

Summer Sunday Skill Stations
at USC Galen Center
Girls 14 to 18
8th through 12th grade

6:00 to 8:30pm

Sunday's: August 9 August 16 August 23

Summer Sunday's Registration		
SCVC: 806 So. Juanita Ave., Redondo Beach, CA 90277 (310) 316-4264		
\$100.00		
Name: _____	Age: _____	Grade in Sept: _____
Home Phone: _____	Parent Cell: _____	
Address: _____	City _____	Zip _____
Credit Card Payment		
FAX: (310) 316-5515		
Credit Card Number: _____	Exp. Date: _____	3 Digit Code: _____
Name on card: _____	Signature _____	

Setters:

Setters will focus on body position, body posture, hand position, release, and footwork patterns to improve overhand and setting skills; reading the block and defense, situational setting, floor leadership, and play calling.

Hitters/Blockers:

Improve abilities for better net play. Coaches will go over movement for both blocking and attacking; arm swing mechanics, generate more velocity, use different shots to score and attack different defenses; greater block penetration and reduce a hitter's chance of scoring.

Liberos:

Coaches will focus on the serve receive and defensive techniques; body position, footwork, movement skills, platform, contact, and advanced digging techniques.

SCVC Facts

Highest Level of Coaching & Training

USC Women's Volleyball Head Coach Mick Haley, the 2000 USA Women's Volleyball Olympic Coach along with SCVC Program Director Carrie Haley, who supervises and oversees the coaches development, creates the curriculum for all SCVC teams. SCVC provides players with a training team including a Head Coach and either an assistant coach or roving assistant coach. SCVC Team Trainers John Xie, USC Volunteer Trainer and the SCVC Coaching Staff.

USC Galen Center - State of the Art Training Facilities and Equipment

Another significant element of the agreement is training at the new USC Galen Center. Two practices a week at the Galen Center: provides safety nets between each court and various training tools; 200 volleyballs, Catch-it targets, Setter Eyes, Setter Targets, Training Boxes, Radar Guns, Serving and Setting Machines, Tivo for filming and instant analysis, Scoreboards, Therabands and much more will be used to enhance and support your players game. Also, available is a conference area to teach players about statistics, match analysis and opponent scouting.

The Most Current Training Techniques

SCVC is currently integrating a program in biomechanical analysis of volleyball techniques. The program is a study that USC Volleyball and USC Biomechanics is hosting in regards to balance and core strength, and the feedback thereof. As our exclusive consultant and mentor Mick Haley keeps our coaches' updated on the current collegiate trends these opportunities maintain SCVC as a leader in developing your junior athlete.