

VOLLEYBALL UNLIMITED – 2019 FALL PROGRAM SCHEDULE

INFORMATION, SCHEDULE & FEES

FALL PLAYER DEVELOPMENT PROGRAM SCHEDULE

BELOW YOU WILL FIND OUR COMPLETE FALL PROGRAM SCHEDULE THROUGH GIRLS TRYOUTS IN NOVEMBER. THE LIST WILL BE ORGANIZED BY DATE SO PLEASE REVIEW THE DATES/LOCATIONS CAREFULLY AS TO NOT DOUBLE OR OVER BOOK YOUR ATHLETE...WE HAVE A LOT GOING ON LEADING UP TO THE 2019-2020 CLUB SEASON. WE ARE OFFERING A VARIETY OF SESSIONS AT BOTH OUR TEMPE AND GILBERT LOCATIONS. OUR PLAYER DEVELOPMENT PROGRAMS ARE OPEN TO THE PUBLIC. THE REGISTRATION PAGES CONTAIN SPECIFIC DETAILS FOR EACH PROGRAM.

WHO: GIRLS & BOYS, THERE ARE OPTIONS FOR BEGINNERS THROUGH ADVANCED, SEE DEFINITIONS BELOW TO HELP GUIDE YOU IN YOUR SELECTIONS

EXPERIENCE LEVEL:

BEGINNER - ENTRY LEVEL WITH MINIMAL (LESS THAN ONE YEAR, NO CLUB) ORGANIZED VOLLEYBALL EXPERIENCE, DOES NOT YET HAVE A GRASP OF THE *BASIC FUNDAMENTALS OF VOLLEYBALL

INTERMEDIATE - MINIMUM TWO YEARS ORGANIZED PLAYING EXPERIENCE (AT LEAST ONE YEAR OF CLUB BALL), MUST KNOW THE *BASIC FUNDAMENTALS OF VOLLEYBALL

ADVANCED - MINIMUM FOUR YEARS ORGANIZED PLAYING EXPERIENCE (AT LEAST TWO YEARS OF CLUB BALL), TYPICALLY 7TH GRADE AND ABOVE

