

# Volleyball Clinics

With Cheryl Smith  
Landstown HS Volleyball and  
Virginia Beach Volleyball Academy

*Advanced Skills:* *for middle school players and older, skills needed for Junior Olympic volleyball and high school*

Serving to zones, blocking, advanced hitting and tipping techniques, advanced setting skills, serve receive, passing, digs and saves

Wednesday evenings 6:30 – 8:30 Landstown HS

May 27, June 3, 10, 17, 24 July 1, 8 cost: \$150

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*Basic Skills:* *for boys and girls entering 4<sup>th</sup> – 7<sup>th</sup> grade*

*Emphasis on building proper skills and good movement habits*

Serving, proper approaches and hitting techniques, passing and setting

Thursday evenings 6:30 – 8:30 Landstown HS

May 28, June 4, 11, 18, July 2, 9 cost: \$120

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To register, contact Cheryl Smith at  
[cheryl.smith@vbvba.net](mailto:cheryl.smith@vbvba.net)

\*Payments can be made the first night of the clinics

\*Groups will be kept small, no more than 8 per coach

\* the first 32 to register for each group will be accepted

\*clinics will be run by Cheryl Smith with college, high school players and other VBVA coaches assisting

\*proceeds will benefit the Landstown volleyball program and VBVA