



Vision Volleyball Club presents

VISION MARCH BREAK STRAIGHT DOWN YOUTH VOLLEYBALL PROGRAM 2013

Open to all athletes in Grades 4 - 8 inclusive. Maximum Participants: 30

This 4-DAY program consists of both the technical and the tactical development for athletes in a fun-based program from

Sunday, March 10, 2013 - Wednesday March 13, 2013.

The goal of the program is to introduce and develop basic volleyball skills in each morning and afternoon session- 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 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: Sunday, March 10, 2013 to Wednesday, March 13, 2013

Location: W.J. Fricker School Gymnasium

Times:	Morning	10:00 a.m. - 12:00 Noon
	Afternoon	1:00 p.m. - 3:00 p.m.
	Lunch [packed lunch]	12:00 noon - 1:45 p.m.
	Exhibition Matches	12:45 p.m. - 1:00 p.m.

Cost: \$130.00/athlete which includes t-shirt

Coaching Staff: John Jeffries - Head Coach U16 Girls' Vision Volleyball Club Team;
Level 3 Coach, Coaching Director Vision Volleyball Club
Members of the U16 Girls' Vision Volleyball Club currently playing in the
Premier & Championship Tiers of the Ontario Volleyball Association

For more information please contact John Jeffries [705-474-6665] ybduckhunter@hotmail.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]

Telephone Number: [705] _____

Address: _____
Number Street City Postal Code

Cheques made payable to *Vision Volleyball Club*. Mail to:

Vision March Break Volleyball Program
c/o John Jeffries
54 Riddle Court
North Bay, ON P1B 8S6

