

CT Juniors Volleyball Extra Effort Program Spring 2012

at the Connecticut Sports Center in Woodbridge

New! Longer program offering an additional day of play for 2012

Two levels to choose from!

Level 1

- Open to 4th-6th graders with no previous volleyball experience
- Program will focus on fun and fundamentals
- Program will use lower net (per USA Volleyball guidelines)
- Program will focus on basic skills: Passing, Serving, Setting, Approach, Arm Swing, Rotation, Basic rules
- Program runs 6-7:30pm. \$200



Level 2

- Open to 6th-8th graders
- 6th graders must have completed at least one previous CT Juniors program in order to participate
- Program will use regular women's height net
- Program will go more in depth with skills, including: Serve Receive, Offensive & Defensive positions, Digging, Blocking, Approach-jump-hit, Quick movements to the ball, Transition, Emergency Drills, Combination movements
- Program runs 6-8pm. \$250

*Tuesday evenings
April 3-May 29, 2012*



**Each player will receive
a FREE t-shirt!**

Online registration now available:

www.ctsportscenter.com



Mail to: CT Juniors, 21 South Bradley Road, Woodbridge, CT 06525

CT Juniors Extra Effort Program—Spring 2012

Name _____ Phone _____

Address _____ City/Zip _____

School _____ Grade _____ E-Mail _____

Please check: Level 1 _____ (\$200) Level 2 _____ (\$250)

Check Information

Please make checks payable to: CJVA
A \$20 fee will be charged for all returned checks,

Check # _____ Amt enclosed _____

Credit Card Payment

Visa ___ M/C ___ Name on card _____

CC# _____ Exp _____

Sec Code _____ Signature _____



Extra Effort Spring Program 2012
Get a jump start on the summer!
Volleyball Program for 4th-8th grade
girls only, offering two ability levels
and an additional day of play for 2012!

Contact us:

Phone: (203)387-1181
E-mail: ctvolley@snet.net
Web Site: www.ctsportscenter.com

*Less than 3/4 mile off the Merritt
Parkway (exit 59)!!*

CT Sports Center
21 South Bradley Road
Woodbridge, CT 06525

Forwarding address services requested



www.ctsportscenter.com