



Educating the whole person through excellence in the sport of volleyball

# FALL SCHEDULE

# 2011

## FALL CLINICS

SUNDAYS, BEGINNING SEPTEMBER 11TH

**CLASSIC SERIES**  
Middle & High School aged-players  
Attacking      Jump Serve  
DYGO [Defense]      Serving & Passing

**XTREME SERIES**  
Experienced club players 15 & up  
Xtreme Defense  
Xtreme Outside Hitter

*\*see website for schedule and registration*

10TH ANNUAL

## FREE FALL SKILLS CLINIC AND OPEN HOUSE

SATURDAY, OCT 15TH

14-15's; 10 AM-12 Noon  
16-18's; 1-3 PM  
11-13's; 3-5 PM

PowerCore 360® Demos at noon & 1230 PM

Open House hours: 10 AM-530 PM  
*No registration required*

## YOUTH PROGRAMS

**YVP Tuesday Course-**  
Fall 1: Sept 6-Oct 11; 530-7 PM  
Fall 2: Nov 1-Dec 13\*; 5-630 PM

**YVP Sunday Course-**  
Fall 1: Sept 11-Oct 16; 4-530 PM  
Fall 2: Nov 13-Dec 18; 4-530 PM

**YVP Games & Play-Sundays, 530-7 PM**  
Fall 1: Sept 11-Oct 16; 4-530 PM  
Fall 2: Nov 13-Dec 18; 4-530 PM

**YVP Basic Clinics-Wednesdays, see website**  
Learn-2-Serve    Attacking\*\*    Ball Control\*\*  
**\*\*NEW for 2011**

**YVP TEAM-Thursday**  
Team training/play for youth grades 5-8  
Fall 1: Sept 8-Oct 13, 530-7 PM  
Fall 2: Nov 3-Dec 15\*, 5-630 PM

**VolletTots**  
Volleyball and Fitness Fun for kids ages 2-5. Check our website for details or call 919-544-9400.

*\*indicates no class Thanksgiving week*

# 2012 TRYOUTS

*Ages indicated below are USAV junior age requirements. Please see website for details.*

**11/12 & Under**  
Session 1- Saturday, Oct 22; 3-5 PM  
Session 2- Sunday, Oct 23; 2-4 PM  
Session 3- Tuesday, Oct 25; 530-7 PM

**13 & Under**  
Session 1- Saturday, Oct 22; 12-230 PM  
Session 2- Sunday, Oct 23; 12 noon-2 PM  
Session 3- Tuesday, Oct 25; 7-830 PM

**14 & Under**  
Session 1- Saturday, Oct 22; 9-1130 AM  
Session 2- Sunday, Oct 23; 4-6 PM  
Session 3- Monday, Oct 24; 630-830 PM

**15 & Under**  
Session 1- Sunday, Nov 6; 9-1130 AM  
Session 2- Monday, Nov 7; 7-9 PM  
Session 3- Wednesday, Nov 9; 6-8 PM

**16 & Under**  
Session 1- Sunday, Nov 6; 12 noon-230 PM  
Session 2- Tuesday, Nov 8; 7-9 PM

**17/18 & Under Combined Tryout**  
Session 1- Sunday, Nov 6; 3-530 PM  
Session 2- Monday, Nov 7; 5-7 PM

**Online tryout registration opens October 1**

**\$40 in advance/\$50 on-site**

*Student-athletes should plan on attending all sessions for their age level. No 'call-backs'.*

Check our club schedule on our website for open gyms and other special events



## TRYOUT INFORMATION SESSIONS

<b>Sun, Oct 16</b> 11/12 & under focus, 7PM 13/14 & under focus, 730PM	<b>Sun, Oct 30, 3 PM</b> 15-18 & under focus
<b>Thurs, Oct 20</b> 11/12 & under focus, 7PM 13/14 & under focus, 730PM	<b>Thurs, Nov 3, 7 PM</b> 15-18 & under focus

*For parents to learn more about Triangle. Includes Q&A. No registration required.*

Vertical Jump Training Program

**PLUS PACT [Power, Agility, Core Training]**

*Sundays, Sept 11-Oct 16, 1-2 PM  
6 sessions with Corey Johnson, CPT*

Weekly on Sundays, Sept 11-Oct 16 530-7 PM, All levels	Weekly on Sundays, Sept 11-Oct 16 1-230 PM <i>*for high school setters</i>

All events open to public. Details, schedule and registration information available on website.