



# THE OFFICIAL HOME OF **EASTSIDE** **VOLLEYBALL CLUB**

## **Little Spikers Academy \$55**

**Who:** Players Kindergarten-6th grade and a parent.

**When:** July 11, 25, & Aug, 1, 8, 15  
2-3pm

**Where:** Eastside

We are pleased to bring back the Winter Little Spikers Academy. The purpose of the program for Minis to 12U players is to teach and train parents with players one-on-one drills to incorporate into at-home training. With the guidance of Ching Zedric, parents will accompany their players to every session and learn drills and ways to work with their volleyball player to improve their volleyball skills.

Parents unable to attend? Please contact us in advance so we can plan to have helpers available to assist.

## **Summer Clinic: \$75\***

Saturdays at Eastside Center 3-5pm  
July 11, 25, & Aug 1, 8, 15

This summer we are offering a Summer Clinic with an all-skills focus for players 8u-14u with an emphasis on training the all-around player targeting passing, setting, attacking, and serving skills.

\*Includes a clinic t-shirt  
Minimum 10 players/session.  
10:2 player/coach ratio.



## **Special Summer Programming: \$75/session**

Min. 10 players/session. 10:2 player: coach ratio. Incoming 7-12th grades.

### **Setter Training:** July 10: 6-8:45 & July 11: 12-1:45

For setters who want to play at the next level, this session focuses on footwork, mechanics, offensive strategies, and more.

### **Volleyball 101:** July 10: 6-8:45 & July 11: 12-1:45

Provides framework of common offensive and defensive techniques with a focus on rotations, strategy, and transitions.

### **Hitter Training:** July 24: 6-8:45 & July 25: 12-1:45

For hitters, the approach, transition, and footwork will be practiced from the left, middle, and right sides off live setters.

### **First Contact Training:** July 31: 6-8:45 & Aug 1: 12-1:45

Provides an overall focus on first ball contact including passing, servicing, serve receive, etc.

Visit our website for more program info or email: [info@eastsidevb.com](mailto:info@eastsidevb.com)

**REGISTER** today@ [www.EastsideVB.com](http://www.EastsideVB.com)

Pre-registration required.

◆ **DEVELOP SKILLS**    ◆ **BUILD RELATIONSHIPS**    ◆ **HAVE FUN**    ◆ **COMPETE HARD**



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