

REGISTRATION FORM
Fee \$300

Child's Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

School: _____

Stop in to pay cash or credit card, fax in your form to
585-461-3723 with credit card info OR mail in
checks payable to Hot Shots Volleyball

CC# _____

Expiration Date _____

Name on Card _____

Hot Shots Volleyball Center
1046 University Avenue
Rochester, NY 14607

P: 585-461-1220 F: 585-461-3723
www.HotshotsVball.com



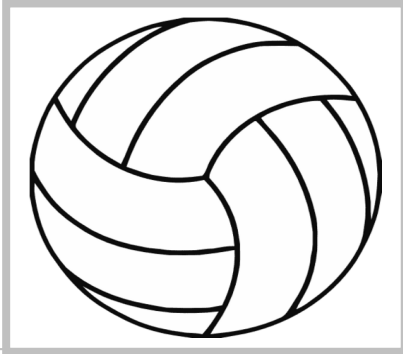
Looking to improve your
volleyball skills?
Learn from the BEST!
Sign up for

**JUNIOR'S HOUSE
LEAGUE & CLINIC**

Thursdays
November 16

Hot Shots

Indoor Volleyball Center



Hot Shots has been the leader in recreational as well as competitive volleyball for over 20 years. Keeping with tradition, HS will be offering a "house league" for junior's ages 11 to 15. This league will be focused on filling a void for those who would like to play volleyball at a competitive level but have no other place to learn the basics other than at a modified or JV team tryout yet aren't able to compete at the "club team" level yet.

This league will offer all the basic skills you'll need to know! There is nothing better than giving your kid the opportunity to have an unfair advantage. Who knows maybe that opportunity will lead to a spot on one of Rochester's top club teams like Paradigm, VolleyFX, Pace or Victor boys club.

Hot Shots will be offering some of the best local HS and college coaches for your athlete!

Begins Thursday
November 16

Fee- \$300 for 12 weeks

To benefit all players understanding of the sport of volleyball, we hope will teach the ideas of having fun in volleyball while improving players skills in the areas of offensive and defensive skills and team participation

All players will be given equal time to develop the basic volleyball skills
Practice sessions- typically 20 players to a court

3:45- 4:00- Check in and Warm up- partner passing drills

4:00-4:45- Break into small groups; coaches will focus on teaching passing, setting and hitting

4:45-5:10- Team drills- Defense and Offense

5:10-5:30- Game play