

Goals of our Program

We will help you reach your personal goals through our program goals:

- Players will develop and learn skills to take back to their school teams.
- Players will learn the importance of having fun and being competitive by incorporating the YMCA core values of **Caring, Honesty, Respect, and Responsibility** for themselves, team, and coaches.
- All players and coaches will have a fun, memorable experience.

Developmental Program

Grades 6-8 Cost: \$325

This program is designed for players who are beginners or have had some middle school playing experience. Practices will be held for 10 Sundays and 2 playdays will be scheduled during the 10 weeks.

Practices will be held at the Torrington and/or Winsted YMCA's after 12 pm. Playdays will be held at the YMCA or other Connecticut location. Practices start **January 7th** and end **March 11th**.

The focus of this program is to help beginner players develop solid fundamentals in the skills of passing, serving, attacking and defense.

Player will not be asked to tryout for this program, but space is limited and girls will be taken on a 1st come 1st serve basis.

Registration Deadline: Jan 7, 2007

Fee: \$325

A \$50 nonrefundable deposit is due by **Dec 29th**. Balance due must be paid in full by **Jan 7th**

Northwest YMCA Juniors

About the Director

Sabrina Smeltz has been an avid participant, teacher and coach of volleyball for over 10 years. A former player at Springfield College and numerous USAV teams, she has held positions coaching high school, junior olympic and collegiate players in MA and CT. She most recently held the head coaching position at American International College where AIC finished 19-11 overall, 9th in New England and 3rd in the Northeast-10 Conference.

Sabrina holds USA Volleyball's CAP Level 2 certification and has been on the staff of many summer college camp programs including Springfield College, Wheaton College, and University of New Hampshire.

About the Coaches

Our coaches are dedicated to the enhancement of individual abilities and skills. They are committed to providing up-to-date techniques and training. Our coaches have held the positions of college head and assistant coaches, high school coaches as well as former and present collegiate volleyball players.

Program Fees

Program fees go toward the operating costs of this program. Your child's fee includes uniforms, insurance, YMCA program membership, USAV membership, facility fees, coaching salaries and administrative costs. Current Northwest YMCA members will be given \$37 off program fee provided their membership stays current throughout the program.

How to Register

Please mail or fax your registration with check or credit card information to: Northwest YMCA, 259 Prospect St. Torrington, CT 06790 - Attn. Sabrina FAX: 860-824-8234

Refund Policy: Registration Deposit is non-refundable. If a player cancels after 1 team practice, 75% refund; after 2 team practices, 50% refund. After 3 practices, no refunds except for medical reasons which requires doctor's verification.



Northwest YMCA Juniors

Torrington & Winsted

Girls Developmental Program Grades 6-8

Girls Regional Program Grades 8-12

A program sponsored by the:



