



VOLLEYBALL CLINICS



Held at Eastside Athletics, 11435 Lithopolis Rd, Lithopolis, OH 43136

Eastside is hosting youth volleyball clinics for any boys or girls, regardless of school or club affiliation, who would like to further develop their skills. Clinics are a great way to check out a club prior to tryouts, see your old coaches and teammates, or meet the new coaches and possible new teammates, all while brushing up your skills before tryouts!

GET READY FOR CLUB VOLLEYBALL TRYOUTS WITH OUR BRUSH-UP CLINICS!

Grades 4th-6th

Tues Oct 17th 6:00-7:30p OR Thurs Oct 19th 6:00-7:30p

Grades 7th-8th

Tues Oct 24th 6:00-7:30p OR Thurs Oct 26th 6:00-7:30p

Grades 9th-12th

Tues Nov 7 6:00-7:30p OR Thurs Nov 9 6:00-7:30p

\$20 Per Clinic

The clinics will focus on:

Hitting & Setting, Passing Form & Movement, Blocking & Defense, Serving & Receive

Clinic may be paid by cash or check to Eastside Athletics. All participants must have a signed liability waiver on file before participating (waivers are active Jan-Dec 2023, and club members are still required to have a waiver). Waivers are located on the website at www.eastsideathleticsinc.com under Forms & Rates. Please bring your own drink, or you may purchase from the onsite vending machine. Players should arrive a minimum of 15 minutes before start time to change shoes and stretch. No spectators will be permitted.

All participants MUST pre-register to LNFN@aol.com prior to attending.

**Give yourself that extra boost before club tryouts, and
REGISTER TODAY!**