

Iowa Heart Volleyball

12U-15U Open Clinics/Play



General Information: Iowa Heart Volleyball would like to offer 11 days of volleyball clinics to girls ages 11-15 and boys 11-14 interested in improving their volleyball skills. As a club we understand not everyone can commit the time and money for a full Club Volleyball season. As a result we are creating a Monday Night Clinic/Play series open to all.

Format: 7:15pm-8:30pm: First 45 minutes are skills development followed by 30 minutes of coached play.

Where: United Community School– 1284 U Ave, Boone, IA
(Front Doors are locked, entry by Door to the Gym from the sidewalk east of the front doors)

Dates/Skills:		
12/12/2011	Passing Clinic Drills Part 1/ Play	
12/19/2011	Passing Clinic Drills Part 2 / Play	
12/26/2011	<i>Holiday</i>	
1/2/2012	<i>Holiday</i>	
1/9/2012	Blocking Clinic Drills / Play	
1/16/2012	<i>Holiday</i>	
1/23/2012	Serve/Defense Drills Part 1/ Play	
1/30/2012	Defense Drills Part 2 / Play	
2/6/2012	Setting Drills / Play	
2/13/2012	Hitting Part 1 (OH) / Play	
2/20/2012	Hitting Part 2 (MH) / Play	
2/27/2012	Hitting Part 3 (RH) / Play	
3/5/2012	Team Defense / Extended Play	
3/12/2012	4v4 competition (if enough players)	

Costs:

\$150 for all 11 dates (includes Iowa Heart T-Shirt) *Only \$11/hr!!*

\$100 for 6 dates (any 6 you choose)

\$20 for drop ins (Cash/Check at the door)

*USAV Membership is required for insurance purposes. There are a few options: A \$35 limited practice membership, a \$10 6 week practice membership that I believe can be renewed unlimited, or the full \$50 membership. Go to www.iavbreg.org for membership options.

To Register: Please email iowaheartvb@gmail.com with name, phone #, address, and how many days to register. We do need a minimum of 10 players registered by 12/11/2011 so please pass this along and tell your friends!