

## Great Lakes Volleyball Center presents....

### Group Training Lessons held at GLC and Benedictine University

- 4-8 athletes per group
- Specific skill(s)
- Specific Age Level
- 1 hour time blocks / \$25.00 per person
- 2 hour time blocks / \$50.00 per person

**Call June Monday-Friday between 9am-3pm at 630-898-6400 to schedule a lesson**

#### Thursday, July 22, 2010 – Benedictine University, 5700 College Avenue, Lisle, IL

Staff	Time	Skill(s)	Level	Cost	Specific Details
Eric Nore	9:00 am	Setting	HS (girls/boys)	\$25.00	1 hour session
Eric Nore	10:00 am	Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	11:00 am	Pass/Defense/Serve	HS (girls/boys)	\$50.00	2 hour session
Eric Nore	2:00 pm	Pass/Defense/Serve	Jr. High (girls/boys)	\$50.00	2 hour session

#### Friday, July 23, 2010 – Benedictine University, 5700 College Avenue, Lisle, IL

Staff	Time	Skill(s)	Level	Cost	Specific Details
Eric Nore	9:00 am	Setting	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	11:00 am	Attacking/Serving	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	2:00 pm	Middle Blockers	HS (girls only)	\$25.00	1 hour session
Eric Nore	3:00 pm	OH/RS attackers	HS (girls only)	\$25.00	1 hour session

#### Monday, July 26, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL

Staff	Time	Skill(s)	Level	Cost	Specific Details
Janie Tomasek	9:00 am	All Skills	JH (girls/boys)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Setters	HS (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	OH/RS attack	HS (girls only)	\$25.00	1 hour session
Janie Tomasek	2:00 pm	MB attack/block	HS (girls only)	\$25.00	1 hour session
Mike Martino	9:00 am	Pass/Defense/Serve	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	11:00 am	Setters	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	2:00 pm	Attack/Serve	JH (girls/boys)	\$25.00	1 hour session

Continued on next page

**Tuesday, July 27, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Janie Tomasek	9:00 am	All Skills	JH (girls/boys)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Setters	HS (girls/boys)	\$50.00	2 hour session
Janie Tomasek	2:00 pm	Attack/Serve/Block	HS (girls only)	\$50.00	2 hour session
Mike Martino	9:00 am	Pass/Defense/Serve	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	11:00 am	Setters	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	2:00 pm	Attack/Serve	JH (girls/boys)	\$25.00	1 hour session

**Wednesday, July 28, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Janie Tomasek	9:00 am	Serve/Set/Pass	1 <sup>st</sup> -4 <sup>th</sup> (boys/girls)	\$25.00	1 hour session
Janie Tomasek	10:00 am	Serve/Set/Pass	5 <sup>th</sup> -6 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	11:00 am	Serve/Set/Pass	7 <sup>th</sup> -8 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	Setting/Defense	HS (girls/boys)	\$50.00	2 hour session
Janie Tomasek	3:00 pm	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Mike Martino	9:00 am	Pass/Defense/Serve	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	11:00 am	Setters	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	2:00 pm	Attack/Serve	JH (girls/boys)	\$25.00	1 hour session

**Thursday, July 29, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Janie Tomasek	9:00 am	Serve/Set/Pass	1 <sup>st</sup> -4 <sup>th</sup> (boys/girls)	\$25.00	1 hour session
Janie Tomasek	10:00 am	Serve/Set/Pass	5 <sup>th</sup> -6 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	11:00 am	Serve/Set/Pass	7 <sup>th</sup> -8 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	Setting/Defense	HS (girls/boys)	\$50.00	2 hour session
Janie Tomasek	3:00 pm	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Mike Martino	9:00 am	Pass/Defense/Serve	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	11:00 am	Setters	JH (girls/boys)	\$50.00	2 hour session
Mike Martino	2:00 pm	Attack/Serve	JH (girls/boys)	\$25.00	1 hour session

Continued on next page

**Monday, August 2, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Eric Nore	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Eric Nore	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Katie Pommier	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Katie Pommier	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

**Tuesday, August 3, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Eric Nore	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Eric Nore	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Janie Tomasek	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

**Wednesday, August 4, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Janie Tomasek	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Janie Tomasek	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Katie Pommier	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Katie Pommier	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

