

Girls Club Prep

New Program!!

For grade 6, 7 & 8

Want to try out for a Rapids Club Team next year? Get ready for your School team?? Club Prep is designed to give you the experience that you need!! The focus is on technical excellence, movement to the ball and aggressive play.

Practices will consist of lots of reps and very specific feedback. Athletes should be prepared to work hard and be able to make skill adjustments quickly.

Game play within the practice session will include team serve receive and defensive assignments.

Girls will be divided into teams for participation in several tournaments so that learning occurs in real game situations.

Club Prep Details

- **Head Coach:** 12-14u Rapids Technical Coach Beth Schulz
- **Start date:** Thursday, January 9, 2020 for 12 weeks
- **Location:** Jeanne Sauve French Immersion Public School
- **Time:** 6:00-7:30
- **Cost:** \$ 315.00



experience this!

Prep Team

Fast paced!!

Technical Excellence!!

Game play!!

Competitions!!

Program Information

Location: Jeanne Sauve French Immersion

Address: 91 Bunting Rd., St. Catharines

Program Start Date:

Thursday, January 9th, 2020 for 12 weeks

Questions?

Contact: Beth Schulz schulzy2@sympatico.ca

How to Register:

Cheque payable to Niagara Spikes (\$315.00)

Etransfer available – email Beth Schulz for details

Fill out this form, and mail cheque to:

Beth Schulz

8 Eastfield Court

St. Catharines, L2M 6V1

Girls Club Prep Winter 2020 Registration Form

Name: _____

Volleyball Experience _____

Date of Birth: _____

Parent's E-mail: _____

Parent/Guardian Name: _____ Parent/Guardian Phone: _____

Medical Concerns: _____

Personal Information & Photo Release, Waiver and Indemnification: I understand Ontario Volleyball (OVA) gathers personal information about each of its participants, including name, address, email, telephone number, gender and date of birth. This information is used for the purpose of communications from OVA with regard to OVA programs, events, promotions, and sponsorships. The information is also used by Volleyball Canada for annual registration and membership demographics. OVA requests medical and emergency contact information to use in case of a medical emergency.

I understand that Ontario Volleyball has the right to take photographs, videotape, or digital recordings of me at its programs, to be used in any and all media. I am aware that by giving consent, I am permitting my name and image to be posted on the OVA website, provided to media, and used in publications, which can be viewed by anyone who accesses the OVA website, external media, or publications. I understand that I may withdraw consent to the collection, use or disclosure of my personal information at any time by contacting the OVA Privacy Officer (privacy@ontariovolleyball.org).

Upon acceptance as a participant of Ontario Volleyball, I agree to abide by the rules and procedures of the OVA as approved through the By-Laws, Rules and Regulations of the OVA. As a participant of the OVA I shall uphold the high standards of the OVA and shall never do anything to damage the reputation of the OVA. I understand and agree that the OVA and/or any of its coaches, program coordinators, officials, affiliates, or sponsors are not responsible for any injury, damage or loss resulting from my accident from known or unknown conditions howsoever caused. I also understand and agree that any violation of this contract may result in the immediate termination of my participation.

Date: _____

Parent/Guardian Signature: _____



experience this!