

MOUNT MERCY COLLEGE WOMEN'S VOLLEYBALL

Session Dates & Times

Monday – Wednesday Sessions (Beginning June 8th)

6:00 pm, 7:00 pm, 8:00 pm

9:00am & 11:00am

Tuesday – Thursday Sessions (Beginning June 9th)

6:00 pm, 7:00 pm, 8:00 pm

SoloSpike Video Analysis Dates *:

Monday/Wednesday sessions: June 14, July 12, and August 2

Tuesday/Thursday sessions: June 15, July 13 and August 3

Location: Hennessey Recreation Center, Mount Mercy College

Cost: \$315 for individuals (Groups of 4 or more from same school may register for same training session at a rate of \$290. School name must be provided at time of registration.) Individuals should sign up by going to: www.mountmercyvolleyball.com

Questions should be directed to Rick Blackwell 319-721-0735

Your team did an awesome job with my girls this past summer. They made so much progress through the summer. In a big way, you have made a huge difference with many of my athletes. I have more asking about it already!!! Please pass along a huge thank you from me and my staff to all of the people who helped my athletes this summer!!! Your team did an awesome job with my players!!

Roxanne Paulsen

2008 Class 3A Coach of the Year

Head Coach - Marion High School

2008 Class 3A State Volleyball

Champions

- Increase Attack Height

- Maximize Hitting Endurance

- Develop Game Speed Hitting Power

- Understand Hitting Mechanics

- 3 SoloSpike Player Video Capture & Analysis

Multiple training levels make the Mount Mercy's College "SoloSpike Hitters Club" appropriate for all ages and skill levels. Athletes will train in a small group environment under the direction of a Certified SoloSpike Instructor. Training consists of 16 – 1 hour sessions. This is twice a

- week for 8 weeks. **New this year, (by camper request,) we have added - Skills Training sessions on Monday and Tuesdays before SoloSpike Sessions, Participants will have OPEN gym ½ hour before their SoloSpike Training session begins. Passing, Setting and Attacking skills will be covered.**

Pre/Post testing, digital video analysis and player evaluations are completed for each athlete. With years of proven results and continual research, SoloSpike and Mount Mercy College are changing the way to develop mechanically sound, fundamentally driven, peak conditioned volleyball athletes. Each athlete will receive a complementary SoloSpike T-Shirt.

Presents the 2010 SoloSpike Hitters Club Program 2010.

Preferred payment for individuals and group (each individual can register on-line must provide school name and register for same session and date for group discount) is at: www.mountmercyvolleyball.com

or individuals/groups can send payment and registration to:

Mount Mercy College Volleyball
 Rick Blackwell, Head Volleyball Coach
 1330 Elmhurst Drive NE
 Cedar Rapids, Iowa
 (Make checks payable to Mount Mercy College Volleyball)

Name _____ Shirt Size S M L XL
 Address _____
 City _____ St _____ Zip _____
 Phone _____ E-mail _____
 School _____ Grade (Next Fall) _____
 First Choice: Session DAYS: _____ Session Time: _____
 Second Choice: Session DAYS: _____ Session Time: _____