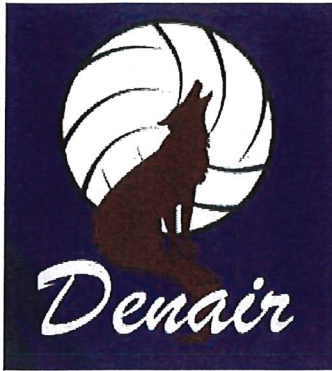


COYOTE VOLLEYBALL CLINIC



*** ALL GIRLS INTERESTED IN
PLAYING VOLLEYBALL FOR DENAIR FALL 2018 ***

TUESDAY, WEDNESDAY, THURSDAY

MAY 29, 30, 31

9:00 a.m. to 1:00 p.m.

\$20 a day OR \$45 for all 3 days (paid in advance)

Cash payments to Coach North, Room 208 DHS (receipt provided)

Checks payable to "Denair Girls Volleyball"

All participants receive a t-shirt and daily snacks

Beginners will focus on learning basic skill fundamentals and techniques,
along with introductory team strategies and conditioning.

Experienced players will review fundamentals
but focus on more advanced skills, strategies, and conditioning techniques.

Athletes will be coached by
Denair High School Head Coach Christy North,
JV Coach Courtney Lira,
and Frosh Coach Yuli Tafolla,
with assistance from alumni players.

Daily schedule will consist of the following (with some adjustments as necessary)

9:00-9:30 Warm-up and initial conditioning

9:30-11:00 Basic skills and drills (rotating stations)

11:00-11:15 Snack/nutrition break

11:15-11:30 Discussion of first half and group selection for team play

11:30-12:45 Group strategy and team play

12:45-1:00 Reflection and questions

All athletes must bring one bottle of water/sport drink, and wear appropriate clothing: tee-shirt, sports bra, athletic shorts or spandex, socks, court shoes (no Vans, no Chucks, no sandals). Athletes should also bring any necessary hair ties and health-related items, such as asthma inhaler, ankle/knee brace, etc.

**No jewelry worn during clinic sessions.