



Sláinte

Sláinte Volleyball Club – Volleyball Skills Clinic

~ for all skill levels ~

Sláinte Volleyball Club will be hosting skills clinics for all levels. Fundamentals will be covered as well as advanced technique for the more advanced player. Training will include:

- Serving techniques, including float and jump serving
- Passing techniques emphasizing footwork, movement and passing on serve receive
- Setting with an emphasis on footwork and hand positioning
- Approach & Hitting, with an emphasis on hitting against a block for the advanced player
- Defensive movement & positioning

The clinics will be run by the Sláinte and SHCP’s coaching staff. Participants will be divided into groups by age and skill level.

Clinic Dates & Times

Sunday, August 22 ~ 1-3:30pm

Sunday, August 29 ~ 1-3:30pm

Sunday, September 5 ~ 1-3:30pm

[Future Fall Clinics to Be Announced!]

Location

Sacred Heart Cathedral Preparatory

1055 Ellis Street (at Franklin)

San Francisco, CA 94109

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

\$ 85 for all listed sessions

\$ 35/individual session

~ Please make check payable to **Sláinte Volleyball Club**.

~ If you would like to make a payment 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