
WAUKEGAN PARK DISTRICT

FOR IMMEDIATE RELEASE

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**Waukegan Park District and Net Force Volleyball Club
Offer Summer Volleyball Activities at the Field House Sports and Fitness Center**

Waukegan, IL (June 19, 2013) ...The Waukegan Park District in collaboration with Net Force Volleyball Club will be conducting three free summer clinics to promote and train area youth in the sport of volleyball. The clinics will be held at the Field House on July 18, 7:00-8:30pm, August 15, 7:00-8:30pm and September 5, 7:00-8:30pm. The clinics offer boys and girls, ages 4-18, free instruction from Net Force coaches and play. Youth will have an opportunity to enroll in upcoming VolleyTots and VolleyKids programs.

VolleyTots is a unique and proven training approach for youth 4-8 years old. The program focuses on developing muscle, hand eye coordination, balance, and movement. This is a wonderful way to introduce young people to fitness, athletic participation and the exciting sport of volleyball. VolleyTots begins July 2 and runs through August 13. The resident fee for this program is \$55 and nonresident fee is \$66 due at registration.

VolleyKids is a training program for ages 9-14 and focuses on training young athletes how to use proper techniques when passing, setting, serving, attacking, and team play. This program prepares youth for school and club volleyball participation. VolleyKids begins July 10, and continues through August 21. The resident fee for this program is \$55 and nonresident fee is \$66

due at registration. Register at the Park District's website (www.waukeganparks.org) or in person at the Field House Sports and Fitness Center 800 N. Baldwin. Both programs are held at the Field House facility, 800 Baldwin Avenue in Waukegan. For additional information, please contact the **Waukegan Park District** at (847) 782-3300 or **Net Force Volleyball Club** at (224) 430-4581.

About the Waukegan Park District

Established on December 26, 1916, the district has 47 properties and 720 acres of land, which includes 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. The District operates the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages from infants to seniors and special populations are included. Many special events are offered throughout the year, many are complimentary. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. The award-winning District employs 54 full-time staff and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was named a NRPA Gold Medal Finalist in 2012 and 2013.

About Net Force Volleyball

Since 1994, Net Force Volleyball Club has been dedicated to providing quality physical and emotional training to young athletes who are interested in learning the skills of volleyball, values of teamwork, responsibility, and self-discipline. We have developed a program dedicated to the core values of teamwork, communication, self-responsibility, challenging yourself, and working passionately towards a common goal. We are an organization dedicated to helping young people develop as athletes, students, and citizens. We do this by teaching them to set difficult but achievable goals and the value of working hard. Hard work is the foundation for all our training and is key to the development of self-confidence, courage, and self-esteem.