

Borderline 'Cabin Fever' Training Program

Clair Green, Director

Fee: \$250 for all sessions if registered before January 21, 2019 (\$300 after this date). Registration for individual sessions is \$40 for any 2-hour session and \$50 for each of the last two sessions. All participants must register with USA Volleyball using Webpoint through the link at <https://www.ovr.org/docs/New-Junior-Girl-Member.pdf> for new members and <https://www.ovr.org/docs/Renewing-Junior-Girl-Member.pdf> for existing members.

Several skills will be covered in each session.

Age Groups

10s-12s (Grade 6 and Younger

13s and 14s (7th and 8th Grade)

15s-17s (High School)

Dates

Sunday, February 3

Sunday, February 10

Saturday, February 16

Saturday, February 23

Sunday, March 3

Saturday, March 9

Saturday, March 16

Sunday, March 17 3 hour session

Saturday, March 23 3 hour session

Times are TBA (within the hours of noon-5 PM); and all sessions are two hours in length unless noted.