

VOLLEYTOTS & Mini Volleyball

Offered by:

Rochester Youth Volleyball Association

PROGRAM DESCRIPTION:

- Designed for BOYS AND GIRLS Kindergarten – 6th grade
- Participants receive motor learning instruction related to the sport of volleyball through fun skill development activities
- Head coaches are local college and high school coaches and have fun building a passion for the sport of volleyball
- Focus is on motor learning and fundamental skill development through fun, healthy activities

PROGRAM DETAILS:

DATES: April 6th through May 20th

DAYS: Mondays and Wednesdays

TIME: Volleytots (K-3) 5:30 – 6:30pm
Mini Volleyball (4-6) 6:30-8:00pm

COST: Volleytots \$85.00 14 sessions (includes t-shirt & Ball)
Mini Volleyball \$125

What do players learn?

- ✓ Fundamental volleyball skills
- ✓ Court movement
- ✓ Hand-eye coordination
- ✓ Orientation to ball
- ✓ Foot work, speed, and agility training
- ✓ Introduction to the sport of volleyball
- ✓ Fun!

Download the registration form at www.rochesteryouthvolleyball.org

Drop off (open Weeknights 6-10pm) or mail to:

National Volleyball Center
2601 Viola Road NE
Rochester, MN 55906

REGISTER NOW!!! LIMITED NUMBER OF SPACES AVAILABLE!!!