

Tim Hortons

# TIMBITS<sup>®</sup> VOLLEYBALL



**KIDS AGED 9 - 13 • GRADES 4 - 7**

**MARCH 29th - May 3rd**  
**Sundays**

The Vision Volleyball Club's (VVC's) Timbits Volleyball is a learn-to-play volleyball program for girls and boys aged 9 – 13. This grassroots volleyball program is the first step in a player's volleyball career with an emphasis on the **FUND**amentals of the game, stressing the importance of **FUN** in a non-competitive environment.

Young athletes who participate in Timbits will learn the basics of volleyball: overhead and forearm passing, hitting, serving and basic team movement, all while improving the basics ABC's of sport (agility, balance, co-ordination).

At Timbits Volleyball, the game environment is modified to increase early success.

**No previous volleyball experience is necessary!**

**Grade 4: Session 1 (9:00am-10:00am)**  
**March 29 - April 5, 12, 19, 26 - May 3**

**Grade 5 & 6: Session 2 (10:10am-11:10am)**  
**March 29 - April 5, 12, 19, 26 - May 3**

**Grade 7: Session 3 (11:20am-12:20pm)**  
**March 29 - April 5, 12, 19, 26 - May 3**

**VINCENT MASSEY PUBLIC SCHOOL**  
**15 Janey Avenue, North Bay, ON**

Register at  
**[www.visionvolleyball.ca](http://www.visionvolleyball.ca)**



Danny Gosselin  
Coordinator  
Vision U15 Girls  
Team Ontario Men's  
Region 2 Boys Head Coach  
Vision High Performance Coach



John Jeffries  
Vision U17 Girls  
Region 2 Girls Team  
Ontario Volleyball Association  
Regional Chair

