



# 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 4<sup>th</sup>-6<sup>th</sup>

**Mon Oct 25<sup>th</sup> AND Weds Oct 27<sup>th</sup> from 5:30-7:00p**

### Grades 7<sup>th</sup>-8<sup>th</sup>

**Mon Oct 25<sup>th</sup> AND Weds 27<sup>th</sup> from 7:30-9:00p**

### Grades 9<sup>th</sup>-12<sup>th</sup>

**Mon Nov 8<sup>th</sup> AND Weds Nov 10<sup>th</sup> from 6:00-7:30p**

**\$20 Per Clinic**

**\*\*You must be finished with your school season in order to attend clinics\*\***

---

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 2021, and club members are still required to have a waiver). Waivers are located on the website at [www.eastsideathleticsinc.com](http://www.eastsideathleticsinc.com) under Forms & Rates. Please review the Covid guidelines on the website prior to attending. Please bring your own drink, or you may purchase from the onsite vending machine. Players should arrive 15 minutes before start time to change shoes and stretch. No spectators will be permitted.

All participants MUST pre-register to [LNFN@aol.com](mailto:LNFN@aol.com) prior to attending.

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