



SUMMER VOLLEYBALL TRAINING

COST:
\$15 PER STUDENT
PER VISIT



Tuesdays, Thursdays and Fridays (June 4 - July 19)

SWIC Varsity Gym, 2500 Carlyle Avenue, Belleville, IL

Beginner/Intermediate: **9-11 a.m.**

Older/Competitive: **11:30 a.m. - 1:30 p.m.**

Instruction on all volleyball skills:

- Serving
- Setting for setters
- Hitting
- Skills games
- Passing
- Setting for everyone
- Digging
- Competitive games
- Coaching instruction

Improve your volleyball craft and prepare for middle school, high school or club volleyball!

For more information:

Head Coach Warren Thomas

warren.thomas@swic.edu

575-430-0286

Vicki Channer

vicki.channer@swic.edu

618-235-2700, ext. 5450

