



**COWTOWN YMCA CLUB VOLLEYBALL
SUMMER 2009 CLINICS**



Cowtown Camps are available for high school and junior high athletes looking to improve and better as an athlete! These camps are affordable, convenient and are located on the SW side of Ft. Worth. Why drive any further than your own backyard?

This is our third season as a club and first summer for clinics. We offer the same coaching experience as bigger clubs on a more personal level. With smaller numbers for each clinic and the same amount of coaches, we will provide your daughter top quality training with affordability and convenience all together.

As most clinics, our clinics will fill up quickly, so please pre-register. We strongly encourage pre-registration to keep the proper player to coach ratio (1min. coach to 10max. athletes). In the event we do not have the proper ration, we can turn down anyone who signs up the day of. If, for any reason, you need to withdraw from a clinic, please contact us at 817-249-0500 and we will work out a refund or place you in a later clinic or camp. For more info on the club/clinics email: cowntownymcavbc@yahoo.com

You can mail your registration form and payment to: Cowtown Club Volleyball/Tonya Schumacher 1899 Winscott Rd. Benbrook, TX 76126 or you can sign up at the YMCA in Benbrook. We accept checks (by mail/in person), cash and credit cards-(only in person).

SKILLS CLINICS –Hourly Clinics / Day Camps- 20 participants per clinic

These clinics are for athletes with some experience to previous club experience. We recommend you try each clinic so your daughter can get a feel for which she is interested in and start focusing to obtain a position. The grades are for the 2009-2010 school year- (it's what grade they will be going into.)

Skills clinics for setters, hitters, passers, and blockers are a great way to work on perfecting technique with repetition. The players will be split up by age, skill, and experience.

Setter Clinic \$20 per clinic

Dates/Times: June 10 & July 1 from 9am-10am
Grades: 6th -12th Location: Benbrook YMCA Length: 1 hr

Ball Control Clinic \$20 per clinic

Dates/Times: June 8/29 & July 1 from 10:30am-11:30am
Grades: 6th -12th Location: Benbrook YMCA Length: 1 hr

Serving Clinic \$20 per clinic

Dates/Times: June 8/29 from 9am-10am June 10 from 10:30am-11:30am
Grades: 5th -8th Location: Benbrook YMCA Length: 1 hr

Hitting/Blocking Clinic \$40 per clinic

Dates/Times: June 9/11/30 & July 2 from 10:30am-11:30am
Grades: 7th- 12th Location: Benbrook YMCA Length: 2 hr

**Beginners Camp: Serving/passing, setting/hitting & all around
\$50 per clinic (4 total) or \$150 for all 4-20 participants per clinic**

Dates/Times: June 13/27 & July 3/17 from 9am-12pm

Grades: 6TH – 8TH **Length:** 3 hrs each clinic (12 total if do all 4 **Location:** Benbrook YMCA

This clinic is designed for the starting out athlete who loves volleyball and wants to get to the next level of play.

We encourage those who have never played club ball attend each of these.

We highly recommend if you do these camps, to do the back-to-school camp.

Back-to-School Day Camp \$150-20 participants per clinic

Dates/Times: July 27-30 either 9am-11:30am or 4pm-6:30pm

Grades: 6TH – 8TH **Length:** 2 ½ hr each session /4 days (total of 10 hours)

Location: Benbrook YMCA /Southwest Christian HS, Benbrook TX

This camp emphasizes on general skills training, with some positional specific training and game like play/situations. This will definitely get you ready for school tryouts.

TWO DAY CAMPS-30 participants per clinic- QUALIFICATIONS: EXPERIENCED ATHLETES

The grades are for the 2009-2010 school year- (it's what grade they will be going into.)

Positional Training 2 Part/Day Camp \$100

Dates/Times: June 10&11 or July 1&2 from 4:30-6:30

Grades: 8th- 12th **Length:** 2hrs/2 days (total of 4 hours)

Location: Southwest Christian HS, Benbrook TX

All players will be split up by position. The training is position specific. If you want to work on all around skills, this one is for you.

Setter/Hitter 2 Part/ Day Camp \$100

Dates/Times: June 8&9 or June 29&30 from 4:30-6:30

Grades: 8th- 12th **Length:** 2hrs/2 days (total of 4 hours)

Location: Southwest Christian HS, Benbrook TX

During this camp, both Setters & Hitters will be split up for 75% of the camp, then combined for the other 25%.

Setters will work on hand placement, footwork, set tempo/location, defense, and attacking.

Hitters will work on arm swing mechanics, footwork, transition, ball control, and blocking.

Setter Boot Camp- 2 Part/Day Camp \$100

Dates/Times: July 13&15 from 10am-12pm

Grades: 8th -12th **Length:** 2 hrs 2 days (total of 4 hours)

Location: Southwest Christian HS, Benbrook TX

If you are a setter, you have to attend this. Conditioning, conditioning, conditioning, is all we have to say.

Get ready for the Cowtown Drill Sergeants to put your skills to the test. Are you up for the challenge?

Elite All Around Day Camp \$220 -30 participants per clinic

Dates/Times: July 13-16 from 4pm-6:30pm

Grades: 8th-12th **Length:** 4 days of 2 ½ hrs (total of 10 hours)

Location: Southwest Christian HS, Benbrook TX

This camp is designed for the experienced athlete who is ready to get that extra training before the school season begins.

The Cowtown team is ready to get you in shape and help polish up on your skills in specific positions to all positions.

Get ready for a fun but challenging few days that will get you ready for the weeks to come.

Strengthening/Conditioning Clinic \$40 (all 3 \$100)

20 participants per clinic

Dates/Times: July 11/18/25 from 9am-11am

Grades: 7-12th **Length:** 2 hr each (6 total if do all 3)

Location: Benbrook YMCA/Southwest Christian HS, Benbrook TX

This clinic will be for those athletes who are ready to get their bodies and minds ready for their school season. It is very important to understand why working out and staying in shape is the key to a successful volleyball season. You will get the basics to help you jump higher, have more strength, and be a better all around athlete. **It is recommended to take all three to receive proper training techniques. For those participating in all three, a daily workout log will be required for each athlete to keep.**