



Sláinte

Sláinte Volleyball Club – Back-to-School Session

~ Participants should be in the 8th grade or older ~

Sláinte Volleyball Club will be holding Advanced Summer Session II for the dates listed below:

- Monday, August 16, 2010 from 7:30-10pm
- Wednesday, August 18, 2010 from 7:30-10pm
- Thursday, August 19, 2010 from 7:30-10pm

Training will include:

- Serving techniques, including float, core and jump serving
- Passing techniques emphasizing footwork, movement and passing on serve receive
- Setting with an emphasis on footwork and hand positioning
- Approach and Hitting, with an emphasis on hitting against a block
- Blocking, with emphasis on footwork and directional blocking
- Defensive movement and positioning
- Conditioning, agility, and jump training
- Playing in a team environment

Practice Location: Sacred Heart Cathedral Prep, 1055 Ellis Street, San Francisco, CA 94109 (between Gough & Franklin)

Sláinte Personal Liability Release and Waiver Form

I, (print name of participant) _____ understand that my decision to participate in the Sláinte Volleyball Skills Clinic is entirely voluntary. While I participate in Sláinte’s volleyball clinic, I fully accept the responsibility and assume the risk of any injury or damage suffered by me, either directly or indirectly.

With my signature below, I hereby release, discharge, and hold harmless Sláinte Volleyball Club and Sacred Heart Cathedral Preparatory from any and all liability for any injuries or illnesses incurred at this clinic. I and my parent and/or legal guardian have read and understand this Release and Waiver. I am signing this Release and Waiver voluntarily and understand that it is legally binding.

Signature of Participant

Date

Signature of Parent/Guardian

Date

Sláinte Volleyball - Registration Form

- \$ 100 for all listed sessions
- \$ 35/individual session

~ Please make check payable to **Sláinte Volleyball Club**.
~ If you would like to charge via credit card, please contact Nga Tran.

Contact Person(s):

~ Nga Tran at 415.595.3039, slaintedirectors@gmail.com

If you are mailing a payment, please send it to:

Sláinte Volleyball Club
P.O. Box 320395
San Francisco, CA 94132

Name

Date of Birth

School

Grade

Address

City

State

Zip

Phone

Email address