

REGISTRATION FORM

CHILD'S NAME

DATE OF BIRTH

CURRENT AGE

PARENT OR GUARDIAN NAME

E-MAIL

ADDRESS

CITY

STATE

ZIP CODE

PHONE () -

METHOD OF PAYMENT

CHECK #

VISA

MASTERCARD

CREDIT CARD # EXP. DATE

SIGNATURE OF CARD HOLDER

X



LOCATION

LOCATION: SPORTSPLEX
2 FIFTH STREET (RIVERFRONT PARK)
WENATCHEE WA 98801

TO REGISTER: CALL DIANA CLEMANS AT
509 - 630 - 1677
VISIT: WVSportsPlex.COM



P.O. Box 573
WENATCHEE, WA 98807 - 0573

2011 - 2012

VOLLEYBALL Instruction

Skill Development Workouts

Individuals and Teams



VOLLEYBALL

Areas of Instruction:

- Passing & Digging
- Hitting & Blocking
- Setting
- Serving & Serve-Receive
- Offense & Defense
- Team Practices

Call Diana Clemans at:
509 - 630 - 1677

visit: wvsportsplex.com

INSTRUCTOR



Diana Clemans:

Diana is former standout volleyball and basketball athlete from Eastmont & Entiat High Schools. She played volleyball at

Shoreline Community College as an outside and middle hitter.

Diana has been coaching volleyball for the past sixteen years. She coached middle school for 5 years in California, and high school for 6 years with 3 trips to the WIAA State Tournament. Diana has been involved in the North Central Washington Volleyball Club for the past six years with the U14 & U16 teams and is currently the NCWVBC U18 Girls Head Coach. She is also the Central Washington Representative for the Evergreen Region Volleyball Association (ERVA).

Diana loves to teach volleyball skills to youth. All athletes that participate in Skill Development Workouts will enjoy her positive coaching style and knowledge of the game.

INSTRUCTIONAL PHILOSOPHY

All instructional formats keep the individual athlete in mind. All instruction is taught with positive reinforcement and will challenge players on an individual basis. Players should participate with a great attitude and ready to learn!

ABOUT THE INSTRUCTION

All instruction is provided Diana Clemans. Instruction is either private, semi-private, small group, or team. All instructional offerings include challenging drills and homework.

Parents are welcome to watch.

WHAT IS THE COST?

Type	# Athletes	Cost
Private:	1 Athlete	\$40.00 per hour \$25.00 per 1/2 hour
Semi Private:	2 - 4 Athletes	\$25.00 per hour per athlete
Small Group:	5 - 7 Athletes	\$20.00 per hour per athlete
Team Instruction		\$50.00 per hour

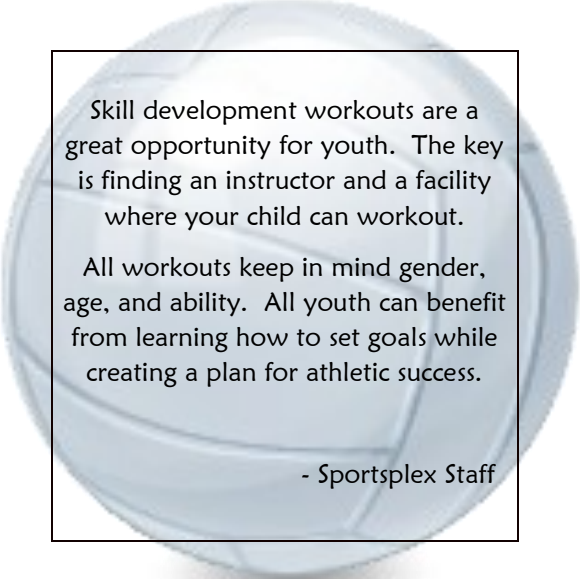
WHAT TO WEAR?

All athletes should dress in comfortable athletic clothing such as shorts, sweats, t-shirt, sports bra & athletic tennis shoes or volleyball shoes. Knee pads and ankle braces are recommended if you have them, but not required.

HOW TO REGISTER

Please call the Sportsplex at 509 - 888 - 5200 or visit wvsportsplex.com for more info.

If you have specific questions or want to discuss your child's progress, please call Diana Clemans at 509 - 630 - 1677.



Skill development workouts are a great opportunity for youth. The key is finding an instructor and a facility where your child can workout.

All workouts keep in mind gender, age, and ability. All youth can benefit from learning how to set goals while creating a plan for athletic success.

- Sportsplex Staff

TEAM INSTRUCTION!

Diana provides team instruction offsite and at the Sportsplex year round. Please ask about her team instruction rates and unique opportunities for team run practices.