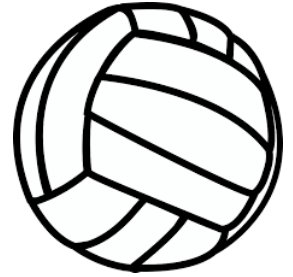




**PAUL GARDNER
VOLLEYBALL CLINIC
SUMMER 2022 REGISTRATION**



AGES 12 - 18
May 27th - July 15th
10:00am - 11:00am

*Make checks payable to "Landmark Health & Fitness
Payments can be made at the front desk of the Health Club. (Checks, Cash, CC)
\$150 (Eight weeks) - \$25 (per clinic)

Athletes Name: _____

Athletes Age: _____

Athletes Shirt Size: _____

As a volleyball coach and player, I want my athletes to have the best coaching and performances. With that being said, Paul Gardner Volleyball Clinic is teaming up with "The Underground Training". Being an athlete is not about just showing up to practice and scrimmaging. To get better you have to train outside of just volleyball skills. Director and lead trainer Ishmael Hicks Sr, will be taking the athletes for 15 minutes and running Speed & Agility performance training. When you get to higher level volleyball, you'll be ready to play with the best.

Schedule for Clinic

May 27th	9:50am	Stretching
	10:00 - 10:15am	Speed & Agility
	10:15 - 11:00am	Passing Clinic

June 3rd	9:50am	Stretching
	10:00 - 10:15am	Speed & Agility
	10:15 - 11:00am	Setting Clinic

June 10th	9:50am	Stretching
	10:00 - 10:15am	Speed & Agility
	10:15 - 11:00am	Serving Clinic

(These drills will be repeated for the following weeks June 17, June 24th, and July 1st)

July 8th	9:50am	Stretching
	10:00 - 10:15am	Speed & Agility
	10:15 - 11:00am	Scrimmage (All skills)

July 15th (LAST DAY OF CAMP)	9:50am	Stretching
	10:00 - 10:15am	Speed & Agility
	10:15 - 11:00am	Scrimmage (All skills)