

Girls Club Prep

For grades 7-10
and grade 6's who made their school team!!

Want to try out for a Rapids Rep Team? On a Rep team but want to get more touches? Get ready for your School team?? Club Prep is designed to give you the experience that you need!! The focus is on technical excellence, movement to the ball and aggressive play.

Practices will consist of lots of reps and very specific feedback. Athletes should be prepared to work hard and be able to make skill adjustments quickly.

Game play within the practice session will include team serve receive and defensive assignments.

Girls will be divided into teams for participation in a tournament so that learning occurs in real game situations. There will be a minimal cost to this participation.

Club Prep Details

- Head Coach: Beth Schulz - Rapids 18u Legend & Eden High Jr boys & girls Coach
- Start date: Monday, January 16th, 2023 for 11 weeks
- Location: RICC – 10 Seymour Ave, St. Catharines
- Time: 5:30-7:00pm (7:00-8:30 - if second session is needed)
- Cost: \$ 350.00
- To register: contact schulzy2@sympatico.ca to register



experience this!

Club Prep

Fast paced!!

Technical Excellence!!

Rep Style practice!!

Tournament Play!!

Program Information

Location: Royal Imperial Collegiate of Canada

Address: 10 Seymour Ave., St. Catharines

Program Start Date:

Monday, January 16, 2023 for 11 weeks

Time: 5:30-7:00 (7:00-8:30)

Cost \$350.00

How to Register:

Contact: Beth Schulz schulzy2@sympatico.ca

Girls Club Prep Winter 2023 Registration Form

Name: _____
Volleyball Experience _____
Date of Birth: _____
Parent's E-mail: _____
Parent/Guardian Name: _____ Parent/Guardian Phone: _____
Medical Concerns: _____

Personal Information & Photo Release, Waiver and Indemnification: I understand Ontario Volleyball (OVA) gathers personal information about each of its participants, including name, address, email, telephone number, gender and date of birth. This information is used for the purpose of communications from OVA with regard to OVA programs, events, promotions, and sponsorships. The information is also used by Volleyball Canada for annual registration and membership demographics. OVA requests medical and emergency contact information to use in case of a medical emergency.

I understand that Ontario Volleyball has the right to take photographs, videotape, or digital recordings of me at its programs, to be used in any and all media. I am aware that by giving consent, I am permitting my name and image to be posted on the OVA website, provided to media, and used in publications, which can be viewed by anyone who accesses the OVA website, external media, or publications. I understand that I may withdraw consent to the collection, use or disclosure of my personal information at any time by contacting the OVA Privacy Officer (privacy@ontariovolleyball.org).

Upon acceptance as a participant of Ontario Volleyball, I agree to abide by the rules and procedures of the OVA as approved through the By-Laws, Rules and Regulations of the OVA. As a participant of the OVA I shall uphold the high standards of the OVA and shall never do anything to damage the reputation of the OVA. I understand and agree that the OVA and/or any of its coaches, program coordinators, officials, affiliates, or sponsors are not responsible for any injury, damage or loss resulting from my accident from known or unknown conditions howsoever caused. I also understand and agree that any violation of this contract may result in the immediate termination of my participation.

Parent/Guardian Signature: _____

Date: _____



experience THIS!