



**CYO-OHIO PREP-SERIES: \$300.00**  
 includes 32 hours of high repetition training,  
 match play and NKYVC T-Shirt

**THURSDAYS:**

4:00 – 6:00 PM (3<sup>RD</sup>, 4<sup>TH</sup> AND 5<sup>TH</sup> GRADERS)  
 6:15 – 8:15 PM (6<sup>TH</sup>, 7<sup>TH</sup> AND 8<sup>TH</sup> GRADERS)

**SUNDAYS:**

1:00 – 3:00 PM (3<sup>RD</sup>, 4<sup>TH</sup> AND 5<sup>TH</sup> GRADERS)  
 3:15 – 5:15 PM (6<sup>TH</sup>, 7<sup>TH</sup> AND 8<sup>TH</sup> GRADERS)

**CYO-OHIO PREP-SERIES  
 TRAINING FORMAT**

- **Core Skills Training** (Passing, Setting, Attacking, Blocking, Serving)
- **Game Situation Drilling**
- **Formation of Teams and Match Play**
- **Volleyball Conditioning & Endurance**
- **System Training** (Freeball, Defense, Offense, Serve Receive)

All sessions will be facilitated by NKYVC Coaches & area club, high school and grade school coaches

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

All sessions 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)

**NKYVC CYO-OHIO PREP-SERIES**

NKYVC is offering a NEW Training Series geared specifically towards preparing the Ohio volleyball athlete for CYO. Athletes will practice 2 days a week for 8 weeks beginning August 2<sup>nd</sup>, 2009. Teams will be formed and will play matches in addition to technique correction and skill reinforcement through drilling.

**LIMITED SPACE –SIGN UP EARLY!**

**DEADLINE July 27<sup>th</sup>**

**Cost: \$300.00**

**TO REGISTER:** Step 1. Complete the Registration Form & Medical Waiver below  
 Step 2. Mail the Registration Form & Medical Waiver with a check for \$300  
 Made payable to: **NKYVC**

To: **NKYVC, P.O. Box 188071, Erlanger, Ky. 41018**

**Acceptance is based on postmark receipt of waiver and payment. Confirmation of acceptance will be sent via email.**

**CYO-OHIO PREP-SERIES Registration Form & Medical Waiver**  
**(ALL INFORMATION MANDATORY)**

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

Grade (Fall): \_\_\_\_\_ School: \_\_\_\_\_ Shirt Size: YM YL AS AM AL AXL

Main 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 CYO-OHIO Prep Series. 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

For more information about:  
 The CYO-OHIO Prep Series, email [nkyvc@fuse.net](mailto:nkyvc@fuse.net)  
 NKYVC go to: [www.NKYVC.com](http://www.NKYVC.com)

**NKYVC provides the best fundamental training in Greater Cincinnati!!! We get results!!**  
**The 10-1, 11-1, 12-1 Tsunami Teams won the 2009 Ohio Valley Regional Championships!**  
 Visit our website at [www.NKYVC.com](http://www.NKYVC.com).  
 Have questions about joining NKYVC: email [nkyvc@fuse.net](mailto:nkyvc@fuse.net)