

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 3rd, 4th, 5th, 6th, 7th & 8th graders. Practices will be similar to a Junior Olympic practice and participants will be divided into similar skill groups. Inter-squad scrimmages to be held in the older age groups.

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

When: Begins Tuesday, June 5th and runs every Tuesday/Thursday until July 26th. Grades 7th & 8th from 9-11 and grades 3rd & 4th, 5th & 6th from 11-1. 3rd/4th will share courts with advanced 4th graders moving to the 5th/6th courts.

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: Current head coach at Thomas More College. 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. Two coaches per court consisting of former and current Cincy Classics players.

Cost: \$285 per player. Includes a t-shirt and 32 hours of training. A non-refundable \$100 deposit due with registration by May 23rd. Only **48 spots per session**. 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 *****REGISTRATION FORMS CAN ALSO BE FOUND AT www.fivestarovolleyball.com**