

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 _____

Buddies _____

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:

Grace Grandanetti: Sr, Freedom High School, setter captain, 1000 assists, All conference and academic all-state. Will play at DeSales U next year.

Missy Lynn (advisor): 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



“Upon the fields of friendly strife are sown the seeds that on other fields, on other days will bear the fruits of victory”

--GEN Douglas MacArthur

concerning the role of athletics at the United States Military Academy

*You can make excuses or you
can make it happen.*

Volleyball Fundamentals Program

In the Zone

Athletics

*Dec 2019–
Feb 2020*



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

Overview

Looking for an alternative to the high price and long traditional club volleyball programs? In the Zone has the answer. A reasonably priced, 3 month 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. This will be primarily a girls program, but boys are welcome.

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

- Our season will run Dec-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.
- This will be a fundamentals driven, skill based program. We won't play in tournaments or leagues. We will have a few local scrimmages but the focus will be on developing fundamentals. Since everything is local, players can probably do this program AND a winter sport, like basketball or swimming.
- When teaching the fundamentals, its often more beneficial to focus 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.

This is essentially a **DEVELOPMENTAL** program and is intended for players with limited/0-2 years experience. Recommended: **4th grade-8th grade**

Lessons

Wednesdays 7:00-9:00 & Sundays 5:30-7:30 starting Wed, Dec 4 and ending Feb 26, 2020 (Excludes Dec 25 and Jan 1) That's 23, two-hour practices: 46 hours



Registration: To register, complete attached registration form and return to In the Zone along with payment.

Pricing: Fees work out to only \$8.50/hour of training, which compared to activities like karate or dance class—this is a bargain.

Individual registration is \$395. Registration deadline is Sunday, Dec 1.

Discounts:

- Sibling Discount: Each sibling receives a \$25 discount.

- Register with a buddy and both receive a \$20 discount.*
- Register with 2 buddies and all 3 receive a \$25 discount.*
- Register with 3 or more buddies and each receives a \$30 discount.*

Group/team Discounts:

- Get 4-5 players form same school team* or CYO team and each player gets \$40 off.
- Get 6 or more players* and each receives \$50 off.

>Cannot combine multiple offers.

*** to receive the Buddy and team discounts, each person must list their buddies/teammates on the registration form. The full amount (\$395) is due upon registration. The discounts will be refunded once all parties have paid and are committed to the program.**



Don't just practice until you get it right, practice until you can't get it wrong!