

WHAT DOES NEBRASKA IMPACT VBC OFFER IN THE FALL BEFORE TRYOUTS?

CLINICS

Nebraska Impact VBC offers a variety of clinics and private lessons for girls and boys of all ages so that you can improve your skills before tryouts. Select the events that fit the skills you want to improve.

All clinics will be two hour sessions on the dates listed on this flyer. Clinics begin at 12:30 on Sunday, Oct 25, and at 1:00 p.m. on Sunday, Nov 1, 8 & 15, 2009.

The clinics will be held at **The Courts, 8930 South 137th Circle, Omaha, NE 68138.**

Cost is \$40 per player per session for advance reservations. But you are welcome to drop in for an additional fee of \$5.

Please Note: Clinics before November 7 will only be for 14's, 13's, 12's and 11's. **Any 14 year old that is playing with her high school team will not be allowed to participate.**

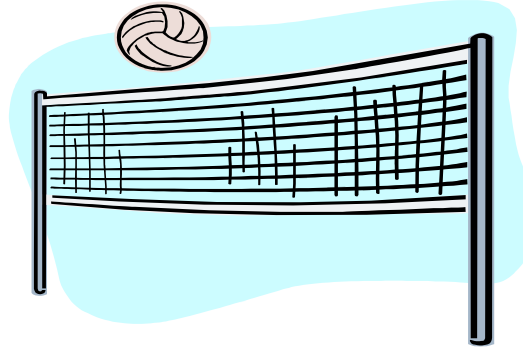
Setter/RS Clinics will focus on setting techniques and right side hitter attacking skills. Special emphasis will be footwork and arm swing.

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.



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 \$60 an hour. All lessons will be held at The Courts Volleyball Training Facility. Lessons are available most weekdays after school and on the weekends. Coaches available for lessons are: Scott Carne, Brandon Cerny, Mike Godek, Michael Godek Jr , Vicky Kilgore, Ashley Pike and Bo Yong.



REGISTRATION INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Age _____ (Age as of 9-1-09)

Birthdate _____

Please circle the clinics you wish to attend:

October 25 All Skills Clinic \$40
or

October 25 Setter/RS Clinic \$40
(THE ABOVE CLINICS WILL START AT 12:30 P.M.)

(CLINICS BELOW START AT 1:00 P.M.)

November 1 All Skills Clinic \$40
or

November 1 Middle Hitter Clinic \$40

November 8* All Skills Clinic \$40
or

November 8* DS/Libero Clinic \$40

November 15* All Skills Clinic \$40
Or

November 15* Left Side Hitter Clinic \$40

*If you are 14, 13, 12, or 11 years old & Under and you are selected to play with Nebraska Impact at the November 7 tryout, you are not required to pay, but can attend.

CLINIC 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)

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

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



**JUNIOR GIRLS
CLUB VOLLEYBALL**

FALL CLINICS

& PRIVATE LESSONS

**Call Mike or Debi for any further information:
Club Director Mike Godek
Assistant Club Director Bo Yong
Administrators Debi Godek and Kim Yong
7785 Greenleaf Drive
LaVista NE 68128
Mike or Debi (402) 339-6951 or (402) 699-1021
Email: mdgodek@cox.net**

**Bo or Kim (402) 884-7594 or (402) 960-5735
Email: kim.yong@bcbsne.com**

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