

WHAT TVA IS ALL ABOUT:

The Volleyball Academy opened in June 2006 for the sole purpose of offering training opportunities to anyone and everyone in the sport of volleyball. We offer a variety of programs for all ages.

The Li'l Digger program was designed to teach the fundamentals to K-4th Graders while incorporating a fun environment in which to learn this great game. See the inside of the brochure for more details about the Li'l Digger program.

Please check out the website for more pictures and information regarding all of our programs!
(www.thevolleyballacademy.com)

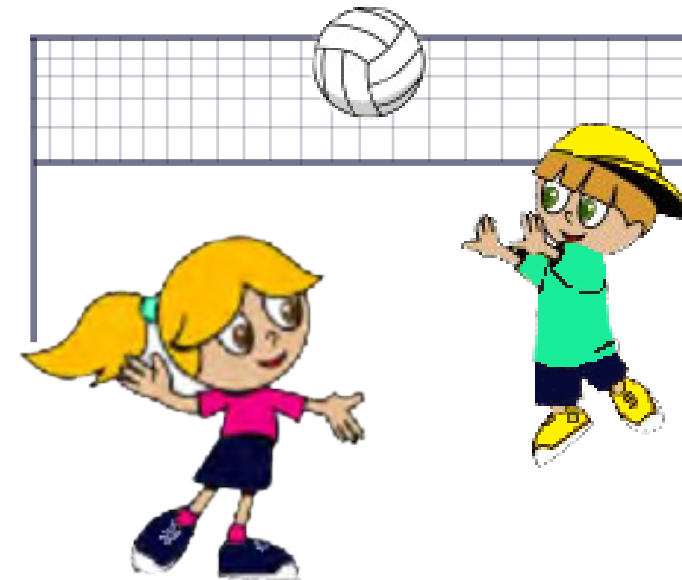
We hope to see you soon!

THE VOLLEYBALL ACADEMY
8030 S 137 CIR STE 2
OMAHA, NE 68138



LI'L DIGGERS

(K-4TH GRADE)



2012 SESSIONS

WWW.THEVOLLEYBALLACADEMY.COM

GENERAL INFORMATION

LI'L DIGGER INSTRUCTION

The Li'l Digger instructional sessions are the newest style of teaching and training that will include fundamentals like our camp format, and also incorporate "mini" games that will teach the players how to get multiple contacts on each side with control.

The fundamentals we teach are passing, setting, serving (underhand and overhand), and spiking. We will then progress this from one-skill drills to two-skills, and then three-skills (pass-set-spike). When they are ready we progress to small groups of 2, 3, or 4 players using 3 contacts per side.

We believe this will help the Li'l Diggers with a very essential part of the game, ball control. Additional goals for us are to instill confidence in the players and have fun while learning this great game.

COST

Cost of each session is \$50. This is for all 4 weeks within the session and includes a t-shirt.

LOCATION

The Courts Volleyball Training Facility
8930 S 137 Circle
Omaha, NE 68138

WHAT TO BRING

Water bottle
Kneepads (If you have them)

EMAIL & PHONE

dgraf@cox.net (Deb)
402-213-4644 (Deb)

CLASS SIZES

Tuesday sessions are the only sessions we must limit the number of participants to 36. This limitation is due to court space. All other sessions are unlimited in the number of participants. We do try to keep groups between 6-8 participants per coach for better instruction.

LI'L DIGGER CONFIRMATIONS WILL BE SENT VIA EMAIL, PLEASE BE SURE TO INCLUDE A LEGIBLE EMAIL ADDRESS.



LI'L DIGGER SESSIONS

DATES & TIMES

SESSION 1 (WINTER)

Jan 10, 17, 24, 31

Tuesdays (K-2) from 5:00-6:00p. Tuesdays (3-4) from 6:00-7:00p.

SESSION 2 (WINTER)

February 7, 14, 21, 28

Tuesdays (K-2) from 5:00-6:00p. Tuesdays (3-4) from 6:00-7:00p.

February 8, 15, 22, 29

Wednesdays (K-4) from 4:00-5:00p.

SESSION 3 (SPRING)

March 6, 13, 20, 27

Tuesdays (K-2) from 5:00-6:00p. Tuesdays (3-4) from 6:00-7:00p.

SESSION 4 (SPRING)

April 3, 10, 17, 24

Tuesdays (K-2) from 5:00-6:00p. Tuesdays (3-4) from 6:00-7:00p.

SESSION 5 (SUMMER)

June 4, 11, 18, 25

Mondays (K-4) from 10:00-11:00a.

June 6, 13, 20, 27

Wednesdays (K-4) from 6:00-7:00p.

SESSION 6 (SUMMER)

July 11, 18, 25, Aug 1

Wednesdays (K-4) from 10:00-11:00a.

SESSION 7 (FALL)

September 5, 12, 19, 26

Wednesdays (K-4) from 5:30-6:30p.

September 8, 15, 22, 29

Saturdays (K-4) from 9:30-10:30a.

SESSION 8 (FALL)

October 3, 10, 17, 24

Wednesdays (K-4) from 5:30-6:30p.

October 6, 13, 20, 27

Saturdays (K-4) from 9:30-10:30a.

WWW.THEVOLLEYBALLACADEMY.COM

REGISTRATION INFORMATION

Name _____

Address _____

City/St/Zip _____

Phone _____

Email _____

Grade _____ School _____

T-SHIRT SIZE: YS YM YL AS AM AL

Circle the Session & Day of the week you will be attending:

Session 1: Tues (K-2) 5-6p Tues (3-4) 6-7p

Session 2: Tues (K-2) 5-6p Tues (3-4) 6-7p
Wed (K-4) 4-5p

Session 3: Tues (K-2) 5-6p Tues (3-4) 6-7p

Session 4: Tues (K-2) 5-6p Tues (3-4) 6-7p

Session 5: Mon (K-4) 10-11a
Wed (K-4) 6-7p

Session 6: Wed (K-4) 10-11a

Session 7: Wed (K-4) 5:30-6:30p
Sat (K-4) 9:30-10:30a

Session 8: Wed (K-4) 5:30-6:30p
Sat (K-4) 9:30-10:30a

COST

Cost for each session is \$50 (Includes all 4 weeks).

RETURN REGISTRATION FORM & PAYMENT TO:

The Volleyball Academy or TVA
8930 South 137 Circle
Omaha, NE 68138
TVA Phone: 402-213-4644

RELEASE

I, the undersigned, as the parent or legal guardian of a minor child, hereby acknowledge that (child)

_____ is covered by medical insurance as follows, by Company: _____ and Policy Number: _____

It is further understood that The Volleyball Academy does not provide medical insurance for this camp. The undersigned hereby releases The Volleyball Academy, The Volleyball Academy Camp Staff, The Courts, and its successors, assignees, officers, agents, and staff from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation by the aforementioned child in The Volleyball Academy Camps.

Parent or Legal Guardian Signature