



## VOLLEYBALL LUNCH & LEARN FEBRUARY 8, 2018

8:30 am – 9:00 am	REGISTRATION
9:00 am – 9:45 am	<b>SESSION #1 – Skills for Volleyball and Life</b> - Coach Rick Nold, Auburn University
9:45 am – 10:00 am	BREAK
10:00 am – 10:45 am	<b>SESSION #2 – Practice Organization</b> - Coach Rick Nold, Auburn University
10:45 am – 11:00 am	BREAK
11:00 am – 11:30 am	<b>AHSAA UPDATES – QUESTIONS &amp; ANSWERS</b> - AHSAA staff
11:30 am – 12:15 pm	LUNCH (to be provided)
12:15 pm – 1:00 pm	<b>SESSION #3 – Skills Training</b> <b>(on court at Montgomery Academy)</b> - Coach Rick Nold, Auburn University
1:00 pm – 1:15 pm	BREAK
1:15 pm – 2:00 pm	<b>SESSION #4 – Skills Training</b> <b>(on court at Montgomery Academy)</b> - Coach Rick Nold, Auburn University
2:00 pm – 2:15 pm	CLOSING & DOOR PRIZES

*Certificate of Attendance will be given at the conclusion of the clinic.  
Location: 7325 Halcyon Summit Dr., Montgomery, AL 36117*