

To register, complete application below, and mail with fee to: *In The Zone, 6870 Chrisphalt Drive Bath, PA 18014.* Make checks out to In the Zone.

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

Cell Phone _____

E-mail _____

Age on Sep 1 _____ Grade _____

Volleyball experience _____ yrs

Position _____

School _____

I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Volleyball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian Date

Instructors, Coaches and Advisors:

Missy Lynn: Head Varsity Coach at Liberty High School; 2 time All-State at Liberty HS; Former Captain and 4 year starter at LaSalle University, 1000 kills, 1000 digs; 6 years coaching at LCCC, NCC

Sally Whittaker-Kahan: All-State and All-Conference player at Parkland High School; Member of Parkland Hall of Fame for 3 sports (volleyball, basketball, softball). 3 year starter at DeSales University, Member DeSales U. Hall of Fame for 3 sports. Current Asst Volleyball Coach at Northampton Middle School and head Varsity Softball Coach at Northampton HS.

Kelly Yagerhofer: Northampton High School, 4 year starter, Captain, All-LV Conference, Player Northampton Community College 2012 Player of Year Eastern Pa Athletic Conference, Outside Hitter, Defensive Specialist

Erin Rothrock: Captain, Northampton High School, player East Stroudsburg University; Defensive Specialist, Libero

Alexander Williams, 4 year letter winner, 3 time all-area, 1st team All-State player at Notre Dame HS, player East Stroudsburg University, Outside Hitter

Emily Koehler, Express Times All-Area, 2nd Team District 11 All-Star, Captain Northampton High School; Middle Hitter

Aristina Barry, MVP Saucon Valley HS, All- Colonial League; Libero

Club Volleyball Program

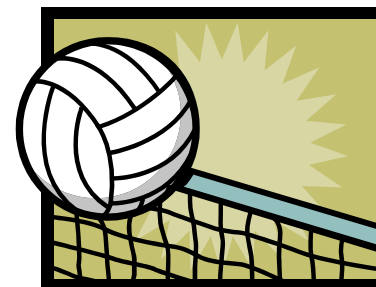
at

In the Zone



Athletics

Nov 2012– Feb 2013



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014

610-837-8605

www.inthzonesports.biz

Overview

In the Zone is establishing a girls club Volleyball program focusing on teaching, practicing and refining players' fundamentals. At In the Zone, we believe that athletes never out-grow and can never get enough of the game's fundamentals. These basics are the building blocks that all else is built upon.

Our program will differentiate itself from other traditional club programs in several ways:

- Our season will run Nov-Feb instead of Nov-Jun like traditional clubs. We won't interfere with spring sports like softball, lacrosse, AAU basketball and track. And it won't run into the summer.
- All our games will be local (in the Lehigh Valley) or within an hour drive of ITZ. You won't need to block off entire weekends traveling all over the state going to tournaments. Since everything is local, players can probably do this program AND a winter sport, like basketball or swimming.
- We will start off as an independent organization and not be affiliated with a governing body. Not only will this save us money (it costs \$52 for an individual just to register with Keystone Regional Volleyball Association—the most common governing body) but it will give us flexibility in terms of who can attend practices, who we play, and where we play.

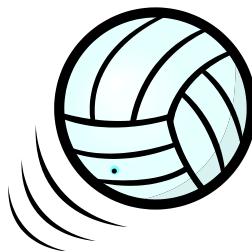
- We won't play in as many games or tournaments. When teaching the fundamentals, it's often more beneficial to focus more on practice sessions than games. Fundamental development occurs through repetition. Reps are accomplished in practice. In a game, how many times will a player get to serve? 5-10 times maybe. How many digs? A couple—if that. During a well run and efficient practice, you can get 10-20 times the number of reps that you get in a game.

We will be similar to other traditional club programs in these ways:

- We will have good coaches; knowledgeable of and passionate about the game.
- We will practice twice a week and practices will focus on teaching the fundamentals.
- We will incorporate agility, power and strength training in our practices.
- We are aware of the unique learning environment that game situations provide so we will be playing games and will play in a few tournaments.

Age groups:

We plan on having one team of 12-18 kids at each age group: 4-6th grade, 7-8th grade, 9-11th grade.



Games/Tournaments. During December and January, we will play intra-squad games where we will pick teams and play. These will be official games with referees and scorekeepers, etc. In February we will look to enter a few tournaments.

Practice dates: Practices will start Sunday Nov 11 and be held primarily Sundays and Wednesdays through Feb 27.

Practice times will be primarily about 5:30-9:00 with the younger groups going first and older groups going later.



Registration:

Cost: Individual registration is \$485.

Group Discounts:

- Get 3-5 players from same school team* or CYO team and each player gets \$50 off.
- Get 6 or more players* and each receives \$75 off.

*must be listed on registration form to receive discount.

OPEN GYM & Evaluations:

There will be an open gym on Sunday, Nov 4th from 2:00-4:00 at In the Zone. This will serve as an evaluation period for us to assess players and for you to assess us.