



HIGH SCHOOL GIRLS' CLUB TUNE-UP

This advanced training provides an opportunity for girls in grades 9-12 who are not competing with their high school teams to hone their individual volleyball skills in anticipation of club try-outs. The sessions are designed to maximize the number of repetitions that each player receives, and include instruction and drills on attacking, passing and defending, serving, blocking, and setting. The program is led by Kerry Shannon, seven-year Ultimate coach and former college coach.

- 4:00 p.m. – 5:30 p.m.
- Mondays and Wednesdays, Sept. 10 – Oct. 17, 2018
- Mondays at Hallmark SportsClub in Heritage Plaza, 10850 W. Laraway Road, Frankfort, IL 60423.
- Wednesdays at Velocity All Sports in Ligo Building, 9100 W. 191st Street, Mokena, IL 60448
- Open to grades 9 – 12.
- Fee: \$145.

For more information, please contact Kerry Shannon at kerryannshannon@gmail.com.

Return/mail completed forms to Hallmark SportsClub, 10850 W. Laraway Rd, Frankfort, IL 60423. Forms can be faxed to 815-469-1844 or emailed to kerryannshannon@gmail.com if paying by credit card.

Name: _____ E-Mail: _____

Address (City/State/Zip): _____

Phone #: _____ Emergency Phone #: _____ Birthdate: _____

Grade in school: _____

To pay by check: Make checks payable to **Hallmark SportsClub**.

To pay by Visa, Discover, or MasterCard: Complete the blanks below.

Name as Appears on Card: _____ Type of card (Circle one): Visa Discover MasterCard

Credit Card #: _____ Expiration Date: _____

Signature of Cardholder: _____ Total Amount Charged: _____

Waiver: I acknowledge that there are certain risks of injury to participants, and I agree to assume full risk of any injuries, damages, or loss which I or my child/ward may sustain as a result of participating in any activities connected with such programs.

Parent Signature: _____ Date: _____