

**Summer Skill Training**

Do you have a desire to improve this summer? No Limit Volleyball is excited to provide skill based training sessions this summer. Beginning June 5th and Ending June 28th there will be 7 days of training (5th, 6th, 12th, 13th, and 26th-28th). With three separate sessions offered, you can choose from setting, attacking, and first contact skills. All ages, talent levels, and positions are welcome to attend. Sessions will be ran by Jim Pierce and Karissa Olson.

In the first session we will be covering setting specific skills, both in system and out of system contacts. This session is designed for both setter positions and athletes who are looking to improve that area of play. The second session is attacking specific. This session is designed to improve all areas of attack, from every position, and even back row attacking. The third, and final session is geared toward first contact skills. This includes serve receive, defensive skills (both emergency and routine), and passing skills. On the final day (June 28th) we will be combining all sessions to “put it all together.”

All sessions will be held at Westwood Sports Center in Sterling, IL. To sign up please email [nlvolleyballclub@gmail.com](mailto:nlvolleyballclub@gmail.com) within the email please provide: Name, Age, the skill session you are interested in, and school you are attending. The cost will be $200 per skill group.

**Session Times**

**June 5th-June 27th**

1st Session 1:30-2:45 Setting

2nd Session 3:00-4:15 Attacking

3rd Session 4:30-5:45 First Contact

**June 28th**

Final Session 2:00-3:30 Putting it all together

If you have any questions you can email our club account, or call (815) 275-5507