

THE DIG FACTORY

June 8th - July 2nd

**Come and train with
the talented members
of the Iowa State
Volleyball Team!**



**Where Skills
Continue To Develop**
Sponsored by Iowa Heart Volleyball
www.iowaheartvolleyball.com

Phone: 913-240-8163

Name _____ Age _____ Primary Position _____

USAV Membership Number _____

Address _____ City, State, Zip _____

Phone Number _____ Email _____

Instructional Level: (Please Circle) Gold Silver Bronze

Group Members with phone numbers: _____ Iowa Heart Member: Yes No

Please return with check (payable to IHVA) by May 25th to:

Dig Factory
2730 Stange Rd, Apt 6
Ames, IA 50010

Instructional Level Cost	\$
IH member discount (-10%)	-
Total	\$

Please list any and all available times (Mark with an X):

	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00
Mon									
Tues									
Weds									
Thurs									

Applications are due May 25th. Any postmarked after May 25 will be assessed a \$10 late fee. You will be contacted by June 1st with assigned times and locations by email or by phone. Specific time requests will be honored on a 1st come 1st serve basis.

Iowa Heart Volleyball congratulates the staff of this year's DIG FACTORY on their advancement to the **2008 ELITE EIGHT!**

Kaylee Manns

Current ISU Volleyball Player
Dig Factory Coach

Kaylee has lettered all three years at Iowa State as a setter. Kaylee was a member of Topeka Impact Volleyball Club. She was a three-year starter. She was second team All American, First Team All Big 12, and First Team All Region.



Victoria Henson

Current ISU Volleyball Player
Dig Factory Coach

Victoria has lettered the past two years as an outside hitter. Victoria was a member of OZ Volleyball Club. She was an Honorable Mentioned All American, First Team All Big 12, and First Team All Region.



Rachel Williams

Current ISU Volleyball Player
Dig Factory Coach

Rachel lettered the past two years as an outside hitter. Rachel played club for Kaboom and Iowa Inferno. She finished the season with 15 kills. She had a solo block and 3 block-assists against the Mountaineers.



Caitlin Mahoney

Current ISU Volleyball Player
Dig Factory Coach

Caitlin lettered this past year as a defensive specialist. Caitlin was a member of Nebraska Elite Volleyball Club. She ranked 6th in the Big 12 in aces.



Kelsey Petersen

Current ISU Volleyball Player
Dig Factory Coach

Kelsey lettered this past year as an opposite hitter. Kelsey was a member of the NVA, Lincoln Juniors, and the Nebraska Gold Volleyball Clubs. She accomplished three solo blocks this season as well as 50 total block-assists.



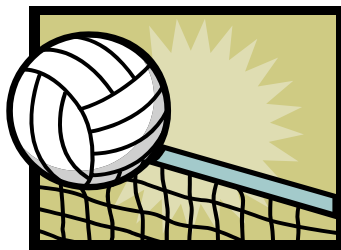
Group Instruction

Group instruction is a great way for you and your friends to get ready for volleyball this fall. Group instruction is beneficial because it allows players to improve their skills and learn to play with others more effectively. It is also great preparation for your school's team. Each week the group will meet to develop its fundamentals.

The Dig Factory is not responsible for putting together groups of players. When signing up, list all players in your group.

Individual Instruction

Players will get the freedom to help set the agenda for the lessons. Instruction will begin with a personal assessment to help decide the best focus for training. Each week, players will get the opportunity to work on defense, hitting, blocking, passing and serving. Players will also be exposed to things to improve their game such as jump training, goal setting, and conditioning.



FEES

<u>Bronze Level:</u>		<u>Silver Level:</u>		<u>Gold Level:</u>	
(1 session per week for 4 weeks)		(2 sessions per week for 4 weeks)		(3 sessions per week for 4 weeks)	
<u># in group</u>	<u>Each</u>	<u># in group</u>	<u>Each</u>	<u># in group</u>	<u>Each</u>
2-4	\$65	2-4	\$120	2-4	\$160
5+	\$50	5+	\$90	5+	\$120

Site: AMES MIDDLE SCHOOL, 3915 Mortensen Rd, Ames, IA 50014. We will use gym 2 at Ames Middle School on Mortensen Road, a block west of State Avenue.

Please make checks payable to Iowa Heart Volleyball Association.

A 10% discount is available to Iowa Heart Volleyball Association Members.

Note: for insurance purposes a USAV membership is required. 08-09 memberships are current and fulfill this requirement. If athletes did not participate in club during the 08-09 season summer memberships can be acquired at www.iavbreg.org for \$20. No player can participate until his or her membership is confirmed. Please call Shannon with membership questions at 515-230-4316.

Due to site availability make-up sessions will not be available this year.