

ELITE VOLLEYBALL- CLINICS

- ◆ Come learn HS/College Level Skills
- ◆ High Intensity Play
- ◆ Focused Mechanics and Methods to the game from Coach McMahon
- ◆ Camp like structure: One-on-one Coaching & Video Analysis.

What to Expect/ Clinic Experience

Breakdown of Serving

- Jump serve
- Float jump
- Aggressive float
- Spike jump
- Positional Serving

Hitting Foundations

- Faster swings
- Cut shots
- Working around the Block
- Approach Mechanics
- Connection to setter/ philosophies

Passing

- Serve receive/ foundations/ form
- See ball, see server, see spin.
- Chemistry with tri-line
- Angles/ mechanics
- Digging lateral

WHO:

For any girls going into 6th-12th grade who have played volleyball and or has club experience.

Only 16 per age group.

6th-8th—16 girls max

9th-12th—16 girls max

(more focus for individual players -)

First Come First Serve.

Setting

- Contact points
- Shaping early
- Hands/ Release
- Jump setting
- Movement patterns
- Footwork/ tempos
- Leadership responsibilities

Other

- High level Drills
- Competitive Atmosphere
- College level techniques
- Film demonstrations and breakdown.

Clinic Info:

Session Dates/ Times:

Sundays and Wednesday nights starting

April 20th –May 15th

Schedule on following page

Cascade HS Main Gym

Cost– \$100.00

Bio– Clinic Director

Marni McMahon

Coach McMahon has 15 years of Head coaching experience at Cascade High School. In addition, she is Gold Medal Squared trained and is a summer traveling coach. Gold Medal Squared is a national volleyball system used by the best of the best. Hundreds of D1/D2 college programs have adopted this training focus as well as our USA national teams.

In Coach McMahon's 15 years of coaching she has compiled

- ◆ -7 league titles
- ◆ -4 district titles
- ◆ -7 state births
- ◆ - 6 state trophies
- ◆ 2013 state championship
- ◆ 4 NCW Team of the year awards
- ◆ NCW Coach of Year
- ◆ Have sent 15 players onto the next level:
 - ◆ Central Washington U
 - ◆ Eastern Washington U
 - ◆ Western Washington U
 - ◆ Pacific Lutheran U
 - ◆ Huntington University

ELITE VOLLEYBALL- CLINICS

Come learn HS/College Level Skills
High Intensity Play
Focused Mechanics and Methods to the game from Coach McMahon
Camp like structure: One-on-one Coaching & Video Analysis.

Clinic Sessions

Session Dates/ Times:

Sunday and Wednesday Nights-

6th-8th grade Early sessions

9th-12th grade Later session

April 20th --Wednesday

6th – 8th 5:00 pm-7:00 pm

9th – 12th / 7:00pm-9:30 pm

April 27th – Wednesday

6th - 8th 5:00 pm- 7:00pm

9th – 12th 7:00pm-9:30pm

May 1st -- Sunday

6th – 8th 4:00pm-6:00pm

9th-12th 6:00pm - 8:30 pm

May 4th—Sunday

6th - 8th 5:00pm- 7:00pm

9th – 12th 7:00pm-9:30pm

May 11th -Wednesday

6th - 8th 5:00pm- 7:00pm

9th – 12th 7:00pm-9:30pm

May 15th -- Sunday

6th – 8th 4:00pm -6:00pm

9th-12th 6:00pm - 8:30 pm

With a possibility of one more clinic on May 18th TBA

Clinics Location:

**Cascade HS Main Gym
Leavenworth**

Cost– \$100.00

Checks Written to :

KCV

Email info:

Any questions contact

Marni McMahon

mmcmahon@cascadesd.org



Mandatory Medical Release Form and Registration

Release Form

Players Name:

Medical Insurance:

Carrier Policy:

Number:

Name of Player:

Grade:

Parents Email:

Parents Phone:

School Name:

Position:

If you played High School Which team:

Varsity JV C Freshmen

T-shirt Size: S M L

**Email Coach McMahon to be put on the list.
First come first serve**

Make Checks Payable to:

Payable to: **KCV - \$100.00**

Send Registration and check to:

2205 Honeysett Rd Wenatchee WA 98801

**This Form and Payment must be re-
turned by:**

April 10th 2016

I _____
here by authorize my child's participation in the Elite Volleyball Clinic Camp. I know of no mental or physical problems which may affect my child to safely participate. I understand that my child must have current and active medical insurance before they can attend the program. Neither I nor my child will hold Cascade High School, Coach McMahon or the Cascade volleyball staff liable for any injuries or expenses relating to injuries while my child during this program.

Parent/Guardian Signature

Date/ _____

Questions:

Contact Coach McMahon @ 679-5122 or

mmcmahon@cascadesd.org

**“Who you are tomorrow
begins with what you do
today”**

