

AZ AAU VOLLEYBALL

SUMMER TRAINING PROGRAM



2017

VolleyPups

Jr. Coyotes

PRACTICE – FUNDAMENTALS – PRACTICE

DO YOU WANT TO LEARN THE GAME OR IMPROVE YOUR SKILLS?

If so, this is the fundamental skills training you've been looking for. Whether it's skill development, basic rules, competitive play, or drills to improve certain skill sets we train and teach it. The VolleyPups program is designed for boys and girls 8th grade and under and focuses on learning the basic rules of the game and all skill development. The Jr. Coyotes program is designed for boys and girl' 9th-12th grades looking to expand their knowledge and volleyball IQ, develop and improve existing skill sets, compete in high level drills, and have fun!

To register go to www.azaaувolleyball.org or visit <https://campscui.active.com/orgs/SunrayVolleyballClub>

Amanda Omar is the Head Volleyball Coach at CGCC and AZ AAU District Director. She is the lead Trainer/Coach for these training sessions. She has over 20 years of coaching experience, a Masters in Coaching & Athletic Administration, CAP Level II Certified, and a Master Instructor for Volleyball Conditioning & Performance. She also works as an Evaluator for the Volleyball Factory, a Head Coach with the Nokaoi Showcase, and a Camp Instructor with All-American Volleyball Camps. Assistant Coaches will be Ray Lewis, Head Coach - Benedictine University (Men's) and collegiate players.

**VOLLEYPUP
TUESDAY'S
5:00PM – 7:00
&
JR. COYOTE
THURSDAY'S
5:00PM – 7:00**

**SESSION I: JUNE
VOLLEYPUPS - \$90
JR. COYOTES - \$90**

**SESSION II: JULY
VOLLEYPUPS - \$70
JR. COYOTES - \$90**

DISCOUNTS

**VOLLEYPUPS JUNE & JULY \$150
JR. COYOTES JUNE & JULY \$190**

**ADDITIONAL OPTIONS:
PAY AS YOU GO
(\$25/SESSION)
SIBLING DISCOUNT 10%**

**CHANDLER-GILBERT CC
PECOS CAMPUS**

**COYOTE CENTER
GYMNASIUM**

2626 E. Pecos Rd
Chandler, AZ 85225

