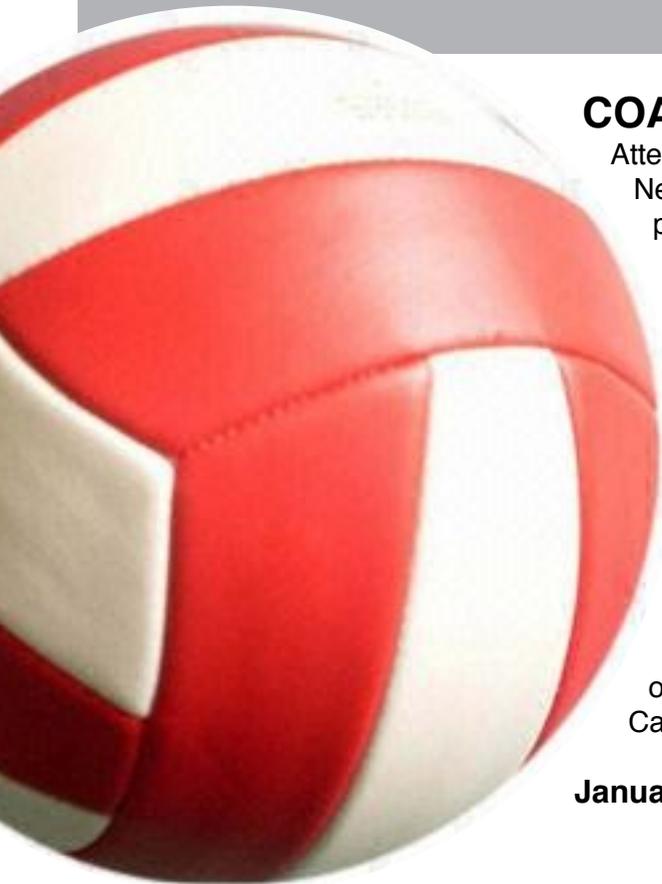


COACH 'EM UP

confidence. fundamentals. champions.



COACH 'EM UP is coming to the JCC!

Attention 3rd-5th graders interested in VOLLEYBALL! Coach Deborah Newkirk, founder of COACH 'EM UP is thrilled to offer and will personally coach TWO SESSIONS of Fundamentals of Volleyball Academy this Spring! Our goal = build confidence! A safe, positive and fun learning environment combined with a fine-tuned curriculum based, age-appropriate set of skills, drills, and games will encourage optimal learning and guarantee a ton of fun! Learn more about who is teaching your child the essential foundation of skill sets on our website or contact Deborah Newkirk directly at coach@coachemuptexas.com.

Register at www.shalomaustin.org/register

Fundamentals of Volleyball Academy I

From the start - beginning intro to the serves (both underhand and overhand) and passing! From Volleyball 4-Square to the Volleyball Carnival, come learn the basics the right way!

January 14 - March 3 (8 Sessions) \$136 JCC Members

Fundamentals of Volleyball Academy II

Quickly reviewing and moving through the two essential basic skills of passing and serving, we will turn it up a notch! Building on our skills will take us into an end of season tournament (last session) *It is not a requirement to be in Academy I to join us.

March 10 - May 5 (7 Sessions) \$119 JCC Members



Deborah Newkirk has over 3 decades of experience in youth coaching. She is a physical educator who has spent a professional lifetime bringing the worlds of coaching and teaching together. After twenty years of competitive coaching, she began focusing on training and created COACH 'EM UP. Today, COACH 'EM UP serves as a resource for nearly 2000 families a year. Year round off-the-floor training programs have been a big part of the COACH 'EM UP success, providing young athletes with motivating and organized means of improving their game, both on the court and in their backyards. Learn more at www.coachemuptexas.com.

