

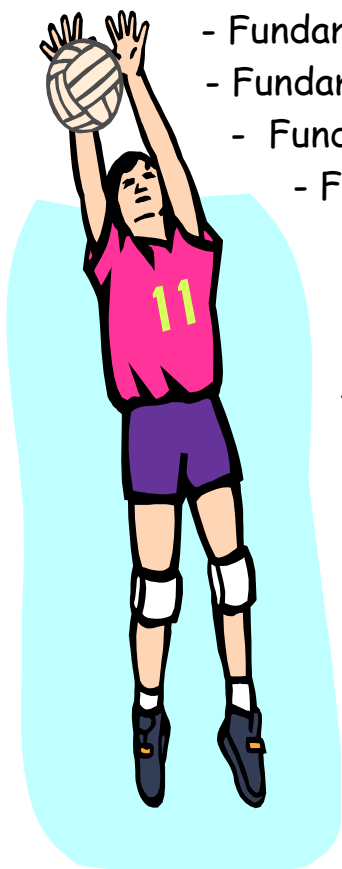
Garfield Bulldog Volleyball

Presents:

The **FREE** 4th and 5th Grade volleyball introduction clinic

Skill Overview

- Agility and Dynamic excises
- Fundamentals of Passing
- Fundamentals of Teamwork
- Fundamental of Setting
- Fundamental of Serving
- Fundamental of Attacking
- Meet our Varsity Team and Coaching Staff



- Clinic will be held at Garfield Heights HS
4900 Turney Rd, Garfield Hts. Oh 44125

- *Inside the High School's Main gym*

- Thursday, October 8th, 2015

Evenings from 6:00-8pm

- ***NO COST*** per participant

- Must return and complete registration form on the day of clinic and turn in at the beginning of clinic

- Proper attire: gym shoes, sweat pants and top, gym shorts and tshirt. No jeans, A-shirt and /or cut up shirts please.

- Please bring Gatorade or water
- Please arrive 15 minutes early to give yourself time to prepare for clinic.

For more information, please call Coach Gates at
216-799-8067.

Name: _____

Address: _____

City: _____ State: _____

Zip-code: _____

Parent or Guardian: _____

Email address: _____

Daytime phone: _____

Evening phone: _____

Grade: ____ Age: ____

Sex: ____ D.O.B _____

Ht: _____ Wt: _____