

# CT Juniors Volleyball Extra Effort Program Spring 2020

**TWO LEVELS & LOCATIONS TO CHOOSE FROM!**

## Level 1

- Open to 4<sup>th</sup>-6<sup>th</sup> 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 26-June 7 - \$220*
- *In Woodbridge, program runs at the CT Sports Center from 6-7:30pm for 9 weeks, on Tuesdays from April 28-June 23 - \$265*

*Please note: Refunds less a \$25 processing fee will be granted up to 5 days prior to start date. After that date, refunds will only be issued on a prorated basis and with a doctor's note.*



## Level 2

- Open to 6<sup>th</sup>-8<sup>th</sup> graders
- 6<sup>th</sup> 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 26-June 7 - \$280*
- *In Woodbridge, program runs at the CT Sports Center from 6-8pm for 9 weeks, on Tuesdays from April 28-June 23 - \$340*



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



Online registration now available:  
[www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com)

**CT Juniors Extra Effort Program 2020: 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 2020

**Get a jump-start on summer!**

Volleyball program for 4<sup>th</sup>-8<sup>th</sup> 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](mailto:ctvolley@snet.net)

Website: [www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com)

CT Sports Center  
21 South Bradley Road  
Woodbridge, CT 06525

Forwarding address services requested

**[www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com)**

