

SPIKES

Grade 5 & 6 (and grade 4s who are on their school team)

The **SPIKES** program is a great introduction for beginners who would like to learn volleyball skills and a wonderful place for more experienced players to continue getting those excellent 'touches'. Each session will be jam packed with technical training and skill feedback. The atmosphere is high energy and full of fun. Coaches are positive and encouraging and will give your child the best possible experience in the gym!! Each session will be divided into a skill development component and a modified game play component. We are competing but the emphasis is on having fun while experiencing success and executing proper technical skills. It's amazing how much improvement we see through the course of one session!!

Each participant will receive a very cool OVA SPIKES t-shirt and everyone will have the opportunity to **SERVE FOR STUFF!!** Parents are welcome on the coaching staff!!

When: Tuesday night

Where: Jeanne Sauve (91 Bunting Road, St. Catharines)

Time: 7:15- 8:30

Start date: Tuesday, November 7th, 2017

Cost \$130.00 for 10 weeks



Program participation is limited so register now!!

[Click here to register for SPIKES](#)