

# 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 May 9th**

**9th-12th grade –**

**3 hour sessions**

**6:30-9:30**

### Sessions:

- ♦ May 9th
- ♦ May 16th
- ♦ May 20th
- ♦ May 23rd
- ♦ May 30th

## Bio– Clinic Director

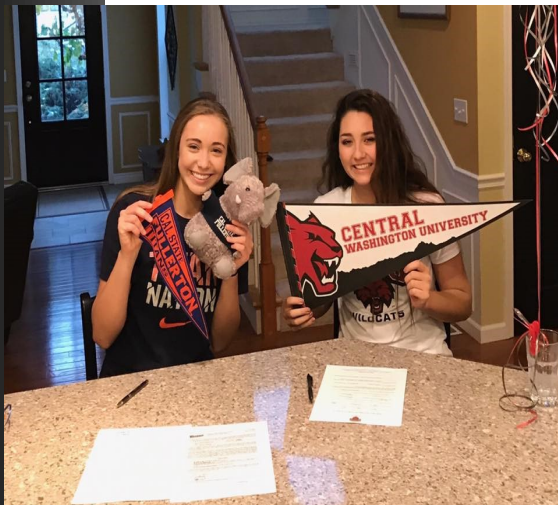
### Marni McMahon

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.....



# ELITE VOLLEYBALL

## 7 Clinic Sessions for \$150.00

### Session Dates/ Times:

Sundays and or Wednesdays starting May 9th

9th-12th grade –6:30pm-9:30pm

3 hour Sessions

- May 9th
- May 16th
- May 20th
- May 23rd
- May 30th
- 

**Clinic Location:**

**Sterling Middle School**

**Cost– \$150.00**

**Checks Written to :**

**Elite Volleyball**

**Email info:**

**Any questions contact**

**Marni McMahon**

**[mmcmahon@cascadesd.org](mailto: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 participa-  
tion 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 med-  
ical insurance before they can attend the  
camp/clinics. Neither I nor my child  
will hold NCWVBC or Coach McMahan /  
staff liable for any injuries or ex-  
penses 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”**

