

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 ____

Volleyball experience _____ yrs

Buddy Sign-ups _____

Program: Wed only Sun only Both
Please circle

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.

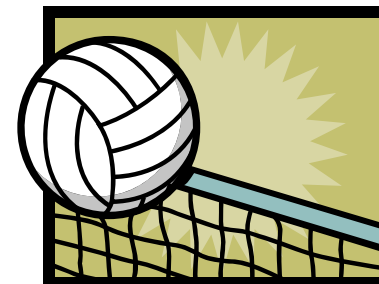
- Muhammad Ali



"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 Training
at
In the Zone
Athletics
Fall 2011***



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

www.inthezonesports.biz

In the Zone is starting a volleyball training program for girls in grades 5-8.

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

Lessons

Lessons will be on
Wednesdays 6:00-
8:00 pm and
Sundays 12:00-2:00
starting Sunday
Sept 18 and ending
Wednesday Nov 9.



The first 3 weeks of practices will consist of basic drills and learning the rules of the game. The next 4 weeks we'll start to learn how to play the game by phasing in scrimmages. The last week, we'll have intra-squad games.

We will work on these fundamental skills:

- Stance
- Footwork
- Passing
- Digging
- Setting
- Serving
- Spiking
- Blocking

Sessions will also cover:

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

Groups will be established based on ability and age.

Registration:

To register, complete attached form and mail with payment to In the Zone. Pre-registration is recommended but walk-ins accepted if space permits.

Participants can sign up for both sessions each week, Wednesdays only or Sundays only.

The Wednesday and Sunday classes will cover about the same information. Those signing up for just one session will not miss out on anything.

Fees:

For those signing up for both sessions each week, the cost is just \$7.50/hr or a total of \$240 (8 weeks at 2 sessions per week and 2 hours each session = 32 hours of training).

For those signing up for just one session each week, the cost is \$8.50/hr or a total of \$136. (8 weeks at 2 hours/week = 16 hours of training).

Half the fee is due at registration. The other half is due by October 12.



Discounts:

- Sibling Discount: Each sibling receives a \$15 discount.
- Register with a buddy and both receive a \$10 discount.**
- Register with 2 buddies and all 3 receive a \$15 discount.**
- Register with 3 or more buddies and each receives a \$20 discount.**

** to receive the Buddy discount, each person must list their Buddies on the registration form.

Cannot combine multiple offers.

Instructors/Coaches will be local high school players.

