



# Heart of America Region

## USA Volleyball Training Series for 2010

These training sessions are designed for the grade school or high school athlete. Each session includes instruction in the following skills:

**Grades 4-6:** Serving overhand/underhand, passing, hitting, individual floor defense, setting, some scrimmage/team play is included.

**Grades 7-10:** Serving overhand, hitting front row/back row attack, passing forearm/overhand, setting, blocking fundamentals, some scrimmage/team play is included.

Session	Location	Fee	Dates (Thursday Evenings)	Grades	Times	Max #
Session 100	HOA	\$50	Sept 16, 23, 30, Oct 7	4th-6th	6:00-7:00p	15
Session 200	HOA	\$50	Sept 16, 23, 30, Oct 7	7th-10th	7:00-8:00p	15
Session 300	HOA	\$50	Sept 16, 23, 30, Oct 7	7th-10th	8:00-9:00p	15
Session 400	HOA	\$50	Oct 14, 21, 28, Nov 4	4th-6th	6:00-7:00p	15
Session 500	HOA	\$50	Oct 14, 21, 28, Nov 4	7th-10th	7:00-8:00p	15
Session 600	HOA	\$50	Oct 14, 21, 28, Nov 4	7th-10th	8:00-9:00p	15

\*Make checks payable to: **Heart of America Volleyball**

Mail Form and Check to: Heart of America, 548 S. Coy St, Kansas City, KS 66105

Instructors for the HOA training series have College /and or USA Volleyball coaching experience

### Inclement Policy:

If the HOA Facility is closed due to the weather, cancellations will be posted on the HOA website: [www.hoavb.org](http://www.hoavb.org)

For more information, contact the Heart of America Volleyball office:

Phone: (913) 233-0445

Email: [ha-office2@hoavb.org](mailto:ha-office2@hoavb.org)

**Refund Policy:** A full refund will be made if the session is full when the registration is received. A request for refund will be honored if a written request is received one week prior to the session date.

\*\*No acknowledgement of fees received will be made. **You are enrolled in the session unless otherwise notified.**

## Registration Form (Mail this in):

\*Make checks payable to: **Heart of America Volleyball**

Mail Form and Check to: Heart of America, 548 S. Coy St, Kansas City, KS 66105

**Primary email**(for notification purposes): \_\_\_\_\_

**Grade(circle one)**   3   4   5   6   7   8   9   10

Player Name: \_\_\_\_\_ Phone (H) \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Parent(s) \_\_\_\_\_ Phone (W) \_\_\_\_\_

**Please Circle** the session you are attending:

### **Dates (Sept 16-Oct 7)**

Session 100 (4th-6<sup>th</sup>) 6-7pm  
Session 200 (7th-10<sup>th</sup>) 7-8pm  
Session 300 (7th-10<sup>th</sup>) 8-9pm

### **Dates (Oct 14-Nov 4)**

Session 400 (4th-6<sup>th</sup>) 6-7pm  
Session 500 (7th-10<sup>th</sup>) 7-8pm  
Session 600 (7th-10<sup>th</sup>) 8-9pm

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