\*CLINICS ARE OPEN TO BOYS AND GIRLS.**

Questions: CALL BONNIE @ (630)330-7785

**Space is limited. Confirm with a check. No refunds.**

Please fill out the waiver and make check payable to:

Next Level Athletes, 2105 Ohio St, Lisle, IL 60532

Registration Forms and More Information Available @ [www.nextlevelathletesinc.com](http://www.nextlevelathletesinc.com)

