

MID
WEST
PENGUINS



Midwest Penguins

Summer & Fall Volleyball Sessions 2008

JUNIOR VOLLEYBALL CAMP:

Grades: 5th – 9th GIRLS & BOYS

Dates: June and July

Dynamics: Each session will be designed to improve the participant's passing, attacking, setting, and serving skills, as well as their physical endurance. In addition, athletes will be instructed on different offensive and defensive systems. The program will consist of drills, games, and scrimmages each day.

ELITE/ALL SKILLS TRAINING SESSIONS

Grades: 6th – 12th GIRLS & BOYS

Dates: July & August

Dynamics: Attend a specialized skill session that will breakdown the skill, perform repetitive drills to reinforce proper technique, and then execute the entire specific skill set in drills.

COACHES TRAINING:

Date: Early August

Dynamics: Clinic will consist of training the individual skills, techniques, 6-2 defense, and drills to reinforce training. These have been very effective and well attended. This is a very popular session and is well received for coaches/parent coaches as they begin to plan their fall season.

**Elite Fall training sessions held in
October & November**

Information & registration will be posted on the website:

www.midwestpenguins.com

Contact:

Anne Slattery or Janice Siebert:

Phone: 262-970-9943

Email: penguin1@execpc.com

Midwest Penguins

PO Box 26261

Wauwatosa, WI. 53226

Instructors Include*:

Anne Slattery & Janice Siebert:

Each has over 12 years of coaching in college, UASV club, high school, and parochial programs. Both are club directors for the Midwest Penguins, IMPACT Certified trainers for the Badger Region Club Volleyball, and are certified at various levels of USA Volleyball accredited coaches training program (CAP).

*Other qualified coaches will assist.

Coach Ratio: 1 coach for every 6-7 athletes!

Location: Center Court Complex

815 Northview Road, Waukesha, WI 53188

Please contact us for:

Individual Training Options

MISSION STATEMENT: The Midwest Penguins volleyball club is a member of the Badger Region, aimed at offering a high quality, reasonably priced, competitive volleyball program for young athletes ages 10-18. We view ourselves as partners with our participants, their families, our staff, our community, the Badger Region, and USAV Volleyball. The Midwest Penguins emphasize teamwork, skill development, leadership, personal growth, endurance building, and fun. Our goal is moderate growth, while maintaining a high standard of excellence within our club. Founded organization in 1997!

Over the years: We have certified numerous coaches through USA Volleyball's education program in both CAP I and CAP II. In addition, in 2004 Anne and Janice became IMPACT certified clinicians through USA Volleyball. With the cooperation of our dedicated training staff, we have been able to expand our club to more than 170 athletes and provide competitive teams each year. As we look ahead to the upcoming season, the Penguins are excited to be able to provide a competitive organization, family atmosphere, and environment for athletes and coaches to develop volleyball skills and life skills.

www.midwestpenguins.com

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VOLLEYBALL
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