

Summer Volleyball 2009

Force Volleyball Club

Presents \$10 Clinics

This is a volleyball clinic with some of the finest Volleyball Trainers in the Sacramento Area teaching advanced volleyball skills and strategies 2 times a week, all summer. This is a "pay as you go" Summer Clinic. Emphasis on training, repetition, and playing.

Great time to get ready for either your High School or Junior High upcoming seasons!

The summer program takes place at the Summer Home of **Force Volleyball Club** in Rancho Cordova (11345 Sunrise Park Drive - just off Sunrise Blvd South) and Sky High Sports (11327 Folsom Blvd - the old Basketball Town).

Clinic Coordinator and Trainer Bruce Boyle (Force Club Director) along with cameo appearances from coaches Alynn Wright (17-1 / Junior Olympic Coach), Griff Joyce (Force 16-1 / Junior Olympic Coach), Bill and Molly Hanrahan (Force 14 and 16 / Junior Olympic Coaches), Jamie Ingram (Force 15-1 / Junior Olympic Coach), Jim Nguyen (Force 13-1 / Junior Olympic Coach), and others will be conducting the clinic.

Summer Clinic Schedule (Please bring a Parent or Guardian to initial sign up)

Advanced All Skills Clinics: June 29th through August 14th

(Fall 2009) Grades 4, 5

Days: Monday and Wednesday Evenings
Time: 3:30 - 5:00 PM
Cost: \$10 each session
Location: Sky High Sports

Advanced Session (Fall 2009) Grades 6, 7

Days: Monday and Wednesday Evenings
Time: 5:00 - 7:00 PM
Cost: \$10 each session
Location: Sky High Sports

Advanced Session (Fall 2009) Grades 8, 9

Advanced Players only / Please call Bruce 916 337-4491

Days: Tuesday and Thursday Evenings
Time: 5:00 - 7:00 PM
Cost: \$10 each session
Location: Sky High Sports

Advanced Session (Fall 2009) Grades 10, 11, 12

Advanced Players only / Please call Bruce 916 337-449

Days: Tuesday and Thursday Evenings
Time: 7:00 - 9:00 PM
Cost: \$10 each session
Location: Sky High Sports

For more information and / or sign ups

Contact **Bruce Boyle**

Email - bboyle@forcevbc.com; Cell (916) 337-4491

Web Site <http://www.forcevolleyball.org/>