

Girls Club Prep

For grades 6 - 9

Want to try out for a Rapids Rep Team? On a Rep team but want to get more touches? Getting 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.

Club Prep will consist of both skill development and game play.

Skill Development will consist of innovative teaching and precise skill feedback. Athletes should be prepared to work hard and be able to make skill adjustments quickly.

Game play will include learning serve receive rotations, defensive assignments, moving aggressively to the ball and offensive tactics.

Club Prep Details

- Club Prep Night: Tuesday nights 7:15- 9:15
- Start date – Tuesday, Sept 24 for 11 weeks.
- Location: Central Community Church
- Cost: \$ 375.00

Head Coach Beth Schulz – I enjoy developing talent!! Club Prep is an opportunity to build the skill level of the Club Prep girls and instill confidence in them as volleyball players.

Head Coach Steve Holowchuk – As an elementary school teacher, I love to see the growth that occurs throughout a training season. Developing skill and connecting with the athletes is a passion for me.

**To Register for the Fall 2024 session contact
schulzy2@sympatico.ca**