

Adversity Measurable Advantage

Competitive Doubles Sands Program

Train | Build | Compete | Win

July 8th - August 17th \$500 @ Tracks Tavern's Sand Courts*

**on the corner of Humboldt and Locust in Milwaukee*

Coach Mikala (Adversity-Wisconsin VBC 16-1 & Port Washington Varsity Volleyball Coach) is offering an intense summer doubles sands program for high school and middle school girls who are interested in advancing their play to the next level.

Program Structure

- **Practices:** 2.5 hrs (30m warm up, 1hr of skill development, & 1hr of scrimmaging)
- **Strength & Conditioning:** 1.5 hrs of stations, building speed, agility, & vertical.
- **Tournaments:** 3 one day tournaments over the summer between Milwaukee, Racine, and Chicago

Group Breakdowns and Times

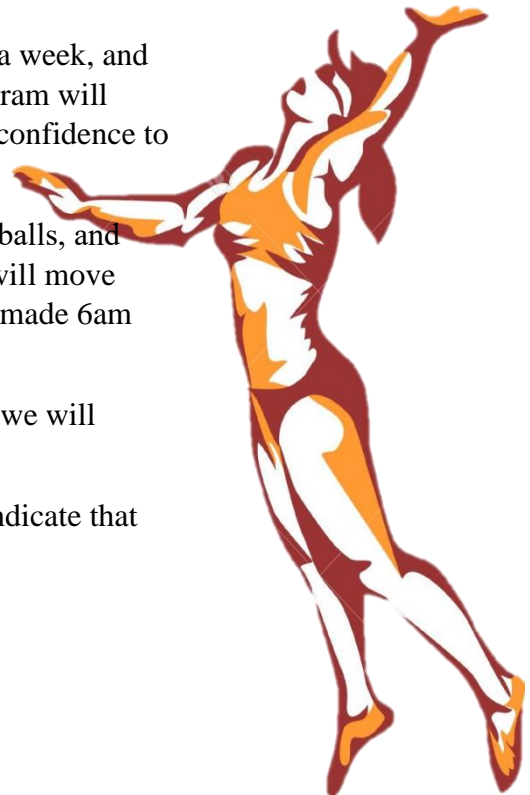
- **Developing-** Incoming Middle Schoolers (6th-8th Grade) **M/W 730am-10am & T/TH 4-530pm**
- **Intermediate-** Incoming Freshman & Sophmores **M/W 10am-12:30pm & T/TH 4-530pm**
- **Advanced-** Incoming Juniors & Seniors **M/W 12:30- 3pm & T/TH 4-530pm**
 - *Incoming Freshman & Sophmores intending on making Varsity in the fall sign up for this session*
- ****Strength and Conditioning: T/TH 4-5:30pm**

With 2 days of practice a week, 2 days of strength and conditioning a week, and 3 doubles tournaments over the months of July and August this program will prepare all athletes to enter fall tryouts with the skills, strength, and confidence to dominate.

Located at Tracks Tavern Volleyball Courts we don't have to chase balls, and have access to ice, water, and restrooms right on site! If it rains we will move practice to Adversity Training Center that day (that decision will be made 6am morning of and sent out via group message)

You are welcome to sign up with a partner or as a solo athlete and we will partner you with another athlete of your same caliber.

If you are interested in doing just strength and conditioning please indicate that on the sign up form.



Adversity-Wisconsin VBC Liability Release Form

I, _____ give my child, _____, permission to participate in the
Adversity Measurable Advantage Competitive Summer Sands Program at the 2 locations below:

Measurable Advantage Competitive Sands 1020 E Locust St, Milwaukee, WI 53212

Rain Location ATC N113 W18750 Carnegie Dr. Germantown, WI 53022

CHECK SESSION NUMBER (\$500.00 per person): Checks made out to: Mikala Sebastian

Session #1 _____ M/W Incoming Middle Schoolers (6th-8th grade) COED (7:30-10:00am) & T/Th (4-5:30pm)

Session #2 _____ M/W Incoming Freshman & Sophomores (10:00am-12:30am) & T/Th (4-5:30pm)

Session #3 _____ M/W Incoming Junior & Seniors (12:30-3pm) & T/Th (4-5:30pm)***

***Underclassmen that started on varsity or are expecting to play varsity this fall please sign up for this session

Teammate's Name: _____ (who you would like to be your doubles partner not required)

Just Strength and Conditioning: (\$100.00 per person) Checks made out to: Mikala Sebastian

S & C: _____ Incoming Middle Schoolers-Incoming Seniors T/Th (4-5:30)

Grade in Fall 2019 (circle one): 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th

Size (circle one): **YS YM YL AS AM AL AXL AXXL OTHER** _____

By signing this form I agree to the following:

1. I am fully aware that participation on indoor and outdoor volleyball courts can be dangerous and that minor and major injuries can occur. I accept the possibility of general injury risk and also the risk of catastrophic injury, paralysis, and even death.
2. I give my consent for Adversity-Wisconsin VBC Coaches OR any qualified staff member to secure any medical treatment or seek transport my child may need in the event of injury, if I am not available at the time of injury.
3. I understand that my child will be informed of any rules pertaining to the use of the indoor / outdoor volleyball courts.
4. I have and will provide hospitalization, health and/or accident insurance coverage, which I consider adequate for my child.
5. I consent to allow my child to participate on the indoor or outdoor volleyball courts, being fully aware of the risks and possibility of injury involved. Direct adult supervision of participation is not assumed at all times (jogging outside the gym, up the stairs, outdoors, on the grass, in the racquetball courts, around the sand courts, etc.).
6. I, my executors or other representatives, waive and release all rights and claims for damages that my child or I may have against Adversity-Wisconsin VBC, Tracks Tavern, and/or Mikala Sebastian as a result of injury from participation on and around the indoor/outdoor volleyball court at the above addresses.

Today's Date of Release: _____

Athlete's Email & Signature: _____

Parent Email & Signature: _____

Emergency Contacts: _____

Primary Insurance Information: _____

5 REQUIREMENTS: BR Mem Card, 3 Forms Below & Program Fees

Spots filled by grade on a 1st come, 1st serve basis. Email mikalasebastian@gmail.com for all required forms.

PRINT, SIGN & SEND TO: Mikala Sebastian 2743 N Cramer St. Milwaukee WI, 53211