

Medical Release Form

The Middle School Volleyball Skills Clinic hosted by Grassfield High School's Volleyball Program does not provide insurance for athletes. Each participant's parent or guardian must sign the waiver below and state the athlete's insurance provider.

I hereby give permission for my child to attend the "Dig Deep!" volleyball skills clinic at Grassfield High School. I attest that my child is physically fit to participate in all clinic activities, that I carry adequate medical insurance, and I will not hold the school, clinic coordinator, or staff/assistants responsible for any injury.

Insurance Provider: _____

Policy Number: _____

Parent Signature: _____

Date: _____

Additional Emergency Contact & Phone Number: _____

Please return this portion of the brochure & deposit to Grassfield High School.

Special Note: Athletes are to be picked up immediately after the close of each session.

Grassfield High School's Middle School Skills Clinic

The spring clinic is designed to give middle school athletes the opportunity to learn new skills and techniques and to practice and refine those skills prior to the high school season.

Each session will include verbal instruction, visual demonstration, and individual and mass participation drills. A variety of progressions will be used to encourage the skill level of each student-athlete.

Grassfield High School Volleyball Program coaches present all instructional sessions.

Grassfield High School's Southeastern District athletes will be on hand to assist.

Grassfield High School Volleyball Program Coaching Staff

c/o Doray McConnell
Grassfield High School
2007 Grizzly Trail

Phone: 757-558-4749

Fax: 757-558-9240

E-mail: doray.mcconnell@cpschools.com



Grassfield High School Volleyball

Middle School Skills Clinic

Open to ALL Chesapeake middle school athletes. Come on out and join the fun!



*Saturday, May 6
8 a.m. - noon*

*Sunday, May 7
1 p.m. - 5 p.m.*



Clinic Information

Skill Sets:

- ◆ Effective Passing
- ◆ Serving Technique
- ◆ Hitting Footwork
- ◆ Game Simulation



Goals:

- ◆ Improve players' skills
- ◆ Increase understanding of the sport
- ◆ Prepare for tryouts
- ◆ Have fun & learn



Cost:

- ◆ \$60 for registrations received by Friday, April 28th + BONUS FREE T-SHIRT!
- ◆ \$70 for registrations the week of the clinic (t-shirt not available)

Equipment:

- ◆ Court shoes
- ◆ Appropriate clothing
- ◆ Knee pads
- ◆ Water for proper hydration



Space is limited to 50 athletes...register
TODAY to lock in your spot!!



Clinic Coordinator



Doray McConnell

Coach McConnell is the Head Coach of the Men's Volleyball Team at Grassfield High School. She has previously coached in Chesapeake's middle school volleyball program and currently coaches girls' travel volleyball at a local organization. Ranked number one in the Hampton Roads Region during the 2016-2017 season, the Grassfield Men's Volleyball team advanced to and ended its season in the state semifinal match for the 6A conference. Three of the team's players were selected to all-state teams with one additionally being selected to the All-Tidewater Team and also named Chesapeake Male Volleyball Player of the Year. These players as well as other members of the volleyball team will be aiding in instruction and skill development.

Other Coaches

Kyra Vinck

Former Junior Olympic and college player, Coach Vinck is the assistant coach to the Grassfield Men's Volleyball team. She was previously the Grassfield Girls' Junior Varsity Coach and the head coach for a local girls' volleyball program.

Kim Hammers

Coach Hammers currently serves as an assistant coach to the Grassfield Men's Volleyball team. She has previously coached the Grassfield Girls' Junior Varsity Volleyball Team and has worked as the director and head coach of a local travel girls' volleyball program.

Registration Form



Please fill out the adjacent form, as well as the insurance waiver, and return it by April 28th with your check made payable to Grassfield High School at the following address:

Grassfield High School
c/o Doray McConnell
Grassfield High School
2007 Grizzly Trail
Chesapeake, Virginia, 23323

Name: _____

Grade Level: _____ Age: _____

School: _____

Address: _____

City: _____

State/Zip Code: _____

*Come be a part of the excitement
with one of Chesapeake's Premier
Volleyball Programs!*

