

CT Juniors Volleyball Extra Effort Program Spring 2019

TWO LEVELS & LOCATIONS TO CHOOSE FROM!

Level 1

- Open to 4th-6th graders with no previous volleyball experience
- Program will focus on fun and fundamentals
- Program will focus on basic skills: passing, serving, setting, approach, arm swing, rotation and basic rules
- Program may use lower net (per USA Volleyball guidelines) to enhance learning
- *In Westport, program runs at Staples High School from 5-6:30pm for 7 sessions, on Sundays, April 28--June 9 - \$215*
- *In Woodbridge, program runs at the CT Sports Center from 6-7:30pm for 9 weeks, on Tuesdays from April 23-June 18 - \$260*



Level 2

- Open to 6th-8th graders
- 6th graders must have completed at least one previous CT Juniors program in order to participate
- Program will go more in depth with skills, including: serve receive, offensive & defensive positions, digging, blocking, approach-jump-hit, quick movements to the ball, transition, emergency drills and combination movements
- *In Westport, program runs at Staples High School from 5-7pm for 7 sessions, on Sundays, April 28-June 9 - \$275*
- *In Woodbridge, program runs at the CT Sports Center from 6-8pm for 9 weeks, on Tuesdays from April 23-June 18 - \$335*



**Each player will receive a
FREE t-shirt!**



Online registration now available:
www.ctjuniorsvolleyball.com

CT Juniors Extra Effort Program 2019: Please detach and mail to CT Juniors 21 South Bradley Rd, Woodbridge, CT 06525

Name: _____ Address: _____ City: _____

State/Zip: _____ Phone: _____ E-Mail: _____

School _____ HS Grad Year _____

Please check: Level 1 _____ Level 2 _____ **Circle Location:** Westport Woodbridge

Credit Card Payment (Visa or M/C only)

Name on Card: _____

Credit Card #: _____

Expiration Date: _____ Signature: _____

Check Information: Please make checks payable to CT Juniors. A \$30 fee will be charged for all returned checks.

Check #: _____ Amt. Enclosed: _____



Extra Effort Spring Program 2019

Get a jump-start on summer!

Volleyball program for 4th-8th grade girls only,
offering two ability levels!

Program offered in both Woodbridge and
Westport!

Contact us:

Phone: 203-387-1181

E-mail: ctvolley@snet.net

Website: www.ctjuniorsvolleyball.com

CT Sports Center
21 South Bradley Road
Woodbridge, CT 06525

Forwarding address services requested

www.ctjuniorsvolleyball.com

