



2009 Summer Program **New this summer**

Option 1 **Summer League & SPA Program** **Everyone must sign a waiver and release form**

CCVC is launching a 12 week competitive volleyball Summer League with two divisions.

- (8) High School teams with rising 9th through 12th graders / Coach teams on Wednesdays from 7:30 to 9:30 pm.
- (8) Middle School teams with rising 6th through 8th graders on Tuesdays from 5:30 to 7:30 pm.

League play is 12 weeks and starts on Wednesday June 9th and ends on Wednesday August 26th.

- 11 weeks of round robin play.
- 1 week of single elimination playoff, in the 12th week.
- Bring your own team, or CCVC will assign you a team.
- All teams are required to have an IMPACT certified coach
 - Bring your own coach or CCVC will supply one for you.
- Play on will be on Tuesdays & Wednesdays at NetSports on Davis Drive in Morrisville.
- 2 out of 3 games to 25 will be played, win by 2 points and capped at 30 points.
- First hour warm-up, followed by play for an hour.
 - Middle school division at 5:30 pm
 - High School division at 7:30 pm.
- Reverse coed rules are applied for coed teams.
- Referee and scorer will be supplied.
- Balls and carts are supplied.

SPA is 7 weeks and the program starts on Wednesday July 16th and ends on Wednesday August 26th.

- Ball Control/Setting will focus on, hand positioning, balance and body positioning, floor defense, non-setter setting; passing, serve-receive, individual defensive techniques.
- Hitters & Blockers will focus on technique including arm swing, approach, footwork, position, body posture, movement along the net, off-speed and recovery shots.
- Sessions will be from 5:30 to 7:30 pm on Wednesdays
- Following is the preliminary skill schedule:
 - 7/15 Passing / Digging / Serving
 - 7/22 Outside / Right side attacking and blocking
 - 7/29 Middle Attacking . Blocking
 - 8/05 Setting
 - 8/12 Passing / Digging / Serving
 - 8/19 Outside / Right Side Attacking / Blocking
 - 8/26 Middle Attacking / Blocking
- **Cost: \$160 per player (register and pay online at www.myccvc.com)**



Option 2 Summer League

Everyone must sign a waiver and release form

CCVC is launching a 12 week competitive volleyball Summer League with two divisions.

- (8) High School teams with rising 9th through 12th graders / Coach teams on Wednesdays from 7:30 to 9:30 pm.
- (8) Middle School teams with rising 6th through 8th graders on Tuesdays from 5:30 to 7:30 pm.

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- 2 out of 3 games to 25 will be played, win by 2 points and capped at 30 points.
- First hour warm-up, followed by play for an hour.
 - Middle school division starts at 5:30 pm
 - High School division starts at 7:30 pm.
- Reverse coed rules are applied for coed teams.
- Referee and scorer will be supplied.
- Balls and carts are supplied.
- **Cost: \$135 per player (register and pay online at www.myccvc.com)**



Option 3 **SPA Only**

Everyone must sign a waiver and release form

SPA **Only** is 7 weeks and the program starts on Wednesday July 16th and ends on Wednesday August 26th.

- Ball Control/Setting will focus on, hand positioning, balance and body positioning, floor defense, non-setter setting; passing, serve-receive, individual defensive techniques.
- Hitters & Blockers will focus on technique including arm swing, approach, footwork, position, body posture, movement along the net, off-speed and recovery shots.
- Sessions will be from 5:30 to 7:30 pm on Wednesdays
- Following is the preliminary skill schedule:
 - 7/15 Passing / Digging / Serving
 - 7/22 Outside / Right side attacking and blocking
 - 7/29 Middle Attacking . Blocking
 - 8/05 Setting
 - 8/12 Passing / Digging / Serving
 - 8/19 Outside / Right Side Attacking / Blocking
 - 8/26 Middle Attacking / Blocking
- **Cost: \$160 per player (register and pay online at www.mycvc.com)**

Option 4

Pick a SPA Session (Pay at the door)

Everyone must sign a waiver and release form

Pay at the Door to pick and choose any single specific SPA skill session over the 7 SPA weeks to attend.

- Ball Control/Setting will focus on, hand positioning, balance and body positioning, floor defense, non-setter setting; passing, serve-receive, individual defensive techniques.
- Hitters & Blockers will focus on technique including arm swing, approach, footwork, position, body posture, movement along the net, off-speed and recovery shots.
- Sessions will be from 5:30 to 7:30 pm on Wednesdays
- Following is the preliminary skill schedule:
 - 7/15 Passing / Digging / Serving
 - 7/22 Outside / Right side attacking and blocking
 - 7/29 Middle Attacking . Blocking
 - 8/05 Setting
 - 8/12 Passing / Digging / Serving
 - 8/19 Outside / Right Side Attacking / Blocking
 - 8/26 Middle Attacking / Blocking
- **Cost: \$30 per session (Pay at the door)**