



## DEVELOPMENTAL CLINICS

### Two program options:

The **Mini-Volley** is a program which provides elementary school classes with modified volleyball clinics. These clinics are a great opportunity for both the teachers and students to learn more about volleyball. One of our certified instructors will come to your school and provide an introductory Mini volleyball lesson during your physical education class schedule. The goal of the instructor is to provide the teacher with a new approach to teaching the basic skills of volleyball; we have a modified approach to the game with softer volleyballs, a lower net, and a smaller court area. Emphasis is placed on playing the game while introducing new skills. Mini Volleyball is suited for students from K - 5 with different levels of play for each grade.

The **Atomic** Volleyball Program has been developed for players aged 9-12. The program is designed for both youth who are new to the sport and those who have some experience and are able to learn in a participation based, fun environment. It also has components that will provide the opportunity for those players who have completed the Mini-Volleyball Program to continue learning the skills of the sport through a House League System. Atomic Volleyball is part of the Long Term Athlete Development Model and stresses FUN, FAIRPLAY, and PARTICIPATION by increasing the number of ball contacts per player, creating longer and more successful rallies, and by developing proper skill delivery.

**Recommended Class length:** 30 – 45 minutes (most schools opt to keep their regular physical education schedule).

**Maximum Participants per class:** 30 - the teacher(s) must be present during all classes.

**Cost:** \$125.00 for a half day (1-4 hours) or \$250.00 for a full day (4-7 hours).

*\*Either the Volleyball Canada's Mini-Volley Instructor's guide or the Atomic Volleyball Instructor's Guide is included with the clinic*

For more information please contact:

**Kiruthika Rathanaswami** | Program Director

krath@volleyballalberta.ca

Early Stages Development

T 780.415.1703

F 780.415.1700

[volleyballalberta.ca](http://volleyballalberta.ca)

NORTH | 11759 Groat Road

Edmonton, AB T5M 3K6