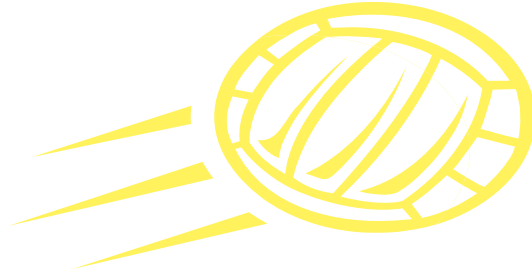


FIVE STAR VOLLEYBALL



SUMMER TRAINING PROGRAM

What: An 8-week training program that consists of two (2-hour) practices a week for high level incoming 2nd-4th, 5th & 6th, 7th & 8th graders. Practices will be similar to a Junior Olympic practice and participants will be divided into similar skill groups. 2nd -4th graders will use special training balls. Inter-squad scrimmages to be held in the older age groups.

Where: GE Park, located north of Tri-County Mall.

When: Begins Tue., June 10th and ends Thurs., July 29th. Practices run every Tuesday and Thursday from 9:00 -11:00 am.

Why: For those who want to take their game to the next level with high quality, high level practices given by two area coaches who have excelled on the court and from the bench in successful volleyball programs.

Given By: *John Spinney:* Coaching director of Cincy Classics volleyball club, and former assistant coach at Florida State.
Betsy Jones: trainer at Cincy Classics and 3 time All American at Mount St. Joseph.

Cost: \$285 per player. Includes a t-shirt and 32 hours of training. A non-refundable \$100 deposit due with registration by May 25th. Please make sure your daughter can attend the majority of the training sessions, since days will not be pro-rated. Make checks payable to **Five Star Volleyball** and mail to Betsy Jones, 5538 Gwendolyn Ridge, Cincinnati, OH 45238.

Openings: No tryouts will be held. Please include your daughter's experience in your inquiry or registration. Only 16 girls per age group (2nd-4th, 5th-6th and 7th-8th). Each age group gets their own court. Registration on a first come first served basis. Please direct inquiries to Betsy Jones at 251-0809 or emo52980@yahoo.com.

WHO IS FIVE STAR VOLLEYBALL?

Mission

We are committed to teaching the technical aspects of volleyball from footwork patterns to arm swing techniques to decision-making in order to create the complete player. Players will work hard and execute many repetitions at a fast pace...all while having fun. We are committed to taking our players to the next level of play.

Instructors

John Spinney: John Spinney, the new coach for Sycamore HS, has coached at all levels of collegiate volleyball. He was assistant coach at Florida State University and at Fairfield University in NCAA Division I; he was assistant coach and interim head coach at the College of Mount St. Joseph, and head coach at Thomas More College. Spinney has coached 4 NCAA All-Americans and 10 NCAA All-Region players. He has led 2 teams to the NCAA Div. III Elite Eight. Spinney has also coached 3 nationally qualified Junior Olympic teams (Sports Express, Team Z, and Cincy Classics).

Betsy Owens Jones: Betsy Owens Jones attended Seton High School where she was a 3 year varsity starter. She was a 2 time all-state player and was awarded the Women's Sports Foundation Sports Girl of the Year in 1994. After high school, Betsy played at the College of Mt. St. Joseph where she was a 3 time Conference Player of the Year, 3 time All Region, and 3 time All-American. Betsy won the Women's Sports Foundation College Sportswoman of the Year in 2000. Betsy was the assistant coach at Lakota West High School in 2004 and assistant coach at Seton High School for the 2005 State Championship team.

REGISTRATION FORM

PARTICIPANT'S NAME: _____

INCOMING AGE GROUP: _____ ADULT SHIRT SIZE: _____

PARENT'S NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

PARENT'S E-MAIL: _____

WAIVER

I agree to hold Five Star Volleyball and its instructor(s) harmless for any bodily injury or personal injury occurring from or arising out of any type of athletic instruction. I also agree to hold harmless any principle/ owner of any facility that is used for instruction. All athletic activities have an inherent risk of injury, and therefore, by signing this waiver you acknowledge that the participant is covered by your health insurance policy and that you waive the right to bring suit against Five Star Volleyball or its instructor(s).

Participant's Name _____

Parents/Guardian's Name _____

Parent/Guardian's Signature _____