

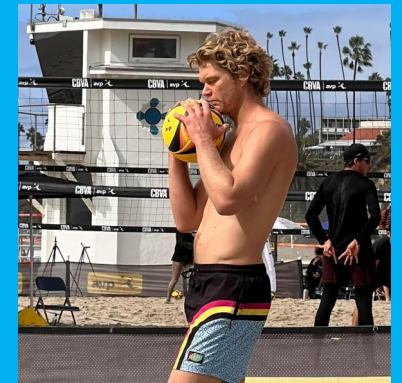


# VOLLEYBALL SKILLS CLINICS WITH AVP PRO AND “FLIGHT SCHOOL” DIRECTOR CHASE FRISHMAN

**Days/Dates:** SATURDAY, JULY 16 (ADULTS) @ Divot’s Sports  
SUNDAY, JULY 17 (JUNIORS) @ SandBox Volleyball Club

**Cost:** Single Session: \$35 non-members, \$25 for SBX Club members  
Three-session package: \$90 non-members, \$65 for SBX Club members

**Register:** Links to Register at [www.sandboxvb.com](http://www.sandboxvb.com)



**ABOUT CHASE FRISHMAN** ... Chase graduated from UCSD in 2013, finishing second in school history in career digs. He sleepwalked his way through a Communication degree and wishes he had applied himself more. Chase is passionate about learning and trying new things. Chase Frishman is so much more than a volleyball player. He prides himself on being a drifter, a writer, a traveler, and a cook. The wind has carried him to Rookie of the Year in 2016. He bare feet wandered his way to a career-best 3rd in Hermosa in 2017. The man is a flying sandstorm on the court, swirling whirling dervish. A passing prodigy. He claims to be a defensive guru, but he’s actually very open to criticism. He is not sure whether the AVP will approve this bio but figures it is worth a try (#AVPapproved).

### **Session 1: Ball Control**

Serve receive, ball control fluidity.  
Flow. Pass like a Pro!  
Adults: 10:30a-12:30p, July 16  
Juniors: 8:30a-10:30a, July 17

### **Session 2: Setting & Hitting**

Hand setting butter, feasting on butter. Dismantle your opponent!  
Adults: 1:30p-3:30p, July 16  
Juniors: 10:45a-12:45a, July 17

### **Session 3: Defense**

Learn explosive defense. A calm mind makes for an engaged body.  
Adults: 4:30p-6:30p, July 16  
Juniors: 2:00p-4:00p, July 17