

**REGISTRATION FORM**  
Fee \$250

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_

School: \_\_\_\_\_

Stop in to pay cash or credit card, fax in your form to  
585-461-3723 with credit card info OR mail in  
checks payable to Hot Shots Volleyball

CC# \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_

**Hot Shots Volleyball Center**  
1046 University Avenue  
Rochester, NY 14607  
P: 585-461-1220 F: 585-461-3723  
[www.HotshotsVball.com](http://www.HotshotsVball.com)



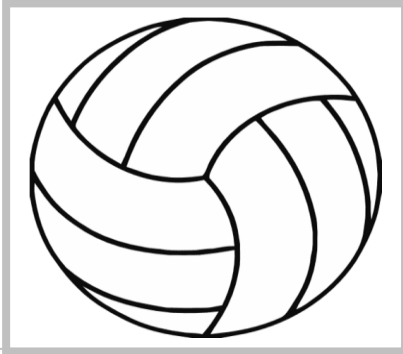
*Looking to improve your volleyball skills?  
Learn from the BEST!  
Sign up for*

***JUNIOR'S  
HOUSE CLINIC***

NOW OFFERING  
**Tuesdays OR  
Thursdays**  
*Spots are limited*

# Hot Shots

Indoor Volleyball Center



*Hot Shots has been the leader in recreational as well as competitive volleyball for almost 30 years. Keeping with tradition, HS will be offering a "house league" for junior's ages 11 to 15. This league will be focused on filling a void for those who would like to play volleyball at a competitive level but have no other place to learn the basics other than at a modified or JV team tryout yet aren't able to compete at the "club team" level yet.*

*This league will offer all the basic skills you'll need to know! There is nothing better than giving your kid the opportunity to have an unfair advantage. And maybe that opportunity will lead to a spot on one of Rochester's top club teams like Paradigm, VolleyFX, Pace or our own HS JRs.*

*Hot Shots will be offering some of the best local HS and college coaches for your athlete!*

Tuesdays begin January 5th  
Thursdays begin January 7th

Fee- \$250 for 10 weeks

To benefit all players understanding of the sport of volleyball, we hope will teach the ideas of having fun in volleyball while improving players skills in the areas of offensive and defensive skills and team participation

All players will be given equal time to develop the basic volleyball skills  
Practice sessions- typically 20 players to a court

3:45- 4:00- Check in and Warm up- partner passing drills

4:00-4:45- Break into small groups, coaches will focus on teaching passing, setting and hitting

4:45-5:10- Team drills

Defense and Offense

5:10-5:30- Game play