

SUPER SPIKES!!

Super Spikes is for athletes who have completed a session of SPIKES and have played on their school team. The practices will consist of 12 - 14 athletes of similar ability. Athletes must be motivated to practice the technical details of skill development. These details are crucial to future success as the game gets faster and the power increases.

Skills will be completely broken down and 'rehabed' - much like the start of a club season when all of the skills are revisited to ensure proper technique. With the limited number of participants, feedback will be very specific and the athletes must be able to make changes in order to move forward. There will be a high number of touches to facilitate learning.

SUPER SPIKES is a good precursor to anyone interested in trying out for a travel team or interested in working on their high school volleyball skills for the upcoming season.

The fall session of SUPER Spikes will be taught by Rapids Technical Director Matt Ragogna!!

Girls Super Spikes Session

When: Wednesday nights
Where: Richmond Street Public School
Time: 6:00 – 7:00pm
Start date: Wednesday, November 1, 2017
Cost: \$135.00 for 8 per sessions

Boys Super Spikes Session

When: Wednesday nights
Where: Richmond Street Public School
Time: 7:00 – 8:00pm
Start date: Wednesday, November 1, 2017
Cost: \$135.00 for 8 per sessions

This program has very limited participation. [Click here to register for Super Spikes](#)