

# ALPHA GAMMA



# VOLLEYBALL

## 2010 Pre-Season Clinic

### Location:

- *Sleepy Hollow HS*
- **August 16<sup>th</sup> thru August 20<sup>th</sup>**
  - *Grades 9<sup>th</sup> thru 12<sup>th</sup>*
  - **6:00pm-8pm**
  - **Cost: \$125**

***-Condition your body for the season***

***-Improve your ball control***

***-Enhance attacking skills***

***-Develop service skills***

***-Practice game-like situations***

**\*There will be 45 min open play at the end of each day\***

To register please send an email to: [AlphaGammaVB@aol.com](mailto:AlphaGammaVB@aol.com)

**AND**

Payment to: Alpha Gamma Volleyball

PO Box 8675

Tarrytown, NY 10591

**Include in the email:** Athlete's Name, Age, Grade, School, Address, Phone #, Parent(s)/Guardian(s) Name, E-Mail, & t-shirt size.

***(Enrollment is available on a first come, first serve basis.)***