



# VOLLEYBALL



**Sign up now!**  
**Classes with Ann (Boyer) Schirman**

**Classes are specially designed to concentrate on the skills needed to excel in every position. Small class sizes with higher repetition and focused instruction.**

### *Ann (Boyer) Schirman*

**Three year starting setter at UCLA**  
**Three time Women's First Team All American**  
**UCLA Female Athlete of the Year**  
**USA National Team Member 1990 – 1993**  
**4 Women Beach Champion**  
**Women's AVP Rookie of the Year 1994**



“Regardless of your skill level, you will have a great time getting into shape while improving your game!”

*Skills trained:*

Outside Hitter	Middle Blocker	Setter/DS
Passing technique Proper defensive and offensive footwork Blocking responsibilities Proper approach Arm swing Hitting in transition Defense Hitting combinations Cardio conditioning	Blocking footwork Timing and penetration Hitting approach Hitting in transition Hitting in 1s and 3s and slides Reading offenses Cardio conditioning	Footwork Hand position Setting with your legs Reading defenses Defense Setting in transition Setting wide range of sets, including 1s, 3s, huts and slides Cardio conditioning

Thursdays: 7:00 – 8:00 p.m. Fee: \$15 or \$45 for 4 weeks Additional days and times will be added per demand.

Space is limited to ensure a fabulous experience for each player.

Player Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent Names \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_ Cell \_\_\_\_\_

Player Position: ANY OH MB S/DS Level: Beginner Intermediate Advanced

Total due: \_\_\_\_\_ Paid by: Cash Check Credit Card: VISA MC AMEx DISC

Number \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_