

Jr Chargers Girls Volleyball Clinic



MONDAYS May 4, 11, 18

ALL SKILLS

Clinic 1: CURRENT Grades 6th-8th 5:00-6:00pm

Pre-tryout Clinic: Heavy Ball and High Net

Get ready for Jr Chargers and Hamilton HS tryouts with this All Skills Clinic.

Clinic 2: CURRENT Grades 4th-8th 6:00-7:00pm

Serving Clinic: Appropriate net/ball will be used and girls will be divided up by age/ability

The Serving Clinic will work on all aspects of overhand serving: hand contact, toss, and location, as well as incorporating shuffle serve and jump serve basics.

Clinic 3: CURRENT Grades 4th-5th 7:00-8:00pm

Intermediate Clinic: Low net and Light Ball

This All Skills Clinic will refine your skills. Best for girls who have 1 year of volleyball experience at Jr Chargers or a Club Team already.

TUESDAYS May 5, 12, 19

ALL SKILLS

Clinic 4: CURRENT Grades 3rd-5th 5:00-6:00pm

Intermediate & Beginner Clinic: Low net and Light Ball

This Clinic is both for brand new beginners as well as girls who have played 1 year before. We will focus on the skills of passing, setting and attacking

Clinic 5: CURRENT Grades 3rd-8th 6:00-7:00pm

SPEEDBALL Clinic: Appropriate net/ball will be used and girls will be divided up by age/ability

Speedball is a fun volleyball type of game, for beginners to advanced players, that helps players get better at seeing the ball come over the net in a realistic volleyball setting. It incorporates combinations of throwing/catching to actual 3 volleyball contacts.

Clinic 6: CURRENT Grades 6th-8th 7:00-8:00pm

Pre-tryout Clinic: Heavy Ball and High Net

Get ready for Jr Chargers and Hamilton HS tryouts with this All Skills Clinic.

There will be two nights of clinics for most grades. We will work on the same skills but use a variety of drills so if you want to come to multiple clinics it will not be completely the same. This will give all kids an opportunity to practice every skill. **Each individual clinic is \$60.**

To Register for Volleyball Clinics please fill out this form:

[Spring Clinic Sign Up HERE](#)

All Clinics will be held at Silver Spring Intermediate School.

Summer Camps - info will be out soon! (July 20-23)

Questions contact tracibuhrvb@gmail.com

This information is not sponsored or endorsed by the Hamilton School District