

Program will be held at the

CT Sports Center

Woodbridge, CT

5 court facility!

August 22-26 ~ 9am-12noon

Open to girls entering 9th-12th grade!

2011 Preseason Training

Week is sponsored by:



Dasani will be providing free bottled water for the week, for all the players!

Contact Us:

Phone (203)387-1181

E-mail ctvolley@snet.net

Website www.ctsportscenter.com

Register online today!

CT Sports Center

21 South Bradley Road

Woodbridge, CT 06525

forwarding address services requested

www.ctsportscenter.com

CT Juniors Volleyball Presents:

**2011 Girls Preseason
Training Week**

High School Prep Program!!



An intensive, week-long
volleyball adventure!

Sponsored by:



(203)387-1181

ctvolley@snet.net

CT Juniors EXCLUSIVE

Staff includes:

Tyson Krause

President & Founder of CT Juniors
Former coach at San Diego State University
Coached Olympic athletes Angela Rock and Liane Sato, as well as All-Americans Vicki Cantrell and Toni Himmer
Internationally & Nationally certified coach
Connecticut High School Volleyball Hall of Fame inductee

Ryan Soennichsen

Director of CT Juniors
Developed several CT Juniors programs, including the award-winning boys & high performance programs
USA Volleyball nationally certified coach

Allison Kascak

Former Coach at Post University
CT Juniors Site Supervisor
USA Volleyball nationally certified coach

Despina Soennichsen

Former coach at Quinnipiac University
Former CT Juniors travel player & coach
Won Big East Championship with UCONN
Current CT Juniors State Program coach
USA Volleyball nationally certified coach

Additional coaches to be named



Preseason training week offers:

- Position-specific training by coaches who specialize in and have also played the same position themselves
- Volleyball-specific conditioning built in each day so players can work on strength & skills together to be ready for their tryouts
- Different levels, so everyone learns at their own pace
- Written assessments from the coaches, including recommendations for at-home training
- Game play, including an all-program tournament on the final day

Players will also receive:

- Free Connecticut Juniors t-shirts
- Free bottled water, provided by Dasani



Cost is \$200

Program limited to 80 participants

Don't get left out! This program always sells out early! Register online today!

Cut out and mail to: CT Juniors, 21 South Bradley Road, Woodbridge, CT 06525 or register online at www.ctsportscenter.com
CT Juniors Preseason Training Week 2011

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

HS GRAD YR _____ SCHOOL _____ E-MAIL* _____

*E-mail required to receive program confirmation

Check Information

Please make check 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 _____

Credit Card # _____ Exp. _____

Sec code _____ Signature _____