



JUNIOR VOLLEYBALL PROGRAM

We have designed a program for juniors (boys and girls), 7 to 12 years of age, to learn our sport and prepare you for a junior high, high school, club, or just recreational career in volleyball that many of you are going to participate in.

For girls, volleyball is the number one scholarship sport available in college. Indoor and beach (beach volleyball is now a NCAA scholarship sport for girls). Our program will teach you how to play indoor and on the beach (yes, we have our own beautiful beach volleyball court!).

Description: Proper mechanics, techniques, rules, strategies, etc. must be learned at the earliest age possible. You will learn everything you need to know about our sport well before others as most volleyball programs in our community are not available until you are 12 years old. At NVBA, we know you will be at an advantage if you learn our sport before this time. **You will be learning indoor and beach volleyball each week.**

Leadership/coaching: All instruction is led by former indoor and beach professional Steve Neptune. Steve was an indoor national champion at Long Beach City College and competed for Long Beach State University before a decade long career as a professional indoor player in Germany, Japan, Russia, and Brazil. Steve was also a touring professional beach volleyball athlete on the Association of Volleyball Professionals (AVP) for 12 years. Steve has coached high school, college, and professionally and has led over 100 student athletes to college scholarships at every level. Steve currently coaches several indoor and beach professionals and has taught our sport to over a thousand athletes in a 30 year career.

Location/schedule: EVERY SUNDAY, 3857 Val Verde Road, Loomis Ca., 95650, 1-3 pm beginning December 2, 2018.

Cost: \$75 per month. Call us at (916) 513-9499 to reserve a spot today

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