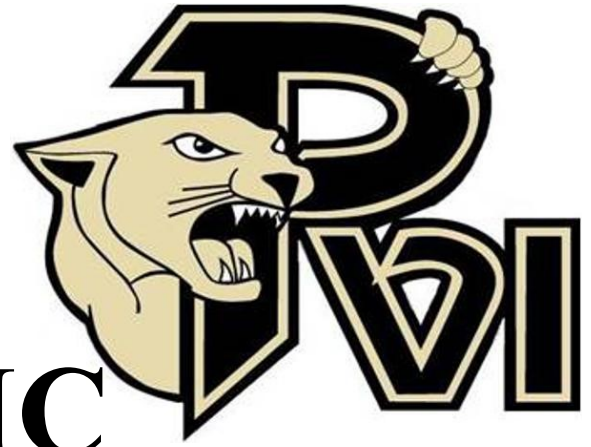


ATTENTION CYO VOLLEYBALL PLAYERS



PRE - SEASON SKILLS CLINIC

WHEN: February 29th 9AM - NOON

WHERE: ST. PAUL VI HIGH SCHOOL

COST: \$20 PER PLAYER

\$15 PER COACH

COACHES CLINIC 9AM - NOON

**COME AND LEARN DRILLS AND
GAME STRATEGIES FROM THE
PLAYERS AND COACHES OF PVI.**

**PERFECT CLINIC FOR NEW
COACHES TO LEARN THE GAME,
AND FOR EXPERIENCED COACHES
TO ENHANCE THEIR PRACTICES
AND STRATEGY**

PLAYER CLINIC 9AM—NOON

**COME AND TRAIN WITH THE
ATHELETES OF PVI.**

**POLISH YOUR BASIC SKILLS
AND LEARN NEW ONES IN
PREPARATION FOR THE CYO
SPRING SEASON.**

**EACH CLINIC WILL TEACH
ATHELETES VOLLEYBALL BA-
SICS AND SPECIFICS GEARED
TO EACH SKILL LEVEL**

ALL EXPERIENCES WELCOME

Contact Coach Farrar (sfarrar@pvipanther.net)for more information

Register at www.pvivolleyball.com under the link "NVCYO CLINIC"

Payment will be taken at the door.

8:30 am - 9:00 am Player & Coach check-in

9:00 am – 9:30 am Player warmup & group assignments

9:00 am – 9:30 am Coaches clinic:

Coaches & Players Together

9:30 am – 10:00 am Passing/Digging (skill instruction & drills)

10:00 am – 10:30 am Hitting (skill instruction & drills)

10:30 am – 11:00 am Serving (skill instruction & drills)

11:00 am – Noon Rotations & Games (3 v 3, 6 v 6)

11:30 am – Noon Coaches Q&A

