

WHAT DOES NEBRASKA IMPACT VBC OFFER BEFORE SCHOOL STARTS?

CLINICS

Nebraska Impact VBC offers a variety of clinics, private lessons and camps for girls from 10 to 18 years old. Select the events that fit the skills you want to improve. All clinics will be two hour sessions:

10-14 years old from 1:00-3:00 p.m.;

15-18 years old from 3:00-5:00 p.m.

July 26, August 2, and August 9, 2009

at The Courts, 8930 South 137th Circle, Omaha, NE 68138.

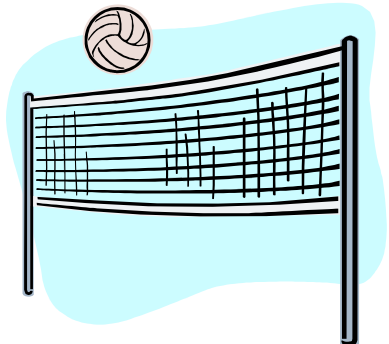
Setter/RS Clinics will focus on setting techniques and right side hitter attacking skills. Special emphasis will be footwork and arm swing.

DS/Libero Clinics will focus on improving passing, digging and back row hitting techniques.

Left Side Hitter Clinics will focus on improving a more powerful arm swing and efficient attacking skills. Footwork and technique will also be discussed and demonstrated.

Middle Hitter Clinics will focus on improving a more powerful arm swing and efficient attacking skills for the middle hitter. Blocking and footwork will also be a focal point of this clinic.

All Skills Clinics will combine all of the above for ages 12, 13, 14, 15, 16, 17 and 18 year old players.



PRIVATE LESSONS

Private lessons are also being offered during the summer. If you would like a one-on-one session with one of our coaches, please call Debi at 402-339-6951 or email us at mdgodek@cox.net to set up an appointment. Private lessons are \$50 an hour. All lessons will be held at The Courts Volleyball Training Facility. Lessons are held Monday through Friday after 3:00 p.m.



REGISTRATION INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Age _____ ***Age as of 9-1-09**

Birthdate _____

Please circle the camp(s)/clinics you wish to attend:

July 26 Setter/Right Side Clinic \$40

July 26 All Skills Clinic \$20

August 2 Left Side Hitter Clinic \$40

August 2 All Skills Clinic \$20

August 9 Middle Hitter Clinic \$40

August 9 DS/Libero Clinic \$40

August 9 All Skills Clinic \$20

CAMP RELEASE

I, the undersigned, as the parent or legal guardian of a minor child, hereby acknowledge that

_____ (child)

Is covered by medical insurance as follows, by:

_____ (Company)

_____ (Policy Number)

It is further understood that Nebraska Impact VBC or its facilities does not provide medical insurance for any of these clinics. The undersigned hereby releases Nebraska Impact VBC, its staff, The Courts, and its successors, assignees, officers, agents, and staff from any and all claims, demands and causes of action whatsoever in any way growing out of or resulting from participation by the a forenamed child attending these clinics.

_____ (Parent or Legal Guardian Signature)

All Registration Forms should be filled out and mailed one week prior to the clinic you wish to attend.

Walk-ins are welcome but will be charged a \$5.00 late fee.

Fill out the registration form, circle the clinics you wish to attend and send a check made payable to:

Nebraska Impact VBC
c/o Mike Godek, Club Director
7785 Greenleaf Drive
LaVista, NE 68128



**JUNIOR GIRLS
CLUB VOLLEYBALL**

CLINICS

& PRIVATE LESSONS

Call Debi or Kim for further information:
Club Director Mike Godek
Asst Club Director Bo Yong
Administrator Debi Godek
Asst Administrator Kim Yong
7785 Greenleaf Drive
LaVista NE 68128
(402) 339-6951 or (402) 699-1021
(402) 884-7594 or (402) 960-5735

Email: mdgodek@cox.net or
kim.yong@bcbsne.com

or check the website at
<http://www.eteamz.com/impactvolleyball>.