

LEGION
FUN * DATA * MENTALS
VOLLEYBALL



**Attention Parents of
14-17 Year Old Girls:**

**New Teams Forming
Free Skills Clinic, Info
Meeting, and Tryout**

**Saturday, November 14
Free Skills Clinic 8-10AM
Info Meeting 10-11AM
Tryout 11AM-1PM**

Three New Girls Teams Forming 15 and Under! 16 and Under! 17 and Under!

6 hours of volleyball practice per week Mondays 4-7PM, Saturdays 8-11AM
(working on getting more gym times as we speak!)

Expert coaching Decades of volleyball experience leading to fun and success.

“Skills, Systems, Leadership. Volleyball Done Right!” -Coach Roman Bulawski

What you’ll learn through **Boot Camp Practices**

**Forearm Passing
Setting
Blocking
Serving
Agility
Strength
Transitions
Offensive Systems**

**Hand Passing
Hitting
Defense
Jump Serving
Communication
Footwork
On-Court Leadership
Defensive Systems**

and much, much more

Check out www.legionvolleyball.com for more details!

Email Coach Roman at Roman@LegionVolleyball.com

Call Coach Roman at (973) 885-3999 with questions

**(Clinic and Tryout at the Ukrainian American Cultural Center/St John's Church. \$30 tryout fee.
60 North Jefferson Rd, Whippany, NJ. Total Team/Player costs discussed at parents' meeting)**