

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014*. Make checks out to In the Zone.

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Age on Sep 1 _____ Grade _____

Lessons: _____ Total Cost _____

Sessions attending (Please circle dates):

	Tues	Thurs
Dec		8, 15, 22
Jan	3, 10, 17, 24, 31	5, 12, 19, 26
Feb	7, 14, 21	2, 9, 16, 23

Consent and Waiver:

I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Basketball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian Date

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

- John Wooden

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down."

- Mia Hamm

"It is not the size of a man but the size of his heart that matters."

- Evander Holyfield

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.

- Muhammad Ali



"Upon the fields of friendly strife are sown the seeds that on other fields, on other days will bear the fruits of victory"

--GEN Douglas MacArthur
concerning the role of athletics at the United States Military Academy

Volleyball Skills 'n Drills

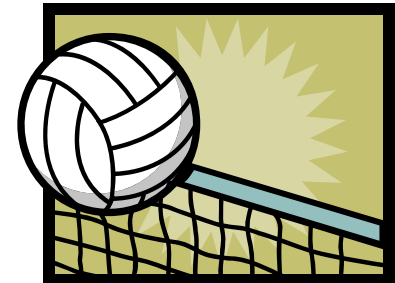
at

In the Zone



Athletics

Winter '11-12



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

In the Zone is starting a winter volleyball training program for girls in grades 4-8.

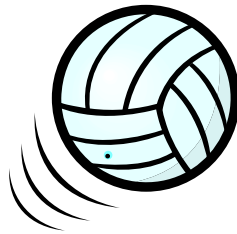
The primary focus of this program is to teach and practice the fundamental skills and basic tactical knowledge necessary to become a competitive club/varsity player.

This program is appropriate for beginners as well as intermediate players. We'll focus on basic skills and getting lots of reps and practice. Anyone who wants to improve their game is welcome.

Lessons

Lessons will be on Thursdays in December and then Tuesdays and Thursdays in Jan and Feb from 6:00-7:30.

Lessons will start December 8 and end February 23. *There will not be any lessons between Christmas and New Years.*



We will work on fundamentals like:

- Stance
- Footwork
- Passing
- Digging
- Setting
- Serving

- Spiking
- Blocking

Sessions may also include:

- Rules of the Game
- Positions
- Substituting
- Game and Match scoring
- Game strategies

Registration Fees:

The cost of the program is based on the number of lessons each player plans on attending (Total of 19 Lessons):

# Lessons	Cost
1-4	\$13.00 ea
5-9	\$11.50 ea
10-19	\$10.00 ea

Players will purchase a certain number of lesson credits. A lesson credit can be used for any regularly scheduled session. In order to make sure we have enough instructors at each lesson, players need to sign-up in advance for each lesson they plan on attending. There is no penalty if you sign up for a lesson and do not make it.

Pay-as-you go athletes will pay the \$13.00 rate. To get the discounted rates, the lessons need to be paid in advance

TEAM/Organization Rates:

Coaches/Managers can purchase bulk packages of lessons to qualify for the volume discounts and then “re-sell” them to

their players. When doing this, each player needs to have a waiver form on file, players need to pre-register and the coach/manager handles the up-front lump-sum payment and distributing the lessons.

Instructors/Coaches will be local high school and college players including:

Erin Rothrock: Northampton High School, East Stroudsburg University

Kelly Yagerhofer: Northampton HS, Northampton Community College.

