

NBCCAMPS

VOLLEYBALL CLINIC



November 1st at Chiawana High School. This NBC Volleyball Clinic is for athletes grades 4th-8th. This clinic will provide age and skill appropriate training for each player. Improve your fundamentals and gain exposure to position specific instruction. Come brush up on your volleyball skills for school or club volleyball. Grab a friend and sign up for this NBC Volleyball Clinic today!

WHO'S IN CHARGE?



DORIS NORRIS; NBC Volleyball Administrative Director

In addition to her position with NBC Camps, Doris is the co-founder and club director of Sideout Volleyball Club in Spokane. Doris was a four-year starter for Whitworth University and was selected to the All-Conference and All-Region volleyball squads. Her teams were inducted into the Whitworth University Heritage Gallery Hall of Fame in 2007.

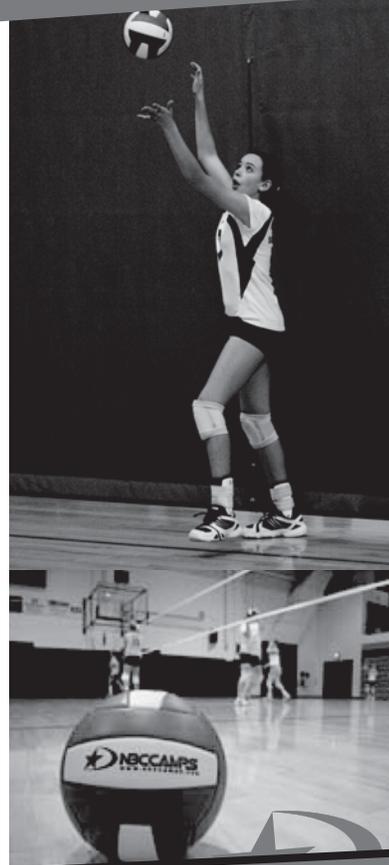
The staff for this clinic will include some of our great NBC Camps volleyball coaches who have college experience playing and club coaching experience.

CLINIC TEACHING KEYS:

AM Session: 9:00am to 12:00pm - Instruction will include introducing and practicing passing technique, ball control, overhead serving skills, and hitting and blocking techniques.

PM Session: 1:30pm to 4:30pm - Instruction will build off of the AM Session. A few new volleyball skills will be introduced in the afternoon that will be different and/or more advanced than the AM session. The PM session will include new drills to master those volleyball skills.

Attendees are encouraged to attend both sessions for the most comprehensive training opportunities.



REGISTRATION:

phone: **1.800.406.3926**

online: **www.nbccamps.com**

mail: print registration form off web site and send to: 10003 N. Division Ste. 100
Spokane, WA 99218

WHAT TO BRING:

- Athletic gear & water bottle
 - Sack lunch if staying all day
 - Do NOT need to bring ball
 - Medical release completed
- speed up check-in and download at*
http://nbccamps.com/pdfs/Med_waiver1.pdf

DETAILS:

Chiawana High School
8125 W. Argent Pasco, WA
Sunday, November 1, 2015
9:00am - Noon \$39
1:30 - 4:30pm \$39
Attend both sessions for \$70
Add \$5 for door registrations
Grades 4th-8th

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