

***Still want to play volleyball but don’t have time to commit to a club team? Want to learn from some of the best coaches in this area? Just want to touch a volleyball 1-2x per week? Play for another club but just want more practice and touches? Want a shot to possibly make it on one of our teams?***

**We have your answer.**

Atlantic Valley Volleyball Club is proud to present our High School Clinic/Open Gym Series (ages 14+). No monthly or season long commitment, come and go as you please. Free for all current AVVC players, $5 for AVVC alumni, and just $15 per clinic session for all other players. Players must either be registered with USA Volleyball and bring their GEVA membership card as well as the USAV medical release form or sign a waiver.

*Clinics will be led by some of the top HS coaches in NJ, as well as college coaches from Rutgers University, Lafayette College, NJIT, Rider University, Montclair State University, Caldwell University and other colleges. First hour is devoted to working on the clinic topic of the day, with the last 30 minutes for open gym play. All players are welcome to join in on our plyometric workout with our teams from 7:45-8:00pm on Tuesdays/Thursdays.*

**Here’s our schedule of events/location/time:**

*(normally in Watchung Hills Gym 7/8, if there is basketball, go to gym 5/6, 1/2)*

**1/26/17 Thursday**: Watchung Hills RHS 6:30-8:00pm **1/31/17 Tuesday:** Watchung Hills RHS 6:30-8:00pm

**2/2/17 Thursday:** Watchung Hills RHS 6:30-8:00pm **2/7/17 Tuesday:** Watchung Hills RHS 6:30-8:00pm

**2/9/17 Thursday:** Watchung Hills RHS 6:30-8:00pm **2/14/17 Tuesday:** Watchung Hills RHS 6:30-8:00pm

**2/16/17 Thursday:** Watchung Hills RHS 6:30-8:00pm

**2/21/17 Tuesday:** Watchung Hills RHS 6:30-8:00pm, 8:00-9:45pm

**2/23/17 Thursday:** Watchung Hills RHS 6:30-8:00pm**2/28/17 Tuesday:** Watchung Hills RHS 6:30-8:00pm

***For a more complete listing of clinic dates and topics, please visit our website at*** [***www.atlanticvalley.org***](http://www.atlanticvalley.org)***.***

**Middle School Clinic Series / Open Gym (Ages 11-13)**

AVVC is proud to present our Middle School Clinic/Open Gym Series (ages 11-13). No monthly or season long commitment, come and go as you please. Free for all current AVVC players, and just $15 per clinic session for all other players. Players must either be registered with USA Volleyball and bring their USAV medical release form or sign a waiver.

Clinics will be led by some of the top high school coaches in NJ, as well as college coaches from Rutgers University, Lafayette College, NJIT, Rider University, Montclair State University, Caldwell University and other colleges. First hour is devoted to working on specific skills, with the last 30 minutes for open gym play.

**Here’s our schedule of events/location/time:**

*(Watchung Hills Gym 3/4)*

**1/26/17 Thursday**: Watchung Hills RHS 6:00-7:45pm **1/31/17 Tuesday:** Watchung Hills RHS 6:00-7:45pm

**2/2/17 Thursday:** Watchung Hills RHS 6:00-7:45pm **2/7/17 Tuesday:** Watchung Hills RHS 6:00-7:45pm

**2/9/17 Thursday:** Watchung Hills RHS 6:00-7:45pm **2/14/17 Tuesday:** Watchung Hills RHS 6:00-7:45pm

