

# AUBURN MOUNTAINVIEW HIGH SCHOOL VOLLEYBALL

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## *Auburn Mountainview Developmental Volleyball Program*



### KJ Rookie Program 2005-2006

Dear Future Volleyball Player!

This season the KJ Volleyball Club, will be forming a rookie program for all players **grades 4 through 8** interested in enhancing their volleyball skills. It is an excellent program with a skilled staff to prepare you for a long, successful career in our club.

**The 2005-2006 program includes:**

- Approximately 15 hours of consistent instruction over 3 months
- Learning the same training techniques of all KJ teams
- KJ Baden official size volleyball to take home
- An official KJ warm-up tee-shirt
- Included in all KJ Club activities, including name and picture on website/program
- KJ Skills Handbook
- Preparation for next season's tryouts
- Complete Coaches' Skills Evaluation to ensure future improvement
- Certificate of Completion

The program officially starts on Sunday, January 8. The training sessions will be approximately 2 ½ hours in length each time and will be schedule 2x / month.

To accept your position in our 2005-2006 KJ Rookie Program, please complete the attach form and mail it in by December 15th.

**Program Costs:** \$75 for the season (1x payment due by December 15, 2005)

**Program Instructors:** Bil Caillier, KW High School Head Coach  
Dawn Colston, KJ Volleyball Club Director  
Momi Bowles, Auburn Mountainview High School Head Coach  
Other KJ Coaches, Alumni, and Current Players

Thank you for considering this exciting opportunity!

Momi Bowles  
Head Volleyball Coach  
Auburn Mountainview High School



**KJ Rookie Program  
Application**

Participant: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Desired Position(S): \_\_\_\_\_

Volleyball Goals (what do you want to get out of Program):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Previous volleyball experience:

\_\_\_\_\_  
\_\_\_\_\_

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

Phone: \_\_\_\_\_ Other Contact #: \_\_\_\_\_

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

Parent's Signature: \_\_\_\_\_

Please mail completed form and payment for \$75 by December 15, 2005:

KJVBC  
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