## ENGLEWOOD CLIFFS GIRLS VOLLEYBALL



**Dates:** Mondays, March 13th – May 5th

*Times*: 1 Hour Session will be assigned during 4PM – 8PM

Location: Upper School Lower Gym

*Fee:* \$125

**Ages:** 3<sup>rd</sup> Grade through 8<sup>th</sup> Grade

Englewood Cliffs will be offering a **8 week program** that will take place on Mondays @ Upper School Upper Gym located at 143 Charlotte Place, Englewood Cliffs.

Weekly sessions will be run by Charlie Hong who is the Program Director of Volleyball Club which is a youth empowerment/elite athletic training program established in 2009. The goal is to teach the fundamentals of volleyball which will focus on the following aspects per session including passing, setting, serving, receiving, rules and rotations. The plan is to develop a program so that the girls can play competitively in the Fall season.

Clinics will occur on the following dates: Mar 13<sup>th</sup>, Mar 20<sup>th</sup>, Mar 27<sup>th</sup>, Apr 3<sup>rd</sup>, Apr 17<sup>th</sup>, Apr 24<sup>th</sup>, May 1<sup>st</sup>, and May 8<sup>th</sup>. There will be no clinics on April 10<sup>th</sup> during Spring Break week.

What to bring? Girls need to arrive in gym clothes with a lot of water. No need for knee pads. Anyone with long hair will need to tie it up.

Registration must be done through Community Pass under Spring Programs

https://register.capturepoint.com/EnglewoodCliffsBorough