

Seahawk Starz

Volleyball Clinics 2014

-  **Clinic I – Sand Training @ Courts & Sports** - March 30th – 1:00pm – 3:00pm - \$FREE!**
 This Clinic will serve as an introduction to sand volleyball at the local sand volleyball facility at Courts & Sports. Basic skills along with further comprehension of the differences between Sand Volleyball versus Indoor Volleyball will be learned during this 2-hour comprehensive session. ****Participants must register with UNCW, up to 60 participants allowed**** Grades 5-8; Ages 10-13
3525 Lancelot Lane, Wilmington, NC **www.courts-sports.com**
-  **Clinic II – Serving/Passing – April 6th – 3:00pm – 5:30pm - \$25**
 Serving will be taught from the basics up! Proper form will be stressed throughout the camp to allow for the most successful experience. Advanced serving will be taught including: Standing Float, Serve Locations, Jump Float, Jump Topspin. Passing will be taught with an emphasis on technique, serve receive, freeball passing and positioning.
-  **Clinic III – Setter/Hitter – April 13th – 3:00pm – 5:30pm - \$25**
 This Clinic will showcase setters & hitters and the skills associated with playing each position. Footwork, handwork, transition and setting location will be learned. Hitting will be incorporated into the session for specific hitter/setter timing.
All positions encouraged to learn setting
-  **Clinic IV – All Skills Review & Game Competitions – April 27th – 3:00pm – 5:30pm - \$25**
 Hitting, Passing, Setting, & Defense will be reviewed during this important skills session! Game-like situations will be incorporated into this session to allow the participants a chance to put their newly learned skills to use!

All 3 Indoor Clinics! = \$65! (Sand Clinic is Free!)
Save \$10 when you enroll for all 3!

All Clinics, unless otherwise noted, are located in Hanover Hall on the campus of UNCW

6:1 Camper to Staff Ratio!

Each clinic will focus on the respective skills and finish each session with competitive games!

Seahawk Starz Volleyball Clinics are open to any and all entrants

(limited only by number, age, grade level and/or gender)

 Spike 'em like a Seahawk Star! 

Note: Registration is based on a first come, first serve basis. Each clinic is limited to 30 total campers. Complete payment must accompany this registration! Makes checks payable to: **UNCW**

(detach here)

2014

Seahawk Starz Volleyball

Makes checks payable to: UNCW

Check appropriate box:

- Clinic I - Mar 30 (Sun)
- Clinic II - Apr 6 (Sun)
- Clinic III - Apr 13 (Sun)
- Clinic IV - Apr 27 (Sun)
- All Clinics!!

Return this section with your registration fee to:

Amy Bambenek
 UNCW Head Volleyball Coach
 601 South College Road
 Wilmington, NC 28403

FOR OFFICE USE ONLY

Date Rec _____
 Amt Paid _____

Name _____ Age _____ School _____ Grade _____
 Street _____ City _____ State _____ Zip _____
 Parent Name _____ Phone _____
 Email Address _____
 Parent/Gaurdian Signature _____ Date _____