

# Why Fast Start?

- Provide volleyball training and a competition schedule for any athlete who attends a school that does not have a volleyball program available.
- Particularly important are schools with no volleyball program at the elementary level-specifically public schools.
- Provide a continuation and training program for those athletes that were not selected for their school teams but want to continue learning and playing the sport of volleyball.
- Provide technique correction and skill enhancement for athletes who would like to prepare themselves to try out for club volleyball and/or plan to return to their school tryouts the following season.
- This program is appropriate for all skill levels as courts/teams are age and skill divided to ensure each athlete is challenged according to their ability.

## WEDNESDAY:

- 4:30 – 6:00 PM (3<sup>RD</sup> AND 4<sup>TH</sup> GRADERS)  
6:00 – 7:30 PM (5<sup>TH</sup> AND 6<sup>TH</sup> GRADERS)  
7:30 – 9:00 PM (7<sup>TH</sup>, 8<sup>TH</sup>, 9<sup>TH</sup>, 10<sup>TH</sup> AND 11<sup>TH</sup> GRADERS)
- Core Skills Training (Passing, Setting, Attacking, Blocking, Serving)
  - Volleyball Conditioning & Endurance
  - System Training (Freeball, Defense, Offense, Serve Receive)

## SUNDAY:

- 12:30 – 2:00 PM (3<sup>RD</sup> AND 4<sup>TH</sup> GRADERS)  
2:00 – 3:30 PM (5<sup>TH</sup> AND 6<sup>TH</sup> GRADERS)  
3:30 – 5:00 PM (7<sup>TH</sup>, 8<sup>TH</sup>, 9<sup>TH</sup>, 10<sup>TH</sup> AND 11<sup>TH</sup> GRADERS)
- Game Situation Drilling
  - Competition Matches
  - Courts/Teams are skill and age divided

All Sessions will be facilitated by an NKYVC Lead Coach & will be held at Town & Country Sports Complex – 1018 Town Dr., Wilder, Ky. (AA Hwy exit off 275)  
[www.towncountrysports.com](http://www.towncountrysports.com)

Please arrive 15 minutes prior to start time for check- in and warm up. Bring a water bottle and knee pads.

For more information:  
Fast Start Volleyball Program email: [nkyvc@fuse.net](mailto:nkyvc@fuse.net)  
NKYVC Website: [www.NKYVC.com](http://www.NKYVC.com)

# 2011 Fast Start Volleyball

NKYVC is again offering our Fast Start Training Series for athletes who did not make their school program, for athletes who attend schools that do not have a volleyball program available and for athletes who want an opportunity to learn the game right the first time.

**Program Fee: \$200.00**

**Athletes will practice 1.5 hours, 2 days a week for 6 weeks.**

**Program begins Wednesday, August 10<sup>th</sup> and will conclude Wednesday, September 21<sup>st</sup>  
(No session the Sunday of Labor Day weekend)**

**2 Ways to Register – On-line at NKYVC.com or with Registration Form Below**

## 2011 NKYVC FAST START VOLLEYBALL Registration Form & Waiver

- Step 1. Complete the below Registration Form and Medical Waiver  
Step 2. Mail Registration Form and Medical Waiver with a check in the amount of \$200  
Made payable to: **NKYVC**, to P.O. Box 188071, Erlanger, KY 41018

Players will not be permitted to participate without completed registration/waiver form and complete payment  
All sessions will be held at **Town & Country Sports Complex – 1018 Town Dr., Wilder, Ky. (AA Hwy exit off 275)**

Player Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_ T-Shirt Size: YL AS AM AL AXL

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## INSURANCE/MEDICAL INFORMATION AND WAIVER

PARENT/GUARDIAN'S NAME(S) \_\_\_\_\_  
PHONE NO. \_\_\_\_\_ IN THE EVENT OF AN EMERGENCY, IF YOU ARE UNABLE TO  
CONTACT ME PLEASE CALL \_\_\_\_\_ AT THIS  
NUMBER \_\_\_\_\_. Family Physician \_\_\_\_\_ Phone  
Number \_\_\_\_\_. Please note any medical condition that coaches should be aware of:

I, the undersigned, do hereby give my permission for my athlete to participate in Northern Kentucky-Ohio Volleyball Club's Fast Start Volleyball Program. I understand that neither Northern Kentucky-Ohio Volleyball Club, Town & Country Sports Complex, nor the staff in charge can be held liable for any accident that may occur during the course of this Northern Kentucky-Ohio Volleyball Club sponsored activity. I also attest to the fact that \_\_\_\_\_ is covered by insurance through \_\_\_\_\_ Policy # \_\_\_\_\_. I understand that financial obligations incurred for medical services resulting from an injury received by my athlete while participating in this activity cannot be borne by the facility, NKYVC, it's staff or the adult(s) in charge.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**NKYVC is one of the Premier Volleyball Clubs in Greater Cincinnati, Ohio Valley Region and the USA. Visit our website and get to know all about us at [www.NKYVC.com](http://www.NKYVC.com).  
Have questions about joining NKYVC: email [nkyvc@fuse.net](mailto:nkyvc@fuse.net)**