

## MELISSA ZULEGER



Melissa is a graduate of Little Chute High School. During her career at LC, she was a 1st Team All-Conference selection along with being the conference player of the year. She helped them to two consecutive appearances in the WIAA State Tournament. She is currently a Senior at UW-Whitewater and has helped lead the Warhawks to the NCAA National Tournament twice while earning Player of the Week honors and leading the team in blocks.

# VOLLEYBALL INSTRUCTORS

**PLAYERS**  
*choice*  
OF THE FOX CITIES, LLC

**Private Sessions**  
**\$40 - (1 hour)**

*\*All lessons must paid on or before  
scheduled date - No Exceptions\**

**To book your favorite instructor  
call Judy Schnese  
920-560-5886 or  
email [judys@pcfoxcities.com](mailto:judys@pcfoxcities.com)**

WE DO NOT ACCEPT CREDIT OR DEBIT CARDS  
\$40 NSF Fee will be charged for returned checks  
Cancellation 48 hours or more prior to program or rental date  
subject to ½ fee (refund provided in account credit).  
Cancellation within 7 days subject to full fee.  
Cancellation 47 hours or less prior to program or rental  
date subject to NO REFUND.

**PLAYERS**  
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W3035 Edgwood Trail - Appleton, WI 54913  
(920) 731-7529 • [www.pcfoxcities.com](http://www.pcfoxcities.com)

### LESSONS POLICY

Lessons must be booked in advance with our instructors.  
Our instructors have busy schedules and book up very fast. PCFC  
will do their best to accommodate you and your child.  
This is based on the instructors availability *by appointment only*.

## EMILY BENNETT

Emily Bennett Graduated from Neenah High School in 2006 she was All conference, Team captain, Conference champion, State qualifier, Spirit award, Mel Northway Scholarship, Kim Dodge Spirit Award, Jack Casper 'service above self' award and Played for Fox Cities Elite volleyball club

At Hillsdale College she received All Conference, Sue LaRocca Award, NCAA Division 2 Regional Qualifiers, and Two time south division champions. She majored in Biology and Chemistry and hopes to be a High School Biology teacher and Volleyball Coach.



### Coaching Experience

- Coached over 60 girls in private lessons in 2 years
- Worked at Hillsdale College Volleyball camp for past 2 years
- Worked at Neenah High School volleyball camp for past 4 years
- Worked at multiple clinics at Player's Choice
- Coached Neenah High School players in tournaments, open gyms, and leagues
- Coached BBU Club volleyball for 2 years

### *Private/Semi-Private Coaching from Collegiate Volleyball Player Willing to work on a Variety of Skills!*

- Setting
- Hitting
- Passing
- Serving
- Blocking
- Conditioning
- Weight lifting
- Leadership
- Teamwork



## LAURA GARROW



Laura is a graduate of Appleton West High School. She was a four-time All-Fox Valley Association choice, including a first-team pick as a junior and senior. She was tabbed to the Appleton Post Crescent's all-area first team. Laura also played for the Fox Cities Elite club for six years and was voted to the all-tournament team at the USA Junior Olympics in 2005, when the team placed third. She is currently playing at the collegiate level. In 2009, her sophomore season, she was the libero for UW-Green Bay. She led the team in total digs (512) and was second in service aces (22). Her 4.61 digs per set ranked third in the Horizon League and was the fifth highest single season total in school history. She played in all 111 sets for the Phoenix and was tabbed to the Academic All League Team. Laura will be continuing her volleyball career at UW- Parkside.

## TIM WEIS

Coach Weis started playing volleyball when he was a sophomore at Racine Horlick High School. His team went to state twice before graduating. After only two years in the sport, he went on to play at UW-Oshkosh for four years competing at the national level under Coach Brian "Lumpy" Schaefer.

Coach Weis can teach everything, but specializes in hitting and jump serving. With that, he teaches the concepts of reading and timing along with breaking down arm swing, approach, and hitting mechanics. He has also spent a year training with SoloSpike. Tim puts a lot of emphasis on game-like and pressure situations, helping prepare his players from the transition of middle school to high school, and then from high school to college.

College Highlights University of Oshkosh Wisconsin  
Conference All Tournament Team, 2 time All-Conference  
2 time WVC Conference Player of The Week, Best Team Player, Best Team Spirit

### Coaching Highlights

4 Years Coaching Appleton West, 8 All Conference Players  
1 All State Player, 2008 FVA All-Academic Team

