

Program will be held at the

*CT Sports Center*

*Woodbridge, CT*

*5 court facility!*

August 23-27 ~ 9am-12noon

Open to girls entering 9th-12th grade!

2010 Preseason Training  
Week is sponsored by:



Dasani will be providing free  
bottled water for the week, for  
all the players!

**Contact Us:**

Phone (203)387-1181

E-mail ctvolley@snet.net

Website www.ctsportscenter.com

**Register online today!**

CT Sports Center

21 South Bradley Road

Woodbridge, CT 06525

forwarding address services requested

www.ctsportscenter.com

*CT Juniors Volleyball Presents:*

**2010 Girls Preseason  
Training Week**

High School Prep Program!!



An intensive, week-long  
volleyball adventure!

Sponsored by:



(203)387-1181

ctvolley@snet.net

# CT Juniors EXCLUSIVE

## Staff includes:

### *Tyson Krause*

President & Founder of CT Juniors  
Former coach at San Diego State University  
Coached Olympic athletes Angela Rock and Liane Sato, as well as All-Americans Vicki Cantrell and Toni Himmer  
Internationally & Nationally certified coach  
Connecticut High School Volleyball Hall of Fame inductee

### *Ryan Soennichsen*

Director of CT Juniors  
Developed several CT Juniors programs, including the award-winning boys & high performance programs  
USA Volleyball nationally certified coach

### *Allison Kascak*

Former Coach at Post University  
CT Juniors Site Supervisor  
USA Volleyball nationally certified coach

### *Despina Soennichsen*

Former coach at Quinnipiac University  
Former CT Juniors travel player & coach  
Won Big East Championship with UCONN  
USA Volleyball nationally certified coach

*Additional coaches to be named*



## Preseason training week offers:

- Position-specific training by coaches who specialize in and have also played the same position themselves
- Volleyball-specific conditioning built in each day so players can work on strength & skills together to be ready for their tryouts
- Different levels, so everyone learns at their own pace
- Written assessments from the coaches, including recommendations for at-home training
- Game play, including an all-program tournament on the final day

## Players will also receive:

- Free Connecticut Juniors t-shirts
- Free bottled water, provided by Dasani



Cost is \$200  
Program limited to 80 participants  
Register online today! Don't get left out!

Cut out and mail to: CT Juniors, 21 South Bradley Road, Woodbridge, CT 06525 or register online at [www.ctsportscenter.com](http://www.ctsportscenter.com)  
**CT Juniors Preseason Training Week 2010**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HS GRAD YR \_\_\_\_\_ SCHOOL \_\_\_\_\_ E-MAIL\* \_\_\_\_\_

\*E-mail required to receive program confirmation

**Check Information**  
Please make check 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 \_\_\_\_\_  
Credit Card # \_\_\_\_\_ Exp. \_\_\_\_\_  
Sec code \_\_\_\_\_ Signature \_\_\_\_\_