LOCATION: TEMPE/COURT ONE, 9100 S. MCKEMY ST., TEMPE, AZ 85284

LOCATION: GILBERT/INSPIRE COURTS, 1090 N. FIESTA BLVD. #101, GILBERT, AZ 85233

LEAD TRAINERS: VARIOUS, LISTED WHERE POSSIBLE BUT SUBJECT TO CHANGE

PROGRAM	DATES	TIMES/LOCATION	*LEVEL/PROGRAM DETAILS	LEAD TRAINER	COST
FUTURES ACADEMY TEMPE #1	AUG 14,16,21,23,28,30 WED & FRI	6:30-8:00PM TEMPE/COURT ONE	BEGINNER ALL-SKILLS TRAINING (BASIC FUNDAMENTALS) 1 ST -6 TH GRADE (7 TH /8 TH GRADE EXCEPTIONS CONSIDERED) – BOYS & GIRLS	PATTI SCHOENHARDT	\$180/ SIX SESSIONS
POSITIONAL SKILL CLINICS	SEPT 4,11,18,25 OCT 2,9,16,23 WED	5:30-7:30PM TEMPE/COURT ONE	INTERMEDIATE -ADVANCED 5 TH -12 TH GRADE - BOYS & GIRLS PASSING-SERVING-HITTING-SETTING DEFENSE-BLOCKING-SERVING/PASSING HITTING/DEFENSE	CHANEL BROWN- RICHTER	\$40/ INDIVIDUAL SKILL CLINIC
ASICS FALL LEAGUE	SEPT 6,9,13,16,20,23,27,30 OCT 4,7,11,14,18,21,25 MON & FRI	5:30-7:30PM TEMPE/COURT ONE	BEGINNER-INTERMEDIATE-ADVANCED DEVELOPMENTAL LEAGUE 5 TH -12 TH GRADE - BOYS & GIRLS TRAIN & PLAY INCLUDES ASICS T-SHIRT & KNEE PADS	CHANEL BROWN- RICHTER	\$395/ 8-WEEK PROGRAM
FUTURES ACADEMY GILBERT #1	SEPT 9,11,16,18,23,25 MON & WED	5:30-7:00PM GILBERT/INSPIRE COURTS	BEGINNER ALL-SKILLS TRAINING (BASIC FUNDAMENTALS) 1 ST -6 TH GRADE (7 TH /8 TH EXCEPTIONS CONSIDERED) - BOYS & GIRLS	CHELCEY CHATWIN	\$180/ SIX SESSIONS
POSITIONAL SKILL CLINICS	SEPT 10,17,24 TUE	5:30-7:30PM GILBERT/INSPIRE COURTS	INTERMEDIATE -ADVANCED 5 TH -12 TH GRADE - BOYS & GIRLS PASSING-SERVING HITTING-BLOCKING SETTING-DEFENSE	SONIA JONES	\$40/ INDIVIDUAL SKILL CLINIC
FUTURES ACADEMY TEMPE #2	SEPT 11,13,18,20,25,27 WED & FRI	6:30-8:00PM TEMPE/COURT ONE	BEGINNER ALL-SKILLS TRAINING (BASIC FUNDAMENTALS) 1 ST -6 TH GRADE (7 TH /8 TH EXCEPTIONS CONSIDERED) - BOYS & GIRLS	PATTI SCHOENHARDT	\$180/ SIX SESSIONS
FALL OPEN GYMS- TEMPE	SEPT 22,23,29,30 OCT 6,7,13,14,20,21,27,28 NOV 3,4,10,11 SUN & MON	VARIOUS TEMPE/COURT ONE	BEGINNER-INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – GIRLS ONLY ORGANIZED/SUPERVISED PLAY NO INDIVIDUAL INSTRUCTION	VARIOUS	\$10/SESSION

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PROGRAM	DATES	TIMES/LOCATION	*LEVEL/PROGRAM DETAILS	LEAD TRAINER	COST
FALL OPEN GYMS- GILBERT	OCT 1,8 Nov 5,10 TUES & SUN	VARIOUS GILBERT/INSPIRE COURTS	BEGINNER-INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – GIRLS ONLY ORGANIZED/SUPERVISED PLAY NO INDIVIDUAL INSTRUCTION	VARIOUS	\$10/SESSION
FALL BREAK MINI- CAMPS	OCT 7,9 MON & WED	VARIOUS FROM 8:30AM-3:30PM GILBERT/INSPIRE COURTS	INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – BOYS & GIRLS SERVING & PASSING, HITTING & BLOCKING, DEFENSE, SETTING	SONIA JONES	\$60/ 2-DAY MINI- CAMP (3- HOURS)
FALL BREAK MINI- CAMPS	OCT 8,10 TUE & THU	VARIOUS FROM 8:30AM-3:30PM TEMPE/COURT ONE	INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – BOYS & GIRLS SERVING & PASSING, HITTING & BLOCKING, DEFENSE, SETTING	CHANEL BROWN- RICHTER	\$60/ 2-DAY MINI- CAMP (3- HOURS)
PRE-TRYOUT CLINICS	OCT 18 OCT 26 Nov 1	7:45-9:15PM 7:15-8:45PM TEMPE/COURT ONE	BEGINNER-INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – GIRLS ONLY FOCUS ON TRYOUT PROCESS WITH MODIFIED GROUP INSTRUCTION	CHANEL BROWN- RICHTER	\$20/CLINIC OR \$50 FOR ALL 3
PRE-TRYOUT CLINICS	OCT 15,22,29 TUES	5:30-7:00PM GILBERT/INSPIRE COURTS	BEGINNER-INTERMEDIATE-ADVANCED 4 TH -12 TH GRADE – GIRLS ONLY FOCUS ON TRYOUT PROCESS WITH MODIFIED GROUP INSTRUCTION	SONIA JONES	\$20/CLINIC OR \$50 FOR ALL 3

***GUIDE TO VOLLEYBALL BASICS (THE SIX BASIC SKILLS)**

LIKE MOST SPORTS, VOLLEYBALL REQUIRES EVERY PLAYER TO BECOME EFFICIENT AT SOME/ALL OF THE BASIC SKILLS BEFORE THEY CAN TRULY EXCEL AT THE SPORT. HERE ARE THE SIX BASIC SKILLS YOU ABSOLUTELY NEED TO MASTER TO BE A COMPETENT VOLLEYBALL PLAYER.

