



## Olmsted Falls High School Volleyball Mini Skill Clinics, Grades 2-6 (Fall 2022)

**When:** August 1, 2, 3 @ Olmsted Falls High School from 11:00am-12:30pm

**Cost:** \$55 (if registered by April 15, \$60 after April 15 (includes a t-shirt)

**Monday, August 1 (Ball Control and Defense)** This session will cover ball control and defensive skill training such as: proper body position, movement, footwork, midline passing, platform angles, and court communication.

**Tuesday August 2 (Serving/Serve Receive)** This session will aim to improve the serving technique, consistency, and accuracy of each individual, depending on his/her personal skill level. A float serve and/or jump float may be taught to more advanced players.

**Wednesday, August 3 (Hitting)** This clinic will cover individual skill training such as: transition, approach, arm swing and snap. We will focus on efficiency of movement, proper timing, and placement of the ball.

\*If you have your own volley lite ball, please bring it. If not, one will be provided for you\*.

**Register Online @ [www.olmstedcc.com](http://www.olmstedcc.com) or mail or drop off registrations to: Olmsted Community Center 8170 Mapleway Drive, Olmsted Falls, OH 44138. Make checks payable to: OLMSTED COMMUNITY CENTER**

### Waiver

We authorize the staff of the Olmsted Falls Summer Camp to act according to their best judgment in an emergency situation requiring medical attention and waive Olmsted Falls Schools from any and all liability for an injury incurred while participating in the camp. OFVB is also not responsible for any lost or stolen items. OFHS Volleyball may capture photographs and use them for purposes of promotion, illustration and web content (Facebook/Twitter). By completing this form you agree that OFHS Volleyball may use image(s) of these registered player(s) in this capacity. If you do not wish for images of your child(ren) to be used in this capacity, please reach out to Brigid Radigan at [bradigan@ofcs.net](mailto:bradigan@ofcs.net)

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_