

# KINGDOM COURTS

## 2020 UPCOMING ACTIVITIES/PROGRAMS

Unless otherwise noted, sign up one week in advance thru [kingdomcourts@cox.net](mailto:kingdomcourts@cox.net).

TITLE	DATES	TIMES	COST
35+ adult draw	Every Sun	2-4pm	\$6/each

Weekly Basic Individual skills training (offer year round): 1 season or less playing experience, gear toward Junior High and beginners (1 hour of instruction, ½ hour of skill application)

( ) Set/Hit	Sun 12/15	4:15-5:45pm	\$15
( ) Team drills	Sun 12/22	4:15-5:45pm	\$15
( ) Serve/serve received	Sun 12/29	4:15-5:45pm	\$15
( ) Set/Hit	Sun 1/5	4:15-5:45pm	\$15
( ) Team drills	Sun 1/12	4:15-5:45pm	\$15
<b>( ) Serve/serve received</b>	<b>Sun 1/19</b>	<b>OFF-MLK</b>	
( ) Set/Hit	Sun 1/26	4:15-5:45pm	\$15
( ) Team drills	Sun 2/2	4:15-5:45pm	\$15
( ) Serve/serve received	Sun 2/9	4:15-5:45pm	\$15
<b>( ) Set/Hit</b>	<b>Sun 2/16</b>	<b>OFF-PRESIDENT DAY</b>	
( ) Team drills	Sun 2/23	4:15-5:45pm	\$15
( ) Serve/serve received	Sun 3/1	4:15-5:45pm	\$15
( ) Set/Hit	Sun 3/8	4:15-5:45pm	\$15
( ) Team drills	Sun 3/15	4:15-5:45pm	\$15
( ) Serve/serve received	Sun 3/22	4:15-5:45pm	\$15
( ) Set/Hit	Sun 3/29	4:15-5:45pm	\$15
( ) Team drills	Sun 4/5	4:15-5:45pm	\$15
( ) Serve/serve received	Sun 4/12	4:15-5:45pm	\$15

### SKILL CLINICS

Club Volleyball Preparatory	M-Th	<a href="http://www.azsky.net">www.azsky.net</a>	\$150/month
Friday skill training	Dec 6-Jan 10	12's 4:30-6:15pm	\$15/each
Friday skill training	Dec 6-Jan 10	13/14's 5:45-7:30pm	\$15/each
Pat Power	May 23-24	<a href="http://www.vbclinics.com">www.vbclinics.com</a>	
Pat Power	July 23-24	<a href="http://www.vbclinics.com">www.vbclinics.com</a>	

For advanced training with a specific skilled coach, contact DT at 602-300-1398 to set up court time and instructor

PLEASE RETURN THIS FORM WITH PAYMENT IN FULL TO:  
KINGDOM COURTS, 11410 N 19<sup>TH</sup> AVE, PHOENIX AZ 85029  
C/O DT NGUYEN 602-300-1398

### MEDICAL RELEASE APPROVAL

I give my child \_\_\_\_\_ permission to participate in these activities  
Current grade \_\_, Years played volleyball \_\_, **Age as of Aug 31, 2020** \_\_\_\_\_  
Best contact person \_\_\_\_\_ and number \_\_\_\_\_, Email \_\_\_\_\_  
Insurance Company \_\_\_\_\_, Policy/ID Number \_\_\_\_\_

I verify that my child has been checked by a licensed physician and is physically able to participate in the camps offered by Kingdom Courts. I hereby agree that I will not hold Kingdom Courts, Volley Heaven LLC, its' director(s), or its' contractors responsible for any loss, damages, or personal injury incurred as a result of participation. I hereby authorize the Director's of the activity to act for my child according to their best judgment in an emergency requiring medical attention. I agree to allow my child to be treated by a licensed physician (if necessary) and I will assume all costs related to such treatment. I authorize my insurance company to pay benefits and I also authorize the disclosure of medical information to my insurance company for the purpose of the claim.

PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

# KINGDOM COURTS PROGRAMS

Your year round volleyball training facility

Get your game ready for this summer and beyond. Learn the fundamentals of servings, passing, hitting, setting from the best, most successful club coaches in Arizona.

## TRAINING STAFFS:

Our highly dedicated, experienced staff has been very successful at molding young athletes into champions. They love the game of volleyball and continue to share their passion on and off the courts. For complete bio of some of our trainers, please visit [www.azsky.net](http://www.azsky.net)

## KINGDOM COURTS ACTIVITY DESCRIPTION

### SUNDAY 4-5:30PM SKILLS TRAINING

Design for athletes with 1 or less season of playing experience. Footwork and form are emphasized. Game like situation will be incorporated after each drill.

### 35+ DRAW 1-3PM

Open to all levels. Men (35 and older) and women (18 or older). Female younger than 18 must be accompanied by at least one parent/guardian on the court. Co-Ed 6 format, play 5 set to 21 and check in is required.

### FRIDAY DRAW

CANCEL UNTIL FURTHER NOTICE

### 4x4 Competition

Design for athletes with 2 or more seasons of playing experience. Come with a team or as individual. Compete with other teams each Friday from 6-9pm in a fun, relaxed (no coaches on side line allowed) and friendly atmosphere.

### CVP-CLUB VOLLEYBALL PREPARATORY

Design for all level from 8-14's that are interested in playing club volleyball. Footwork, forms and game like drills are emphasized. Month to month commitment and two practices each week are provided with AZ Sky coaches from July-Nov.

### CVP-CLUB VOLLEYBALL PREPARATORY INTERMEDIATE/ADVANCED

This monthly program is for participants that do not play HS volleyball. Participants should have intermediate or higher level volleyball skills and in good playing condition. Individual skill training, team drills and conditioning are provided to get the participants ready for upcoming Club season competition. Focus will be mostly on position skill improvement.

### ADVANCED SKILLS TRAINING

Advanced skills training require full duration commitment. Design for all ages in small group of 4-6 maximum per coach. Basic through advanced techniques will be instructed in serving, setting, passing, and hitting for individual or in small group. Game-like drills are emphasized with focus on position and team offense/defense.

### TEAM DRILLS-OFFENSE/DEFENSE

Design for team play with emphasis on transition, play execution, strategies and skill development. Instructions are geared toward advanced players, young coaches and those that aspire to learn more about the game strategies. Rotational, Perimeter, Gold Medal Squared, Red and Middle Up defense will be reviewed.

### COACHES CLINIC

The principal and philosophy that have given AZ Sky VBC many National/Regional championship seasons will be presented, demonstrated, discussed and taught. This clinic is designed for Junior High coaches, those that are interested in becoming a coach or are in the process of building a volleyball program.

- Try outs

- Develop practices to maximize touches

- Provide Feedback for positive results

- Select a defense to suit your team strength, build an offense to maximize all around skills

- Manage parents' expectation

Drills and on court participation are optional however, are highly encouraged.