

Program will be held at the  
*CT Sports Center ~ Woodbridge*  
*5 court facility!*

Monday evenings ~ 6:30-9pm

December 14, '09-March 8, '10

\*OFF Dec 28

**Open to boys in grades 8-12! No tryouts!**

*Players will be divided by grade & ability*

### **Boys preseason training offers:**

- Position-specific training by guest coaches who specialize in and have also played the same position themselves
- Speed & Strength Training: Provided by certified trainers - 1/2 hour built in each week
- Written assessments from the coaches, including recommendations for at-home training
- Inter-program game play, including bi-weekly mini tournaments with a focus on situational play

#### **Contact Us:**

Phone (203)387-1181

E-mail ctvolley@snet.net

Website www.ctsportscenter.com

**Register online!**

CT Sports Center

21 South Bradley Road

Woodbridge, CT 06525

forwarding address services requested

www.ctsportscenter.com

## ***CT Juniors Volleyball Presents: 2009-10 Boys Winter Preseason Training***

Newly restructured program



An intensive, 12-week  
volleyball series!

**Join the tradition!**

CT Juniors is the largest, oldest,  
and most successful club volleyball  
program in Connecticut!

(203)387-1181

ctvolley@snet.net

## Head Program Coach:

### *Kelly Stuper*

Extensive collegiate coaching career, including stints at Thiel College, Yale, University of New Haven, and Albertus Magnus  
4-year starter at Slippery Rock University  
Longest tenured CT Juniors coach (18 years)  
USA Volleyball nationally certified coach

## CT Juniors EXCLUSIVE

### Guest 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  
All-New England Collegiate Player at SCSU  
USA Volleyball nationally certified coach

#### *Brian Quinn*

Former Assistant Coach at Southern Connecticut  
Hamden Hall Varsity Coach  
3-year starter at Sacred Heart University  
New England Adult Volleyball MVP 2009  
USA Volleyball nationally certified coach

#### *Grant Jackson*

Former Assistant Coach at Western Connecticut  
All-New England Collegiate Player at WCSU  
USA Volleyball nationally certified coach

***Additional guest coaches to be named***

## Our Mission:

Over the past 10 years, Connecticut Juniors has over **30 tournament championships!** In welcoming a new era of boy's high school volleyball, we will continue to strengthen the skills of each *individual* player by providing a program that is exciting, competitive, and challenging. With an increased focus on conditioning and skill work, CT Juniors will help every player improve their game, and in turn, improve the contribution they will bring to their team.

\*Each week we will offer **1/2 hour of speed & strength training**, provided by certified trainers, **1-1 1/2 hours of skill work**, including guest coaches who will specialize in different aspects of the game, and up to **1 hour of game play**, including 2-v-2, 3-v-3, and 4-v-4 tournaments, as well as 6-on-6 matches.



### **Cost is only \$300**

Program limited to 50 participants

Every player receives a free CT Juniors t-shirt  
& huge discounts on Mizuno gear!

Register online today! Don't get left out!

Cut out and mail to: CT Juniors, 21 South Bradley Road, Woodbridge, CT 06525 or register online at [www.ctsportscenter.com](http://www.ctsportscenter.com)  
**CT Juniors Winter Preseason Training for Boys 2009-10**

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 \_\_\_\_\_