

## SIDEOUT 6TH-10TH VOLLEYBALL DEVELOPMENTAL PROGRAM



This program is designed for the athlete in the 6th-10th grade. The athlete will be instructed in more intermediate level biomechanics, skills, fundamentals of the game. The athletes will also learn teamwork as they perform game situation drills. This program is only offered during the school year and it's a once-a-week for an hour. This is a developmental program there is no game competition for this program. This a limited space program.

**2022 Programs Duration:** July 14, 21, 28, & August 4<sup>th</sup>, 2022 (Parkview Middle School Gym)

Cost: \$190 per athlete. Please bring exact cash, check "Sideout" or Venmo.

Lesson: offered on weekdays 6:15pm - 7:15pm.

Location for registration to sign admin documents is the Parkview Middle School Gym in Armona from 545pm-600pm. We are allowing parents to pre-register via email for the period of May 24-July 7th, 2022, to confirm slot.

**Registration:** all participants must be register with club director via email. Parkview Gym in Armona is the location for final admin documents to be signed along with payment. Pre-registration signups are highly recommended or wait in line for event day from 545pm-600pm. All participants will be required to bring a water bottle and knee pads to train at every practice.

## SIDEOUT K-5TH VOLLEYBALL DEVELOPMENTAL PROGRAM

SIDEOUT K-5 volleyball program was designed similar to our most popular youth volleyball training program SIDEOUT Jrs. Offered only throughout the school year. SIDEOUT K-5 offers age-appropriate skill development and encourages player success. The young athletes will learn skills with the aid of volleyballs and other modifications designed to help younger athletes to learn and play with proper

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fundamentals. Your young athlete is sure to learn proper biomechanics and the fundamentals.

SIDEOUT K-5 Program is designed for athletes in grades K-5th. No volleyball experience required. No try outs for this program. No game competition for this program.

The program is offered during the school year only and it is a once-a-week for one hour.

2022 sessions: July 14, 21, 28, & August 4<sup>th</sup> (Parkview Middle School Gym)

offered on weekdays 6:15pm - 7:15pm

Location for registration to sign admin documents is the Parkview Middle School Gym in Armona from 545pm-600pm. Preregistration is for May 24-July 7th, 2022, to confirm slot.

Cost: \$195.00 per athlete. Please bring exact cash, check "Sideout" or Venmo.

Space availability: 15 athletes per group.

Send an email to <u>sideoutvolleyballkings@gmail.com</u> to register (Registration is open). Payments can be paid with cash, check or Venmo. Minimum and maximum for program is 12-15 kids. All participants will be required to bring a water bottle and knee pads to train.

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