

CRESCENT BEACH SWIMMING CLUB
VOLLEYBALL
SUMMER 2024

We are pleased to welcome you to CBSC volleyball for the 2024 season! This year the coaches consist of Co-Head Coaches Chloe Fong and Brayden Dumont, and Coaches Maggie Turner, Pete Montgomerie, Audrey Cox, and Connor Fong. 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 volleyball lessons will be at the Crescent Beach beachfront volleyball court located by the tank, across from where the footraces are held.

New for the summer of 2024 – Advanced volleyball. The focus will be on improving pre-existing skills, working on more challenging drills, and game play. This class is intended for players with club volleyball experience. Approval from the head coaches is required to register for this class. volleyball@cbswimclub.ca

All classes are **\$65/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 9:30am-10:15am
July/August - Tuesday & Friday 10:15am-11:00am
July/August - Tuesday & Friday 11:00am-11:45am
July/August - Monday & Thursday 12:15pm-1:00pm
July/August - Tuesday & Friday 1:00pm-1:45pm

13-15 year olds

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**Advanced volleyball (must have club volleyball experience and head coaches' approval to register volleyball@cbswimclub.ca)