



# 2017-18 4<sup>TH</sup>-8<sup>TH</sup> GRADE WINTER VOLLEYBALL

J-Hawk Volleyball Club will be offering a new format for winter volleyball training. Our club is open to any boys or girls looking for an opportunity to improve their volleyball skills during the winter months. Experienced players, as well as those new to the sport, will spend gym time working on all skills of the game.

We are planning to offer a different format that we believe will help meet the club's mission to improve the level of volleyball at Jefferson High School. We believe this format will help ALL participants maximize their improvement by accommodating everyone who is interested, having beginners focus on improving their basic skills, and allowing experienced players a chance to work on more advanced skills and competition. This will allow multi-sport athletes a chance to play some volleyball as well! We are also making the change from a USAV club to an AAU club program.

## **NEW FORMAT**

*Season Length- Sunday, Dec 3<sup>rd</sup> to early March (done prior to Spring Break)*

- Sunday afternoon practices will run as camp style practices all season long. Athletes will work on all skills through a variety of stations, drills, games and competition.  
*(Fee paid at Dec 3<sup>rd</sup> registration by all participants)*
- After December's Sunday practices, staff will select "travel teams" (depending on numbers/interest) based on skill level, attitude, and coachability shown at camp. Starting in January, travel team participants will add one weeknight "team" practice per week and will attend 3-4 AAU tournaments in Jan/Feb.

*(Travel team participation is optional – Additional fee due early January)*

## **WITH THIS FORMAT**

### **Sunday Camp (\$100 due at Dec 3<sup>rd</sup> registration)**

Sunday Camp Practices starting Dec 3<sup>rd</sup> –early March

4<sup>th</sup>-6<sup>th</sup> Graders—2:15-3:30pm

7<sup>th</sup>-8<sup>th</sup> Graders—3:45-5pm

### **Travel Team Players (additional \$150 due early Jan)**

ONE additional Weeknight Team Practice  
starting January-early March

3-4 AAU Tournaments\*

Sunday camp registrations is open to any 4<sup>th</sup> – 8<sup>th</sup> graders (Jefferson bound or not), but only future Jefferson bound athletes will be eligible for the travel teams. Those playing USAV or AAU volleyball with other clubs are welcome to register for and attend Sunday camps for additional training opportunities.

If you have any questions, please contact Amy Norton--crjhawkvball@gmail.com