

ELITE VOLLEYBALL – SESSION 2

- ◆ 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
- Emergency techniques

WHO:

For any girls 9th-12th grade who have played volleyball and or has club experience.

Only 18 per age group.

9th-12th—18 girls max

7:00-9:30 pm

First Come First Serve. By email.

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.

Session Dates/ Times:

Mondays and Wednesdays in May 6 sessions:

May 10th & May 15th

May 17th & May 22nd

May 24th May 31st

@

Pioneer Middle School

Cost– \$125.00

Bio– Clinic Director

Marni McMahon

Coach McMahon has 16 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 16 years of coaching she has compiled

- ◆ -8 league titles
- ◆ -5 district titles
- ◆ -8 state births
- ◆ - 7 state trophies
- ◆ 2013 state championship
- ◆ 5 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
- ◆ Lindfield University
- ◆ Bellevue College

And Many more.....

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High Intensity Play

Focused Mechanics and Methods to the game from Coach McMahon

Camp like structure: One-on-one Coaching & Video Analysis.

Clinic Sessions 6 sessions for \$125.00

Session Dates/ Times:

Monday and Wednesday Nights

9th-12th grade

May 10th – Wednesday

9th – 12th 7:00pm-9:30pm

May 15th – Monday

9th – 12th 7:00pm-9:30pm

May 17th – Wednesday

9th – 12th 7:00pm-9:30pm

May 22nd – Monday

9th – 12th 7:00pm-9:30pm

May 24th – Wednesday

9th – 12th 7:00pm-9:30pm

May 31st – Wednesday

9th – 12th 7:00pm-9:30pm

Clinic Location:

**Pioneer Middle
School**

WENATCHEE

Cost– \$125.00

Checks Written to :

KCV

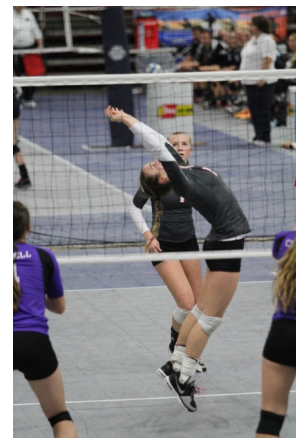
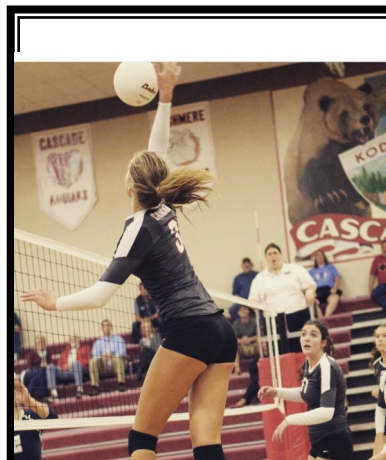
Email info:

Any questions contact

Marni McMahon

mmcmahon@cascadesd.org

509-679-5122



**Mandatory Medical Release Form and Registration
Release Form
PLEASE RETURN THIS FORM & PAYMENT TO
ADDRESS BELOW**

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 - \$125.00**

Send Registration and check to:

2205 Honeysett Rd Wenatchee WA 98801

**This Form and Payment must be returned
by:**

April 5th 2017

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”**

