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

<u>Marni McMahon</u>

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

 $6^{th} - 8^{th}$ 5:00 pm-7:00 pm $9^{th} - 12^{th}$ / 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 **Clinics Location:**

Cascade HS Main Gym Leavenworth

Cost-\$100.00

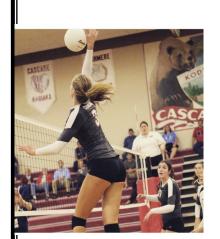
Checks Written to:

KCV

Email info:

Any questions contact

Marni McMahon mmcmahon@cascadesd.org







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

Mandatory Medical Release Form and Registration Release Form

Players Name:	Ihere 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
Medical Insurance:	
Carrier Policy:	safely participate. I understand that my child must have current and active medical insurance before they can attend the
Number:	program. Neither I nor my child will hold Cascade High School, Coach McMahon or the Cascade volleyball
Name of Player:	staff liable for any injuries or expenses relating to injuries while my child during this program.
Grade:	
Parents Email:	Parent/Guardian Signature
Parents Phone:	Date/
School Name:	Overtions
Position:	Questions: Contact Coach McMahon @ 679- 5122 or
If you played High School Which team:	mmcmahon@cascadesd.org
Varsity JV C Freshmen	"Who you are tomorrow
T– shirt Size: S M L	begins with what you do
Email Coach McMahon to be put on the list. First come first serve	today"
Maka Chaaka Dayahla ta	

Make Checks Payable to:

Payable to: <u>KCV</u> - \$100.00 Send Registration and check to:

2205 Honeysett Rd Wenatchee WA 98801

This Form and Payment must be returned by:

April 10th 2016