

## ABOUT THE LEAD TRAINER

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**Coach Ib**—Director of the Volleyball Form & Technique Training Academy spent 15 years as Head Coach at Pittsburg State University where he led the Gorillas to 6 NCAA Tournaments with several team members earning All-America honors. Participant's can expect to benefit from his training in the areas of efficient form and technique for ball control in all positions along with intelligent decision making during competition. Players transitioning from 12's to 13's age group will particularly benefit from this training.

### **Form & Technique Training Volley-School for those going into 13's Age Group in 2019/20 Club Season**

- 12-15 Participants only—Small Group Focus
- Efficient Individual Form & Technique Training to improve Ball Control in all Skill Areas
- Introduction to Quick Offensive Team Tactics
- Blocking & Back Court Defensive Focus
- VB Specific Speed/Agility/Quickness Conditioning Included in Training
- Classroom Video Evaluation to provide Visual Feedback to accelerate participant's progression

### **TRAINING SCHEDULE & LOCATION**

- Tue. June 11, 18, 25. Tue. July 2, 9, 16. 11am-1pm
- Thur. June 13, 20. Thur. July 11, 18. 11am-1pm

\*\* 11am-12:30pm on Thursday, June 13 Only.

Location: Club North Facility, 5108 & 5110 NW Waukomis Drive, Riverside, MO 64151

### **TRAINING FEES**

\$250 total per participant

- Mail completed form with \$50 deposit. It will be deducted from total fees. Total fees will **be due by 1st session unless previous arrangement is made.**
- Payment should be made to: **Coach Ib Volleyball**  
5913 NW Creekview Dr, Parkville, MO 64152  
Please call 620.249.6380 or email [vbtrainer@aol.com](mailto:vbtrainer@aol.com) for more information.

**No refunds due to facility and coaches commitments.**

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Years of Club Volleyball Experience \_\_\_\_\_  
Parent's/Guardian's Names \_\_\_\_\_  
Contact Tel (\_\_\_\_) \_\_\_\_\_ 2nd Tel (\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_

### **HIGH POTENTIAL TRAINING CAMP—13U**

The following must be signed by a parent or legal guardian for registration to be accepted.

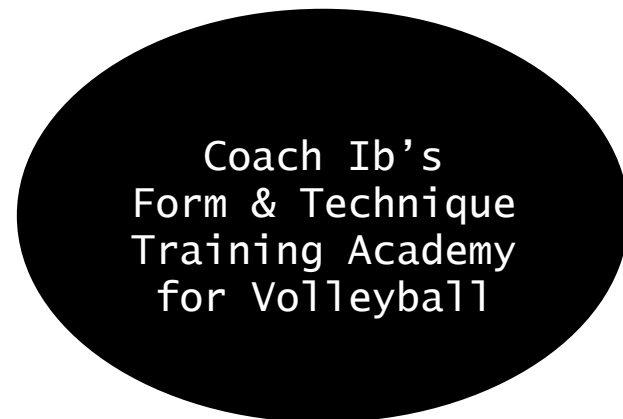
### **Parental Release/Hold Harmless Agreement.**

I/We, the parent/guardian of \_\_\_\_\_ hereby give my/our permission for her participation in any and all activities of the Volleyball Form & Technique Training Programs. I/We, our heirs, executors and administrators do hereby waive, release, absolve, indemnify and forever discharge Coach Ib, Coach Ib's Volleyball Form & Technique Training programs, Club North Volleyball, its directors, staff from all claims for damages, injuries, or loss to a person or property which may be sustained during participation in training activities or while at the training site whether or not damages, injury, or loss is due to negligence. I/We understand that participation in this training program will require physical activities of a nature which could result in injury to participants. I/We further acknowledge that she is physically able to participate in training activities and hereby authorize her participation in the training program. I/We agree to allow my child to be treated by a certified athletic trainer or physician (if necessary) and to assume all costs related to such treatment.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_  
Insurance Co. \_\_\_\_\_  
Policy \_\_\_\_\_

Any medical restrictions or limitations as certified by a physician should be noted below

\_\_\_\_\_  
\_\_\_\_\_  
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SUMMER VOLLEY SCHOOL  
12's Going to 13's Age Group In  
2019/2020 Club Season  
**\*\* Must Have 1 Year Minimum of  
Club Volleyball Experience to Enroll.  
OR Have Prior Approval \*\***