1. **PASSING** – PERHAPS THE LEAST RECOGNIZED AND MOST CRITICAL ELEMENT OF VOLLEYBALL IS THE PASS. IT IS SIMPLY GETTING THE BALL TO SOMEONE ELSE ON YOUR TEAM AFTER IT’S BEEN SERVED OR HIT OVER THE NET BY THE OPPOSING TEAM. YOUR TEAM CAN’T RETURN THE BALL WITHOUT A SOLID VOLLEYBALL PASS. FOREARM VOLLEYBALL PASSES ARE OFTEN USED TO DIRECT THE BALL IN A CONTROLLED MANNER TO A TEAMMATE, BUT OVERHEAD PASSING IS ANOTHER OPTION.
2. **SETTING** - THE SETTER HAS THE MOST IMPORTANT POSITION ON THE TEAM, AND IS OFTEN THE TEAM LEADER FOR THIS REASON. THE SETTER RUNS THE OFFENSE AND IT’S THEIR JOB TO MAKE IT EASY FOR A TEAMMATE TO GET THE BALL OVER THE NET, PREFERABLY WITH A HIT THAT THE OTHER TEAM CAN’T RETURN. THE SETTING MOTION GETS THE BALL HANGING IN THE AIR, READY TO BE HIT BY ANOTHER TEAMMATE WITH FORCE.
3. **HITTING** – WHILE THE SETTER IS OFTEN THE TEAM LEADER, THE HITTER GETS ALL THE GLORY! HITTING, ALSO KNOWN AS “SPIKING” OR “ATTACKING” IS THE ACT OF SLAMMING THE BALL IN A DOWNWARD MOTION ACROSS THE VOLLEYBALL NET TO THE OTHER TEAM’S SIDE OF THE COURT. WHEN DONE WELL, A GREAT HIT IS VERY DIFFICULT TO RETURN, WHICH IS WHY IT’S AN ESSENTIAL SKILL.
4. **BLOCKING** - IS ANOTHER IMPORTANT SKILL, ALTHOUGH IT’S PROBABLY THE MOST EXPENDABLE OF THE FUNDAMENTALS AT THE YOUNGEST AGES. IT ADDS A GREAT DIMENSION TO THE GAME, KEEPING THE OTHER TEAM ON THEIR TOES. BY TIMING IT RIGHT, YOU CAN JUMP UP AND DEFLECT OR BLOCK THE OPPONENT’S ATTACK BEFORE IT EVEN CROSSES THE NET.
5. **DIGGING** - IS A DEFENSIVE MANEUVER IN VOLLEYBALL THAT CAN SAVE YOUR TEAM FROM AN OFFENSIVE SPIKE OR ATTACK. YOUR JOB IS TO KEEP THE BALL FROM HITTING THE FLOOR, AND YOU DO THAT IN MANY INSTANCES BY DIVING AND PASSING THE BALL IN A FLUID MOTION. UNLIKE A TYPICAL PASS, YOU’LL PROBABLY BE TRYING TO RECOVER THE BALL FROM A STEEP DOWNWARD TRAJECTORY.
6. **SERVING** – THE FINAL FUNDAMENTAL SKILL IS SERVING. HOW CAN YOU BE A GREAT VOLLEYBALL PLAYER WITHOUT KNOWING HOW TO SERVE? THERE ARE A VARIETY OF WAYS TO SERVE WHICH YOU WILL LEARN AS YOU PROGRESS IN THE SPORT. AT OUR FUTURES CAMPS WE TEACH THE OVERHAND SERVE.

FOR MORE INFORMATION ON ANY OF OUR FALL PROGRAMS PLEASE COPY AND PASTE THE FOLLOWING LINK INTO YOUR BROWSER. www.evjvolleyball.com. THIS PAGE HAS A TABLE WITH ALL PROGRAM INFORMATION (SCROLL DOWN). ALL REGISTRATION LINKS ARE INCLUDED IF AVAILABLE. IF YOU HAVE ANY QUESTIONS EMAIL info@evjvolleyball.com.