Continued on next page

**Thursday, August 5, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Eric Nore	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Eric Nore	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Katie Pommier	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Katie Pommier	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

**Friday, August 6, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Eric Nore	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Eric Nore	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Eric Nore	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Janie Tomasek	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

**Monday, August 9, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Janie Tomasek	9:00 am	Attack/Pass	HS (girls only)	\$50.00	2 hour session
Janie Tomasek	11:00 am	Attack/Block	HS (boys only)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	Attack/Pass/Serve	JH (girls/boys)	\$50.00	2 hour session
Janie Tomasek	3:00 pm	Defense/Pass/Serve	HS (girls only)	\$50.00	2 hour session
Katie Pommier	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Katie Pommier	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session

Continued on next page

**Monday, August 9, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Bryan Johnwick	9:00 am	Attacking/Blocking	HS (boys only)	\$25.00	1 hour session
Bryan Johnwick	10:00 am	Attacking/Blocking	JH (boys only)	\$25.00	1 hour session
Bryan Johnwick	11:00 am	Pass/Defense/Serve	HS (boys only)	\$50.00	2 hour session
Bryan Johnwick	2:00 pm	Middle Blocker	HS (boys only)	\$25.00	1 hour session

**Tuesday, August 10, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	9:00 am	OH Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	10:00 am	RS Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	11:00 am	MB Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	1:00 pm	Pass/Defense/Serve	HS (girls only)	\$50.00	2 hour session
Bryan Johnwick	9:00 am	Attacking/Blocking	HS (boys only)	\$25.00	1 hour session
Bryan Johnwick	10:00 am	Attacking/Blocking	JH (boys only)	\$25.00	1 hour session
Bryan Johnwick	11:00 am	Pass/Defense/Serve	HS (boys only)	\$50.00	2 hour session
Bryan Johnwick	2:00 pm	Middle Blocker	HS (boys only)	\$25.00	1 hour session
Katie Pommier	9:00 am	Setting	HS (girls/boys)	\$50.00	2 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$50.00	2 hour session

**Wednesday, August 11, 2010 – Great Lakes Center, 579 N. Oakhurst Drive, Aurora, IL**

<b>Staff</b>	<b>Time</b>	<b>Skill(s)</b>	<b>Level</b>	<b>Cost</b>	<b>Specific Details</b>
Eric Nore	3:00 pm	OH Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	4:00 pm	RS Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	5:00 pm	MB Attacking	HS (girls only)	\$25.00	1 hour session
Eric Nore	6:00 pm	Pass/Defense/Serve	HS (girls only)	\$50.00	2 hour session
Katie Pommier	9:00 am	Attack/Pass	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	10:00 am	Defense/Serve	JH (girls/boys)	\$25.00	1 hour session
Katie Pommier	11:00 am	Setting	JH (girls/boys)	\$25.00	1 hour session
Janie Tomasek	1:00 pm	All Skills	1 <sup>st</sup> -4 <sup>th</sup> (girls/boys)	\$25.00	1 hour session
Janie Tomasek	2:00 pm	Serving	JH (girls/boys)	\$25.00	1 hour session
Janie Tomasek	3:00 pm	All Skills	5 <sup>th</sup> -8 <sup>th</sup> (girls/boys)	\$50.00	2 hour session

Continued on next page

**We will continue with group training lessons for all ages from Thursday, August 12<sup>th</sup> through Friday, November 19<sup>th</sup>. This information will be posted shortly.**

Remember during the high school season you are still allowed to take lessons. The only restriction is that no more than 2 players from the same school are allowed in the same training session. When you sign up for lessons after Wednesday, August 11, 2010 we will ask you what school you attend to make sure no violations occur.

We will begin our Fall Youth Programs for K-6 in early September and that information will be posted shortly.

We will also be offering a Junior High Training Program on Sunday's in September and October. This program will meet every Sunday and it will include individual training and competition. If you are a Junior High coach and would like to bring your entire team we will train them and let them compete as a team. We will also offer a team discount for 8 or more players from the same school. Look for more information to be posted shortly!

Thank you and enjoy the rest of your summer!

Rick and Cheryl Butler

GLV, Inc / Sports Performance Club Directors