

**Courts Plus Fitness Center 2011-12
Volleyball Individual Training Application**

Athlete's Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Daytime Phone: _____ Evening Phone: _____
E-mail: _____
Grade: _____ School: _____

**Dates/Times Arranged by Contacting Zaundra Bina
(see contact info below)**

PAYMENT

- 1 Athlete \$30/Hr Check Payable to Courts Plus
- 2 Athletes \$25/Hr Each Check Payable to CP
- 3/4 Athletes \$20/Hr Each Check Payable to Courts

Note—Non courts plus members are subject to gym fee at courts. Otherwise, no extra charge for training times at South Arena If Training as a Group, Group Member Names: _____

MEDICAL INFORMATION

Note any medical condition that we should be aware of.

Emergency Contact: _____

Emergency Numbers: _____

Assumption of Risk/Release

Acceptance of the entry in these events is without responsibility of any kind by Courts Plus Fitness Center, the Fargo Park District, Pepsi, or any other entity sponsoring the event. I do hereby, for and on behalf of myself and my heirs and legal rep., and or legal guardian, by signing below does hereby agree to indemnify and hold harmless Courts Plus Fitness Center, the Fargo Park District, Pepsi, and sponsoring firms from any liability which may occur to the entrant during the event.

Parent/Guardian Signature: _____

Date Signed: _____

QUESTIONS?

Zaundra Bina
Phone: 701-371-3736
Fax: 701-298-6080
zbina@ideaone.net


Courts Plus Fitness Center
3491 South University Drive
Fargo, ND 58104
701-237-4805



Courts Plus

Fitness Center

**Winter-Spring
2011-2012**

VOLLEYBALL



www.courtsplus.org



Get fit. Feel better. Have fun.

NEW!!! Individual/Group Volleyball Skill Training

Program Details

What to bring to training --

Volleyball clothing: T-shirt, shorts, volleyball shoes and knee-pads.

Check-In -- All athletes must check-in at the front desk 5-10 minutes prior to the scheduled starting time at Courts Plus.

Cancellations --

Must contact Zaundra Bina directly for postponed training times at least the day before the training is scheduled to begin.

USAVB - All Training will be run through the umbrella organization of USAVB and trainees must be members. (same as JO club membership) Zaundra will provide details.

Training Locations- Courts Plus Gym; Racquetball Court or South Arena

How To Register -- Registrations will be accepted by fax, phone or e-mail. Training times are arranged based on availability of instructor. A limited number of trainees are taken on a first come first served basis.

Training Description

- ◆ All Age Groups
- ◆ Customized for each player
- ◆ Flexible Dates/Times
- ◆ Nov. 1 -Aug 15
- ◆ One Time USAVB Membership Fee: \$46 (same as club vb fee - will not need to pay again for club)
- ◆ Training Packages Available

These individual and group training sessions will focus on skill development through skill repetitions including serving, passing, setting, digging, blocking and attacking. Attack training will focus on approach, and arm swing development. The ultimate goal is for each athlete to improve his or her level of play through repetitions and expert feedback. Athletes will receive instruction on volleyball skills, peak performance, and strategy. Each athlete will also have the option for video analysis.

Zaundra Bina

- ◆ NDSU Head VB Coach 1995-2005
- ◆ Augustana Head VB Coach 1989-1994
- ◆ Fargo North HS VB H.C. 1988-89
- ◆ Shanley HS VB Asst Coach 1986-87

Zaundra Bina has coached collegiate volleyball for 16 years, including 11 years at her alma mater, NDSU. In that time, Bina achieved a 390-173 mark and a winning percentage of .693. Bina, the National Coach of the Year in Division II women's volleyball in 1998, directed North Dakota State to the NCAA playoffs in each of her first nine seasons before the Bison moved up to Division I. Her teams won four North Central Conference championships (1998, 1999, 2001 and 2003) and made it to the Elite Eight in back-to-back seasons (1998 and 1999), including one national runner-up finish. Bina has vast experience running camps, clinics and training sessions at all levels and brings an enthusiastic approach to on-court volleyball training.



VISIT US ON THE WEB

www.courtsplus.org