

Fall Clinics

2019



Capital Volleyball Academy is proud to continue our tradition of providing the best volleyball training in the area. Our Fall Clinics lineup offers training opportunities to athletes of all ages and skill levels. Whether you are new to the sport or are looking for advanced skill development and position training, our experienced CVA coaching staff looks forward to working with you and helping you reach your volleyball goals

CVAmadison.net

Youth & Middle School Clinics

Youth All-Skills—Pre-Tryout Tune-Ups \$100

Mon/Wed: Sept 16, 18, 23, 25, 30
6:00pm-7:30pm @ SEA-Verona 4th,
4th, 5th, 6th Grade Girls & Boys

For youth players looking to learn basic volleyball movement and techniques. Play fun games that teach mechanics and fundamentals.

Youth All-Skills—Pre-Season Tune-Ups \$175

Mon/Wed: Oct. 14, 16, 21, 23, 28, 30; Nov. 4, 6
6:00pm-7:30pm @ SEA-Verona
4th, 5th, 6th Grade Girls & Boys

For youth players looking to advance their volleyball skills. A great way to get a jump on the upcoming club season, or to continue improving your volleyball technique training

Middle School All-Skills—Pre-Tryout Tune-Ups \$100

Mon/Wed: Sept 16, 18, 23, 25, 30
7:30pm-9:00pm @ SEA-Verona
7th & 8th Grade Girls & Boys

For Middle School age athletes looking to tune-up their skills prior to tryouts. Training groups will be divided by skill to challenge all athletes

Middle School All-Skills—Pre-Season Tune-Ups \$175

Mon/Wed: 14, 16, 21, 23, 28, 30; Nov. 4, 6
7:30pm-9:00pm @ SEA-Verona
7th & 8th Grade Girls & Boys

For Middle School athletes looking to take their game to the next level prior to the club season. Get in a ton of quality reps and hit the ground running at the first CVA practice!

*Players can register for individual Youth & Middle School clinic sessions for \$25.00 per session

High School Clinics

Setter Position Training w/Cathy Noth \$95

Sundays: October 13, 20, 27; Nov. 3, 10
6:30pm-7:30pm @ SEA-Verona
9th-12th Girls & Advanced 8th Girls & Boys

For players looking to improve their fundamental setting skills. Get plenty of setting reps along with the knowledge needed to move to the next level. All beginning, intermediate and advanced level setters welcome

Defense & Passing w/Cathy Noth \$95

Sundays: October 13, 20, 27; Nov. 3, 10
7:30pm-8:30pm @ SEA-Verona
9th-12th Girls & Advanced 8th Girls & Boys

For any player looking to improve their defensive and passing techniques. Learn the specific skills needed to become a stronger defender and passer. All positions welcome. A great camp to get ready for club tryouts

Attacking & Blocking w/Cathy Noth \$95

Sundays: October 13, 20, 27; Nov. 3, 10
8:30pm-9:30pm @ SEA-Verona
9th-12th Girls & Advanced 8th Girls & Boys

For players looking to improve their attacking and blocking skills. Work on footwork, approach, arm swing mechanics and blocking technique. Get an enormous number of reps and learn the specific skills needed to become a stronger attacker and blocker. Keep your skills in top form heading into club tryouts

*Players can register for individual High School Clinic sessions for \$25.00 per session.

To Register, visit our website
CVAmadison.net