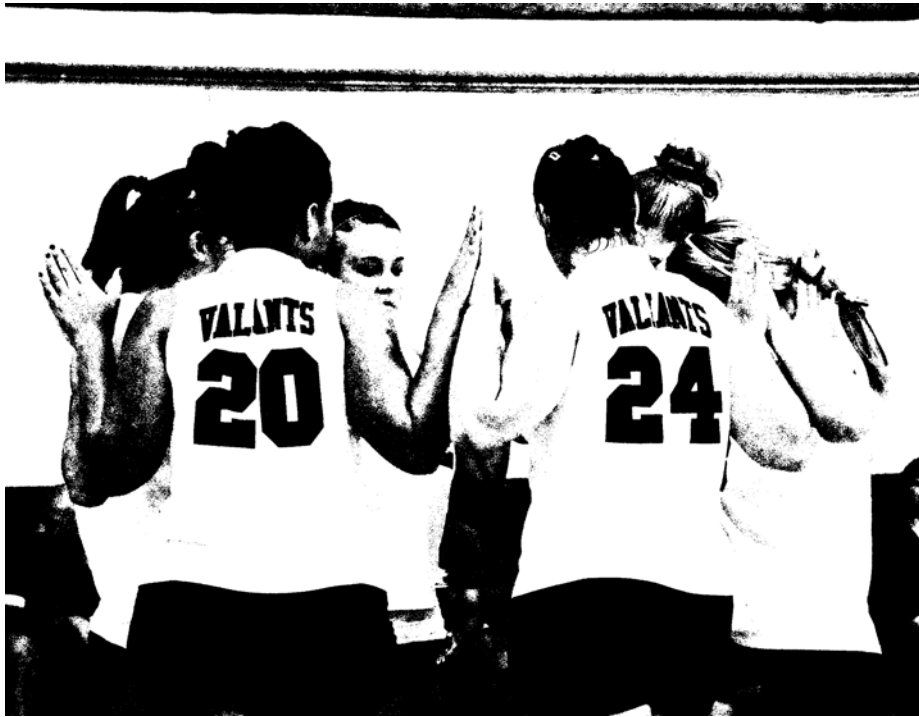


*“The strength of the team is each individual member...
the strength of each member is the team.”*



Valiant Volleyball Clinic

9th -12th Grade Girls



Cost for two clinic sessions, which includes a clinic T-shirt and a water bottle, will be \$55 per person. Clinic is limited to the first 20 people to register. Full payments must be submitted by July 10, 2009. Please go to the volleyball page on GoValiants.com to register. Payments can be submitted by check payable to Manhattanville Volleyball.

July 17, 2009 5:30 pm-8:30 pm

AND

July 18, 2009 9:30 am-12:30 pm

Kennedy Gym, 2900 Purchase Street, Purchase NY 10577



The Valiant Volleyball Clinic is focused on:

- 1) Providing girls with ideas on what to do and how to go about learning new volleyball skills, whether it's on your own or with a trainer.
- 2) Receiving individual professional advice and guidance from Manhattanville's Volleyball Coaching Staff and top-notch certified strength trainer, whether it's enhancing your own techniques or learning new ones.
- 3) Developing relationships with peers, college players and coaches, and assisting in easing your way into preparing for college level volleyball or varsity teams.
- 4) Supplying opportunities to learn new skills and enhance those that you already have.

Manhattanville Coaches:

Head Coach Elizabeth Ching-Bush will begin her 3rd Season as Head Coach in the Fall of 2009. She brings four years of collegiate volleyball (Rockland Community College and Adelphi University) experience as well as coaching club for high school aged girls in the local area.

Assistant Coach Casey Killard, a 2007 graduate of Manhattanville and four-year college athlete, completed her second season as assistant volleyball coach in 2008. Coach Killard will be focusing on defensive maneuvers and court coverage.

Assistant Coach Luis Nadal, a 2008 graduate of Manhattanville, helped his high school team in the Dominican Republic to win their first league title. Currently he specializes in offensive tactics and serving.

Head Strength and Conditioning Trainer Corey Crane brings a wealth of strength and conditioning experience. He previously spent two years as the Associate Head Strength and Conditioning Coach at the United States Military Academy in West Point, N.Y., working with all of the school's 17 sports but focusing primarily on the Academy's volleyball, football, men's lacrosse, and hockey programs.

FOCUS ON:

**Hitting - Defense - Setting -
Serving - Conditioning -
Strength Training –
Team Concept**

HOW?

**Players will benefit from
personalized instruction,
competitive play, and a
daily focus on
fundamentals in a positive,
enthusiastic, and
constructive environment.**



**For more information
please call (914) 323-5217
or email
chingbushe@mville.edu.**