



# Sláinte

## Sláinte Volleyball Club

### ~ Developmental Practice Team ~

Sláinte Volleyball Club will be running developmental practice team(s) from September 18, 2011 thru December 11, 2011 for younger players. This team is limited to a small group of 9-12 participants.

Basic fundamentals will be covered. Training will include:

- Serving techniques
- Passing techniques emphasizing footwork, movement and passing on serve receive
- Setting with an emphasis on footwork and hand positioning
- Approach & Hitting
- Defensive movement & positioning
- Conditioning, agility, and jump training

**Practice Sessions...** are 2 hours every Sunday starting on September 18, 2011 and ending December 11, 2011. *(Please note that there will be no practice on November 13, 2011.)*

**Main Practice 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 Developmental Practice Team is entirely voluntary. While I participate in Sláinte's Developmental Practice Team, 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 Club

#### ~ Developmental Practice Team ~

#### Registration Form

- \$40 per session
- \$425 Practice Team with no Sláinte gear
- \$500 Practice Team with Sláinte gear (2 SS practice t-shirts, and 1 hoodie sweatshirt)

Please make checks payable to **Sláinte Volleyball**.

Address: P.O. Box 320395, San Francisco, CA 94132

Phone: 415-595-3039

Email: [slaintedirectors@gmail.com](mailto:slaintedirectors@gmail.com)

Web address: [www.slaintevolleyball.com](http://www.slaintevolleyball.com)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
School

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email address