



# Nor' Easter Volleyball Academy

Open to Girls in Grades 6-12

July 22nd– July 26th | 9:00am to 2:00pm

BOURNE HIGH SCHOOL, BOURNE, MA

**Cost: \$225.00**

***This 5-day clinic has been uniquely designed to give ALL interested female participants an opportunity to improve the following skills:***

- ▶▶ Serving/Passing/Setting/Attacking/Blocking/Defense (Perceptual Expertise)
- ▶▶ Technical and Tactical Training
- ▶▶ Dynamic Training Sessions -Volleyball Specific
- ▶▶ Creative Conditioning opportunities to prepare for try-outs and improve skills
- ▶▶ Speed Ladders/Speed Rings/Medicine Balls
- ▶▶ Team Play and Competitive Games (*focus specifically on transitioning, covering and positioning*)

***Our highly qualified international coaches have been chosen for this program to prepare YOU and provide the best opportunity to make your high school team!***

Cut and mail in the below form, or flip to the reverse side for the link to register online.  
Cost includes T-Shirt and Report Card, Camp All-Stars and Camper of the Week Award



cut here - - - - -

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **T-Shirt Size (Adult Sizes):** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Emergency Contact:** \_\_\_\_\_ **Emergency Phone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

The above named participant has permission to participate in the Nor' Easter Volleyball Academy. In case of emergency, I understand every attempt will be made to contact the emergency contact above. If contact is unsuccessful, I give permission to the attending physician to render medical treatment to the participant including if necessary hospitalization. any expense arising from injury or illness is the responsibility of the person signing below.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Insurance Company:** \_\_\_\_\_ **Policy #:** \_\_\_\_\_

APPLICATION WILL NOT BE PROCESSED WITHOUT INSURANCE INFORMATION

**Please make checks payable to: "Nor' Easter Volleyball"**  
**Mail to:** Andy Mather, Nor'easter Volleyball Academy, 40 Chipman Road, Sandwich, MA 02563

## Mission Statement

*Provide an opportunity for all participants to enhance skills, technique, knowledge, strategy, and team play in the sport of volleyball in a "value centered", positive and safe environment.*

# Meet the Coaches

## Peter Suxho:

*Head Coach of Beantown VBC – currently coaching the 17's Black team for boys and the 16's ELITE team for girls. Current Head Coach at Natick HS for the boys and girls and former Head Coach of the Men's National Team of Albania. Coach Suxho has experienced great success winning Boy's MA State Championships at Millis HS and Natick HS. He coached his son Donald who went on to be an All-American at USC and played in 3 Olympic Games as the Setter of the US National team.*

## Bob Kowal:

*Former Head Men's Volleyball Coach at Nipissing University, North Bay, Ontario and Canadore College also in North Bay, Ontario, and recent recipient of the Canadian National Aboriginal Coach of the Year. Former Head Coach of the Boys' Volleyball team at St. Thomas Aquinas HS in Kenora, Ontario where they achieved several medals in the OFSSA Championships. Coach Kowal has also coached the Boys for Region 1 Volleyball in the Ontario Games. Coach Kowal was the Head Coach of the Girls' Volleyball team at St. Thomas Aquinas HS in Kenora, Ontario where they achieved several medals in the OFSSA Championships. Current Head Coach for the Fort Francis Vipers U16 Girls' team that achieved a Top Ten finish in the 2018 Ontario Championships.*

## Chelsea Cunningham:

*Chelsea comes with a wealth of knowledge and a passion for the game. Her playing career includes Falmouth High School and Bridgewater State University. Chelsea currently coaches the Oliver Ames High School Varsity Volleyball team and the Beantown Volleyball Club's 17's Chaos Girls team.*



***Don't forget to bring a water bottle and a bag lunch.***

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## ***Save a stamp, register online today!***

**Visit the Beantown Volleyball Club's website to register: [www.beantownvbc.org](http://www.beantownvbc.org) or visit the registration link directly at: <https://reg.sportspilot.com/106302/login>**

**For questions, or more information, contact the Beantown Club Director, Andy Mather at: [beantownbounce@gmail.com](mailto:beantownbounce@gmail.com) or 508-367-6867.**