

# CRESCENT BEACH SWIMMING CLUB

## VOLLEYBALL

### SUMMER 2018

---

We are pleased to welcome you to CBSC Volleyball for the 2018 season! This year, Head Coach Grace Schill and Coach Nadia McGowan will run the program. The coaches have extensive volleyball training and experience and would like to acquaint both old and new students to the game. The program is recreational, and includes instruction in skills, drills, scrimmages, and games of six-players-per-side volleyball.

July lessons will focus on skills, drills and scrimmages. During the month of August, the coaches will continue to work on those techniques, and will include mini tournaments, so players will learn the structure of the game.

All classes are **\$50/month** and the program offers 45-minute lessons twice a week for children ranging from 11-15 years old.

#### **Classes:**

##### 11-12 year olds

July/August - Monday & Thursday 12:45-1:30pm

July/August - Tuesday & Friday 12:45-1:30pm

##### 13-15 year olds

July/August - Monday & Thursday 12:00-12:45pm

July/August - Tuesday & Friday 12:00-12:45pm

