

Goals of our Program

We will help you reach your personal goals through our program goals:

- Players will develop and learn skills to take back to their school teams.
- Players will learn the importance of having fun and being competitive by incorporating the YMCA core values of **Caring, Honesty, Respect, and Responsibility** for themselves, team, and coaches.
- All players and coaches will have a fun, memorable experience.

About the Director

Sabrina Smeltz has been an avid participant, teacher and coach of volleyball for over 10 years. A former player at Springfield College and numerous USAV teams, she has held positions coaching high school, junior olympic and collegiate players in MA and CT. She most recently held the head coaching position at American International College where AIC finished 19-11 overall, 9th in New England and 3rd in the Northeast-10 Conference.

Sabrina holds USA Volleyball's CAP Level 2 certification and has been on the staff of many summer college camp programs including Springfield College, Wheaton College, and University of New Hampshire.



Northwest YMCA Juniors

About the Program

Northwest YMCA Juniors was created to bring off-season training to girls volleyball players of Northwestern Connecticut. This program creates opportunities for new players to learn fundamentals and current players to develop and refine their skills.

About the Coaches

Our coaches are dedicated to the enhancement of individual abilities and skills. They are committed to providing up-to-date techniques and training. Our coaches have held the positions of college head and assistant coaches, high school coaches as well as former and present collegiate volleyball players.

Program Fees

Program fees go toward the operating costs of this program. Your child's fee includes uniforms, insurance, YMCA program membership, USAV membership, facility fees, coaching salaries and administrative costs. Current Northwest YMCA members will be given \$37 off program fee provided their membership stays current throughout the program.

How to Register

Please mail or fax your registration with check or credit card information to: Northwest YMCA, 259 Prospect St. Torrington, CT 06790 - Attn. Sabrina FAX: 860-824-8234

Refund Policy: Registration Deposit is non-refundable. If a player cancels after 1 team practice, 75% refund; after 2 team practices, 50% refund. After 3 practices, no refunds except for medical reasons which requires doctor's verification.



Northwest YMCA Juniors

Torrington & Winsted

Girls Regional Travel Program

Grades 7-12

A program sponsored by the:



