

ELITE VOLLEYBALL



Technical Breakdown of Mechanics
Camp Like Structure
One on One Coaching
Video Analysis
High School/College Ready Skills

What to Expect/ Clinic Experience

Breakdown of Serving

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

Hitting Foundations

- Faster swings
- Timing /tempo
- Cut shots/High Seam/Low
- Working around the Block
- Approach mechanics
- Connection to setter/ philosophies

Passing/Digging

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

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:

**Sundays and Wednesdays
starting April 11th**

6th-8th grade— 5:30-7:30

9th-12th grade -7:30-9:30

Sessions:

- ◆ April 11th-
- ◆ April 15th -
- ◆ April 18th -
- ◆ April 25th-
- ◆ April 29th-
- ◆ May 2nd -
- ◆ May 6th-

Bio– Clinic Director

Marni McMahon

Coach McMahon has 16 years of head coaching experience at Cascade High School. She has trained under the Gold Medal Squared Volleyball system for the last ten years. She was a travel coach for GM2 and has worked with various athletes around the nation. She has been a club coach for KCV Volleyball since 2010 and is currently coaching NCWVBC Elite JVA U14 team.

In Coach McMahon's 16 years of coaching she has compiled

- ◆ -9 league titles
 - ◆ -6 district titles
 - ◆ -9 state births
 - ◆ - 8 state trophies
 - ◆ 2013 state championship
 - ◆ 5 NCW Team of the year awards
 - ◆ NCW Coach of Year
 - ◆ Have sent 18 players onto the next level:
 - ◆ Cal– State Fullerton
 - ◆ 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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7 Clinic Sessions for \$150.00

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-

Clinic Location:

Sterling Middle School

Cost– \$150.00

Checks Written to :

Elite Volleyball

Email info:

Any questions contact

Marni McMahon

mmcmahon@cascadesd.org

509-679-5122

*Email Coach McMahon to be put on a list.
Registration and payment will need to quickly
follow to hold players position.*

ONLY 18 PER SESSION!

Make Checks Payable to:

Payable to: **Elite Volleyball** - \$150.00

Send Registration and check to:

2205 Honeysett Rd Wenatchee, WA 98801



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 you would like to train at Clinics.

Setter OH MB Opp Libero

If you played High School Which team:

Varsity JV C Freshmen

Hitters Warmup shirt Size: S M L XL

(long sleeve polyester, men's sizes)

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 camp/clinics. Neither I nor my child will hold NCWVBC or Coach McMahon / staff liable for any injuries or expenses relating to injuries while my child participates at the Elite Volleyball Clinics.

Parent/Guardian Signature

Date/ _____

Questions:

**Contact Coach McMahon @
679-5122 or**

mmcmahon@cascadesd.org

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

