

FOG Skills Camp
XII and XII
Training the Setter
Setters and Coaches Combo Clinic

(Not limited to FOG athletes)

Coached By:

Dr. Lorne Sawula

- Head coach 1984 Canada Women's Olympic Games team
- Head coach Canada's Senior National Women's team 1982-88, 2001-05
- Head coach UK National Women's team 2007-09
- International coach for the National teams of Sweden, Switzerland, Australia and Costa Rica

Christy Hansen

- 1996,1997,1999,2000- University of Alberta Panda's- four time CIAU National Champion
- 2000 Canadian National Champion with Fog Volleyball
- 1992-97 Canada National Team
- 1997/98- Professional Hotel Cantur- Las Palmas, Canary Islands, Spain

When and Where

Tuesday, March 2 and March 9 - **Amiskawacy Academy** 101 Airport Road
7:30PM-9:30PM

Purpose: Setters and Coaches Combo Clinics (training the setter)

–U13, U14, U15 Female Players only and coaches– (intended for coaches who need to learn how to train setters and U13, U14, U15 female players who need skill work development in setting)

- Dr. Lorne Sawula will work with the coaches in combination with athletes on how to train their setter (specific drills, error detection and correction, etc). and Christy Hansen will work with the setters.

Session 1 – Mar 2

Focus: Technique, footwork/movement (on/off net), set against the flow, power and middle setting

Session 2- Mar 9

Focus: right side setting, dumping, deception, and role of setter

- 1 **Cost per session:** Each session is separate but will build on one another
 - a. can register separately at \$30 per individual athlete or coach per session
 - b. can register as a coach/setter combo for \$50 (\$25 for each additional setter) per session
- 2 RSVP to gtokarsky@hotmail.com
- 3 SPOTS ARE LIMITED
- 4 Please bring a water bottle
- 5 Athlete **MUST** sign and bring the following release form

FOG Volleyball Skills Camp

I/We, the undersigned, release Fog Volleyball, George Tokarsky, Lorne Sawula, Christy Hansen, guest coaches and the host institution from any and all responsibility, liability, claims, demands, actions and causes of action of any kind related to any loss, personal injury or property damage that may be sustained or occur during participation in Skills Camp activities or while at Skills Camp.

I/We hereby declare that in making this application that I/We have read and fully understand and agree to the terms and conditions stated herein and that it is binding upon the athlete and any representative.

Name of Athlete

Athlete Signature

Name of Parent/ Guardian

Parent/ Guardian Signature

Date