



**THE COURTS Volleyball Club**  
All Training Takes place at:  
The Courts Volleyball Training Facility  
8930 So. 137<sup>th</sup> Circle; Omaha, NE 68138  
For more information, contact  
Ron Hoffman, Director at 402-850-3105  
or [ronvbhoffman@cox.net](mailto:ronvbhoffman@cox.net)

## **2019 – 2020 Winter Training Program**

**THE COURTS Volleyball Club (VBC)** was principally established for athletes, ages 8 thru 14, who:

- Want to transition from recreational to competitive volleyball and need more fundamental skills training;
- Tried out for a competitive junior volleyball "club", but do not make a team; or
- May be involved in other sports or activities and who want quality fundamental training to improve their individual skills and understanding of competitive team system volleyball, so they can compete for a position on their school teams.

The Courts VBC's focus is individual fundamental skill (with emphasis on serving and passing) and team system development. Our training is designed to go beyond teaching just "ball" skills. Players will also be trained on mentally processing the seeing, thinking, decision-making and movement dynamics ("on-ball" and "off-ball") associated with playing team system volleyball. In Sessions I and II, players will train in groups sorted by ability. The training focus of groups will be developing proper individual fundamental skills, mechanics, footwork and team play system basics. In **Session III**, players will be trained as a team. The focus will be to prepare teams to compete through practice, organized scrimmages.

### **SESSION III: TEAM SYSTEM & COMPETITION TRAINING** **February 28 - April 5 (6 weeks; 6 or 12 sessions)**

**FRIDAYS 5:30 PM – 7:00 PM**  
**SUNDAYS 6:00 PM – 7:30 PM**

**Chose to train 1x/week (Fri. or Sun); or 2x/week (Fri. and Sun.)**

### **Our Coaches**

#### **Ron Hoffman**

Club Director; Club Coach

#### **Ruth O'Callaghan**

3-Time All-American at Nebraska-Omaha; Member, Nebraska-Omaha Sports Hall of Fame; Member of 1990 U.S. National Volleyball Team; Former Professional Indoor Volleyball player, NVA

#### **Melissa Keierleber**

Former Middle Blocker at the University of Missouri

**Molly Rose** – Former Setter at William Woods University; Head Coach, Mercy High School

**Michelle Pettit** Former Defensive Specialist – Nebraska Wesleyan

#### **Tanya Cate**

2-Time All-American at Nebraska-Omaha; Member of 1996 DII National Champion Volleyball Team; Member, Nebraska-Omaha Sports Hall of Fame;

#### **Molly Pettit**

Former Defensive Specialist - Midland University

**Rachel Bullie** – Clinician and Club Coach

**Megan Jacobs** Former Opposite Hitter - University of Sioux Falls.

**Jen Runte** – Clinician and Club Coach

**Andy Husein** – Clinician

**Abi Heller** – Clinician

## THE COURTS VOLLEYBALL CLUB TRAINING REGISTRATION FORM

### Winter 2019 - 2020

| TRAINING SESSIONS   | COST   | TRAINING SELECT   |
|---|--|---|
| <b>SESSION III: TEAM SYSTEM &amp; COMPETITION TRAINING</b><br><b>Feb. 28 – Apr. 5 (6 weeks; 6 or 12 sessions)</b><br>1) FRIDAYS 5:30 – 7:00<br>2) SUNDAYS 6:00 – 7:30<br><br><div style="text-align: right;">             6 Sessions (1/week)<br/>             12 Sessions (2/week)           </div><br><b>Online Registration for credit card payment available at:</b><br><a href="http://thecourtsvbc.myonlinecamp.com/register.cfm">http://thecourtsvbc.myonlinecamp.com/register.cfm</a><br><small>(NOTE: A Service Fee is charged by Online Registration site.)</small> | <br><br><br><br><br><br><br><br><br><br><b>\$170</b><br><b>\$300</b> | Select One or Two that Apply:<br><br>1) { }<br>2) { }<br><br>Select One<br>{ }<br>{ } |

Make checks payable to ***“The Courts VBC”***

**Mail To: The Courts Volleyball Club  
c/o Ron Hoffman  
15574 Shirley Circle  
Omaha, NE 68144**

**TOTAL AMT \$ \_\_\_\_\_**

**Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_**

**Address \_\_\_\_\_**

**City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ T-Shirt Size \_\_\_\_\_**

**Parent(s) Name(s) \_\_\_\_\_**

**Phone Number(s) \_\_\_\_\_ E-mail \_\_\_\_\_ (Please Print Clearly)**

**Emergency Contact/Number(s) \_\_\_\_\_**

**Parent/Guardian Consent:**

I, the parent/guardian of \_\_\_\_\_, hereby certify that the named player is physically able to participate in The Courts Volleyball Club (operated by T-5 Volleyball LLC) and I know of no restrictions, physical impairments, or any other facts, which will in any manner limit his/her participation in such program. I hereby authorize the staff of The Courts and The Courts VBC to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive, absolve, indemnify, and agree to hold harmless, the RDW Holdings, Inc - The Courts Volleyball Training Facility, and The Courts VBC, its staff, coaches, and participants for any and all liability for any injuries or illnesses while at the training sessions. I give permission for the named participant to receive emergency medical or surgical treatment and hospitalization if necessary. I understand that every attempt will be made to contact me before taking this action. I hereby waive and release the Staff and Management of RDW Holdings, Inc. - The Courts Volleyball Training Facility, and The Courts VBC, its staff, coaches, and participants from any liability for any injury or illness incurred while at the training sessions. I UNDERSTAND THAT THERE IS RISK OF INJURY TO THE NAMED PARTICIPANT AS A RESULT OF PROGRAM ACTIVITIES, AND KNOWINGLY AND VOLUNTARILY ASSUME ALL RISK OF SUCH INJURY. I will be financially responsible for any medical attention needed during the program or resulting from an injury received at the program's sessions. My medical insurance shall be the insurance coverage for any medical treatment.

\_\_\_\_\_  
**PARENT SIGNATURE**

\_\_\_\_\_  
**DATE**