



SUMMER SESSION 2009

	Weeks of	Reg by	PRACTICE DAYS	LEVEL 1	LEVEL 2
I	6/22 & 6/29	6/9	Mon, Wed & Thu	AM a11 (MM) PM p11 (AM)	Eve e21 (MM) AM a21 (GM)
II	7/6 & 7/13	6/23	Mon, Tue & Wed	AM a12 (AM) Eve e11 (AM)	PM p21 (MH) AM a22 (GM)
III	7/20 & 7/27	7/7	Mon, Wed & Thu	AM a13 (MM) PM p12 (AM)	Eve e22 (MM) AM a23 (GM)
IV	8/3 & 8/10	7/21	Mon, Tue & Wed	AM a14 (AM) Eve e12 (MM)	AM a24 (GM) PM p22 (AM)

PROGRAM SUMMARY

- Focused on improving skills and conditioning
- Coach to player ratio is 1:6
- Elite level training for club and college players
- Players are not restricted to age groups
- Individual Training Plans
- Individual Progress Reports
- Skills coaches for passing, hitting and setting
- Trainers for core, plyometrics and strength conditioning

SESSION LEVELS

- Level 1: Regional level club player
- Level 2: National level club or college player

SESSION SCHEDULE

- Morning (AM) session: 10:00am - 1:00pm
- Afternoon (PM) Session: 2:00pm - 5:00pm
- Evening (Eve) Session: 5:30pm - 8:30pm

CLUB DIRECTOR & COACHES

George Mon (Club Director), Alan Masone (Program Director), Mike Messinger, Maria Hedbeck plus others

CONTACT US

Allegro Volleyball Club, 3 Luger Rd Denville, NJ 07834
Tel: 973.983.0625 - www.allegrovolleyball.com

(tba) coaches to be assigned

Format: Each summer session is two weeks long with a total of 18 hours of instruction. Practices are lead by a master coach plus assistants who will provide a high level of individual attention. Additional coaches for specific skills and conditioning will also be provided. Players are encouraged to attend multiple sessions to develop a summer long training plan.

Costs: The practice fee is \$250 per session. No refunds will be given for missed practices. Full payment is due along with your application. Players may cancel up to 7 days prior to the start of the session but will be charged a \$50 cancellation fee. Current Allegro players and non-Allegro players signing up for multiple sessions receive a 10% discount. Allegro practice shirt is required (same as current shirts; available for \$10). Please make checks payable to Allegro Volleyball.

Applications: All players registering for summer sessions must submit an application with payment no later than two weeks prior to start of the session. Please only submit one application and check the box by each session you are applying for. Slots will be awarded on a first-come first-serve basis. Players who are not currently on an Allegro travel team may be required to attend a try-out, and slots will be awarded based on ability. Open registration begins on May 1st. Current Allegro players may pre-register starting April 16th.

ALLEGRO VOLLEYBALL SUMMER SESSION APPLICATION 2009

PLAYERS INFORMATION

Last Name		First Name			Date of Birth		Home Phone	
					/ /		()	
Email							Cell Phone	
							()	
Address				City		State		Zip
Height	Weight	L/R hand	School		Grade	Club Team		Position (s)

SUMMER SESSION REQUEST

Session I			Session II			Session III			Session IV		
Level 1	<input type="checkbox"/> AM a11	<input type="checkbox"/> PM p11	Level 1	<input type="checkbox"/> AM a12	<input type="checkbox"/> Eve e11	Level 1	<input type="checkbox"/> AM a13	<input type="checkbox"/> PM p12	Level 1	<input type="checkbox"/> AM a14	<input type="checkbox"/> Eve e12
Level 2	<input type="checkbox"/> AM a21	<input type="checkbox"/> Eve e21	Level 2	<input type="checkbox"/> AM a22	<input type="checkbox"/> PM p21	Level 2	<input type="checkbox"/> AM a23	<input type="checkbox"/> Eve e22	Level 2	<input type="checkbox"/> AM a24	<input type="checkbox"/> PM p22

PARENTS INFORMATION AND WAIVER (To Be Completed by Parent or Guardian)

Last Name		First Name			Work Phone		Ext	
					()			
Email							Cell Phone	
							()	

In consideration of being allowed to participate in any PowerZone event the undersigned acknowledges, appreciates and agrees that: The risk of injury from the activity involved is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist, and I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation; and I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, HEREBY RELEASE AND HOLD HARMLESS PowerZone Volleyball, Inc. their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Parent or Guardian		Parent or Guardian Signature			Date		OFFICE USE	