

Hurricanes VBC

2009 Specialized Training Information

All classes are designed to achieve the highest level of volleyball performance through intense fundamental training.

(12 to 16 Players per Session)

All Skills:

Intended for players with 1 year or less experience playing in a league or that have an interest in playing club volleyball. This class is designed to meet the needs of the athlete who wants to learn as well as improve their fundamental skills of passing, setting, attacking and serving.

Specialized Training Sessions:

These are ideal sessions for athletes with 1 or more years of volleyball experience who want to improve on position-specific skills. These classes are designed to challenge the player while increasing their level of play. These five day classes will include two days of hitting/blocking/setting, two days of passing/serving and one day of technique training on defense and offense as well as some scrimmaging.

Session 1: July 13 - 17

All Skills - 5th & 6th Grade / MTWTHF / 10am-12pm / Collin Creek Comm. Church / \$110/**CLOSED**

STS - 7th & 8th Grade / MTWTHF / 12pm – 2pm / Collin Creek Comm. Church / \$110/ **CLOSED**

STS - 9th Grade / MTWTHF / 2pm – 4pm / Collin Creek Comm. Church / \$110/ **CLOSED**

STS - 9th Grade / MTWTHF / 4pm – 6pm / Collin Creek Comm. Church / \$110/ **CLOSED**

Session 2: July 20, 22 - 24

All Skills - 5th & 6th Grade / MWTHF / 2pm – 3:30pm / St. Elizabeth Ann Seton / \$80 / **CLOSED**

STS - 7th & 8th Grade / MWTHF / 3:30pm – 5pm / St. Elizabeth Ann Seton / \$80 / **CLOSED**

STS - 9th Grade / MWTHF / 5pm – 6:30pm / St. Elizabeth Ann Seton / \$80/ **CLOSED**

STS - 9th Grade / MWTHF / 6:30pm – 8pm / St. Elizabeth Ann Seton / \$80/ **CLOSED**

Session 3: July 27, 29 – 31

All Skills - 5th & 6th Grade / MWTHF / 2pm – 3:30m / St. Elizabeth Ann Seton / \$80 / **CLOSED**

STS - 7th & 8th Grade / MWTHF / 3:30pm – 5pm / St. Elizabeth Ann Seton / \$80 / **CLOSED**

STS – 8TH & 9th Grade / MWTHF / 5pm – 6:30pm / St. Elizabeth Ann Seton / \$80/ **CLOSED**

STS - 9th Grade / MWTHF / 6:30pm – 8pm / St. Elizabeth Ann Seton / \$80/ **CLOSED**

Session 4: August 3 - 7

All Skills – 5th& 6th Grade / MTWTHF / 10am-12pm /Collin Creek Comm. Church / \$110/ **CLOSED**

STS - 6th Grade / MTWTHF / 12pm – 2pm / Collin Creek Comm. Church / \$110/ **CLOSED**

STS - 7th Grade / MTWTHF / 2pm – 4pm / Collin Creek Comm. Church / \$110/ **CLOSED**

STS – 8th Grade / MTWTF / 4pm – 6pm / Collin Creek Comm. Church / \$110/ **CLOSED**

Session 5: August 10, 12 - 14

All Skills – 5th & 6th Grade / MWTHF / 2pm – 3:30pm / St. Elizabeth Ann Seton / \$80

STS – 6th Grade / MWTHF / 3:30pm – 5pm / St. Elizabeth Ann Seton / \$80

STS – 7th Grade / MWTHF / 5pm – 6:30pm / St. Elizabeth Ann Seton / \$80

STS – 8th Grade / MWTHF / 6:30pm – 8pm / St. Elizabeth Ann Seton / \$80

Session 6: August 17, 19 - 21

STS – 7th Grade / MWTHF / 2pm – 3:30pm / St. Elizabeth Ann Seton / \$80

STS – 7th Grade / MWTHF / 3:30pm – 5pm / St. Elizabeth Ann Seton / \$80

STS – 8th Grade / MWTHF / 5pm – 6:30pm / St. Elizabeth Ann Seton / \$80

STS – 8th Grade / MWTHF / 6:30pm – 8pm / St. Elizabeth Ann Seton / \$80

LOCATIONS:

Collin Creek Community Church

3701 W. Spring Creek Pkwy.

Plano, TX 75023

www.collincreekcommunity.org

St. Elizabeth Ann Seton

Seton Faith Formation Center

3100 W. Spring Creek Pkwy

Plano, TX 75023

www.setonparish.org

Click Here To Register On-Line

<http://www.hurricanesvolleyball.com/site/page/pg3104.html>