



ELEMENTARY FALL TRAIN & PLAY

PRINCE GEORGE 2018



REGISTRATION INFORMATION: VOLLEYBALLBC.CA/REGISTRATION.ASP
QUESTIONS? CONTACT NORTH@VOLLEYBALLBC.ORG

AGES: Grades 5-7

LOCATION: College Of New Caledonia, Prince George

DATES: Oct 1, 15, 22, 29, Nov 5, 19, 26

TIME: 6:30pm to 7:30pm

COST: \$95 +GST (payment must be made online with credit card)

DEADLINE: Monday, September 26, 2018

This seven week program will give athletes in grades 5 to 7 the opportunity to develop their volleyball skills and compete in a game each week. Athletes will participate in various drills for the first 30 minutes then finish each session off with a 30 minute game that has been modified for this age category. Lighter balls and lower nets are also used. Each participant will receive a t-shirt.



@volleyballbc
www.volleyballbc.org
604-291-2007



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