



Monthly program to introduce volleyball
Meet new players and have FUN!

Where: The Launch Pad - 2650 Jordan Lane, Huntsville, AL 35816

When: Saturday, 9:30-10:45 am, December 6, 13, 20; January 10, 17, 24, 31;
February 7, 21, 28 and March 7, 14, 21, 28

Ages: 1st - 5th Grade

Goals: To help train Rising Stars in learning the proper fundamental volleyball skills

Modifications: Reduced court size (for their age); lower net and a lighter ball

Each session: Includes demonstration of proper warm-up and stretching; introduction to the fundamental skills of volleyball; skill training that will reinforce basic fundamentals and provide FUN game-like situations.
The last 15-25 minutes of each session will include introduction of game-play situations; active game play will be involved as the Rising Stars become more proficient in skills

Registration: Fee: \$50 a month; \$15 per session or 4-month program paid upfront \$175
Pre-register and pay online
Website registration: <http://www.rcvc.net/>
At the door registration: If space available \$15 per session.

Player Name _____

Parent Name _____ **Cell phone** _____

Email _____

Insurance Waiver (please complete below information for acceptance into program)

Insurance provider : _____ Policy #: _____

I hereby grant permission for my child to attend The Launch Pad 2014 Training/Events/Camps/Clinic. I also grant The Launch Pad, RCVC , Rose Magers-Powell or any staff permission to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release The Launch Pad, Rocket City Volleyball Club, Rose Magers-Powell or any staff from any and all liability for any injuries or losses incurred while at event. I authorize a designated physician to perform diagnostic, medical and/or surgical treatment if necessary and will be financially responsible for any medical attention needed during camp.

Parent/ Guardian Signature _____ Date: _____

**Staff: AN OLYMPIAN, RCVC Coaching Staff and other experienced coaches
LEARN...IMPROVE...HAVE FUN!!!!!!**

Photos Courtesy of brvc, LLC and property of BYOP®

