

## VISION VBC WINTER YOUTH VOLLEYBALL PROGRAM 2013

Open to all athletes in Grades 4 - 8.

This six week program consists of both the technical and the tactical development for athletes in a fun-based program every Sunday beginning Sunday, January 13<sup>th</sup>, 2013.

The goal of the program is to introduce and develop basic volleyball skills - overhead passing, forearm passing, spiking, serving, individual defense, and blocking. In addition, each athlete will be introduced to a competitive mini-volleyball environment adapted to the specific needs and abilities of the participants. These adaptations include varying the number of players, altering the court size, adjusting the height of the net and using bigger and lighter balls. Different game formats such as 1 vs 1, 2 vs 2, 3 vs 3 and 4 vs 4 will be used. The objective of the adaptations is to encourage learning, promote success and increase the enjoyment for the participants in the program. The exciting element of mini-volleyball involves making the learning of the sport of volleyball more interesting for children



Program Dates: January 13<sup>th</sup>, 20<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> -  
Please note: No session on January 27<sup>th</sup>, 2013 due to secondary school examinations.

Location: W.J. Fricker P.S. Gymnasium

Times: Session 1 Grades 4 - 5: 9:00 a.m. - 10:00 a.m.  
Session 2 Grades 6 - 7: 10:00 a.m. - 11:00 a.m.  
Session 3 Grade 8: 11:00 a.m. - 12:00 noon.

Cost: \$90.00/athlete which includes t-shirt

Coaching Staff: John Jeffries, Coaching Director Vision VBC  
Members of the Vision U16 Girls' Volleyball Club

For more information please contact John Jeffries [474-6665]  
[vbduckhunter@hotmail.com](mailto:vbduckhunter@hotmail.com) or Chan Crocker [472-5612] [chancrocker@gmail.com](mailto:chancrocker@gmail.com)

Name of Athlete: \_\_\_\_\_ Sex: M F

T-shirt Size: Adult S M L XL

Grade: 4 5 6 7 8 [please circle appropriate grade]

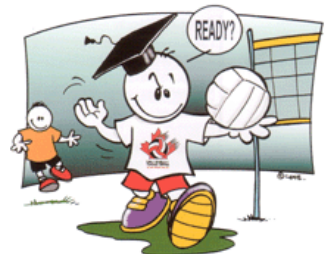
Session: 1 2 3 [please circle appropriate session]

Telephone Number: [705] \_\_\_\_\_

Address: \_\_\_\_\_  
Number Street City Postal Code

Cheques made payable to Vision Volleyball Club.

Mail to: Vision Winter Youth Volleyball Program  
c/o John Jeffries  
54 Riddle Court  
North Bay, ON P1B 8S6



All athletes are asked to sign-in in the main foyer at W.J. Fricker School 10 - 15 minutes prior to the beginning of each session.