

# Girls Club Prep

For grades 6-10

Want to try out for a Rapids Rep Team? On a Rep team but want to get more touches? 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 innovative teaching and precise skill 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.

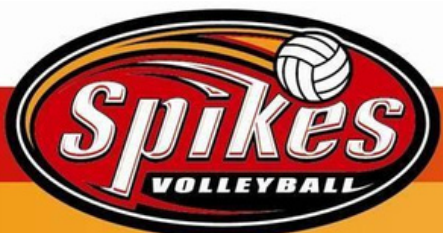
Tournament play is a possibility – those options are being explored but not confirmed. There will be an additional cost for those who would like to participate in tournament play.

## Club Prep Details

- Coaches: Beth Schulz & Steve Holowchuk
- Start date: Tuesday, September 26, 2023 11 weeks
- Location: TBD
- Time: 5:30-7:00pm (7:00-8:30 - if a second session is needed)
- Cost: \$ 350.00

Registration is now open for the 2023 fall session

To register contact [schulzy2@sympatico.ca](mailto:schulzy2@sympatico.ca)



experience this!