

CT Juniors Volleyball Extra Effort Program

Spring 2010

at the Connecticut Sports Center

Two levels to choose from!

Level 1

- Open to 4th-6th graders with no previous volleyball experience
- Program will focus on fun and fundamentals
- Program will use lower net (per USA Volleyball guidelines)
- Program will focus on basic skills: Passing, Serving, Setting, Approach, Arm Swing, Rotation, Basic rules
- Program runs 6-7:30pm. \$175

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 use regular women's height net
- 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, Combination movements
- Program runs 6-8pm. \$225



**Tuesday evenings
April 6-May 25, 2010**

Online registration now available:

www.ctsportscenter.com



Mail to: CT Juniors, 21 South Bradley Road, Woodbridge, CT 06525

CT Juniors Extra Effort Program—Spring 2010

Name _____ Phone _____

Address _____ City/Zip _____

School _____ Grade _____ E-Mail _____

Please check: Level 1 _____ (\$175) Level 2 _____ (\$225)

Check Information

Please make checks payable to: CJVA
A \$20 fee will be charged for all returned checks,

Check # _____ Amt enclosed _____

Credit Card Payment

Visa ___ M/C ___ Name on card _____

CC# _____ Exp _____

Sec Code _____ Signature _____



Extra Effort Spring Program 2010
Get a jump on the summer!
Volleyball Program for 4th-8th grade
girls only, offering two ability levels!!!

Contact us:

Phone: (203)387-1181
E-mail: ctvolley@snet.net
Web Site: www.ctsportscenter.com

*Less than 3/4 mile off the Merritt
Parkway (exit 59)!!*

CT Sports Center
21 South Bradley Road
Woodbridge, CT 06525

Forwarding address services requested



www.ctsportscenter.com