

AVS DIRECTORS

Christine Beltzhoover Klingler and Nikki Valentine King bring over 40 years of volleyball experience to the table. Both Directors are technicians who are versed in strategies, tactics, and overall game development. Both have grown up in the game as well as growing with the sport that changes continually.

Christine-

- ☞ Owner, Founder, Director of Uno VBC since 1984
- ☞ Coached Girls and Boys Elite Club Programs for over 20yrs
- ☞ Won multiple National Club Tournaments
- ☞ Placed over 200 Athletes with College Scholarships
- ☞ Setting Specialist
- ☞ Worked with the 1984 Women's National Team
- ☞ Trained under Debbie Green (greatest setter of all time)
- ☞ Volleyball Scholarship to Edinboro University
- ☞ Playing since the age of 10; a Joliet resident her entire life
- ☞ An Expert Technician of Volleyball Skills
- ☞ Also an Intermediate School Teacher

Nikki-

- ☞ Head Coach Uno Girls 17 Elite
- ☞ 3 year Starting Setter for Mother McAuley High School
- ☞ Player of the Year, Daily Southtown, Chicago Tribune 1991
- ☞ Played for 2nd City VBC, USAV All American
- ☞ Setting Specialist
- ☞ Setting Scholarship to Loyola University of Chicago
- ☞ Defensive Player of Year at Loyola University 1992
- ☞ Assistant Coach Marian Catholic High School 2002-2004
- ☞ Elite 8 finish with at Illinois state tournament 2002
- ☞ An Expert Technician of Volleyball Skills
- ☞ Also an IHSA Certified Referee

ABOUT AVS

AVS is a non for profit organization that is a technique-driven program with special camps and clinics to develop specific skills. Each of these camps include a complete breakdown of the skill being taught. This breakdown, with techniques such as proprioception and repetition will help the athlete to permanently change and improve the skill being developed. Instruction is tailored to the individual athlete and his/her abilities and is available throughout the year, for boys and girls of all ages and experience.

ADVANCED VOLLEYBALL SOLUTIONS
1208 SANDPIPER COURT
PLAINFIELD, IL. 60586



AVS

www.AdvancedVolleyballSolutions.com

Established by
Christine Beltzhoover Klingler
And Nicole Valentine King

Programs for 2010
Special Guest Camps/Clinics
Summer Camps
Skills Camps and Clinics
Private or Semi-Private Lessons
Group Team Camps
Holiday Clinics
Sharpen-Your-Skills Sundays
Tiny Tippers

HIGH SCHOOL CAMPS-(9th-12th Grade)

Hitting Clinic Series-\$80/\$30 session

June 4, 11, 17, 25
6PM-8 PM

Setting Series-\$250/\$30 session

June 30, July 2, 7, 9, 14, 16, 21, 23, 28, 30
4:30PM-6:30PM

Hitting/Blocking Camp-\$75

July 12, 13, 14
11:00AM-1:30PM

Defense/Passing/Serving/Libero -\$75

July 19, 20, 21
11PM-1:30 PM

Elite All Skills Camp-\$95

July 15, 16
1PM-5PM

YOUTH CAMPS-(3th-8th Grade)

Hitting Clinic Series-\$60/\$25 session

July 15, 22, 29
6PM-8PM

Setting Series-\$150/\$20 session

June 30, July 2, 7, 9, 14, 16, 21, 23, 28, 30
9AM-11AM

Elite All Skills Camp-\$75

July 15,16
9AM-12:30PM

Hitting/Blocking Camp-\$60

July 12, 13, 14 5th-8th grade
9AM-11:00 AM

Defense/Passing/Serving/Libero-\$60

July 19, 20, 21 3rd-8th Grade
9:00AM-11:00 AM

SPECIALTY CLINICS- Sharpen-Up-Sundays

\$20 per session (No Session on June 20th)-
Multipurpose Center: Starts June 13th ALL AGES
11:30AM-1:30PM

Underhand Serving Clinic-\$20 per session ALL Ages

July 1 9:00AM-10:30AM Uno VBC
July 31 9:00AM-10:30AM Uno VBC
July 12 9:00AM-10:30AM Multi-Purpose Center

Overhand Serving Clinic-\$20 per session All Ages

July 1 10:30AM-12:00PM Uno VBC
July 31 10:30AM-12:00PM Uno VBC
July 12 10:30AM-12:00PM Multi-Purpose Center

Tiny Tipppers League-\$60/\$25 session

June 21,22,23: 9:00AM-12:30PM 5yrs-10yrs Old

PRIVATE OR SEMI-PRIVATE LESSONS

AVS offers private and small group instruction for individuals looking to focus on improving specific aspects of their game. Lessons are one hour in length for 1-6 athletes. Many athletes not only achieve improved performance and skills, they also achieve elevated levels of self confidence.

Please call or email us today for an appointment.

Rates: \$60/hour - 1 athlete

\$40/hour - 2-4 athletes

\$25/hour - 5-6 athletes

GROUP TEAM CAMPS

If you and your school team are interested in attending a camp as a TEAM, the AVS staff will set up a plan designed for your specific team needs. We can focus on skill development or offensive or defensive strategies and implementation. For more information, please contact us directly.

HOLIDAY CLINICS-Multipurpose Center/Joliet Park District

AVS will be hosting clinics on days when children are off from school. Some of these Holiday Clinics will be held on Martin Luther King's Birthday, President's Day, Easter Break, Columbus Day, Veteran's Day, etc. Check our website for upcoming clinic dates and times!

SHARPEN-YOUR-SKILLS SUNDAYS -Multipurpose center/Joliet Park District: Starting June 13th. No session June 20th. 11:30AM-1:30PM

Every Sunday, we will be hosting a clinic devoted to a particular skill or set of skills. We will focus on technique and execute proper training to achieve success in skill development. Information about each Sunday will be posted on our website.

TINY TIPPERS LEAGUES

Geared toward 5-10 year old girls and boys. Proper technique and skill development, combined with multi-skill drills, will eventually lead to small scrimmage situations and game development.

REGISTRATION FORM

1.) Register online:

www.advancedvolleyballsolutions.com

2.) Mail in registration form:

Advanced Volleyball Solutions

1208 Sandpiper Court

Plainfield, IL. 60586

Advancedvolleyballsolutions@comcast.net

CREDIT CARDS ACCEPTED:

Call 815-733-5034

LOCATION OF CLINICS:

Uno VBC

Unless Specified: Joliet Park District

781 S. Larkin Ave

Multi-Purpose Center

Joliet, Il.

3000 W. Jefferson St. Joliet

I WOULD LIKE TO ATTEND:

Investment: _____

Refunds: Must cancel prior to camp to receive a refund.

Players clinic T-shirt size (please circle one)

Adult sizes S M L XL *\$10 per T-Shirt for Specialty Clinics

Athletes please complete contact information below:

Name: _____

Address : _____

City,St,Zip: _____

Phone: _____

Email: _____

School/Club: _____

(Players)Grade/Age: _____

Position: _____