

## 2011-12 Developmental Volleyball Program (DVP)

The South County DVP is an introduction to the game of volleyball in a fun, no pressure environment. Youth who participate in the program: forearm and overhead passing, spiking, digging, blocking, serving, and basic team movement. Game play is modified (2 or 3 a side, catch and toss if required in the younger ages) to ensure higher involvement in each play while maximizing learning. Also, the game environment is modified (lighter ball, lower net) to increase success while coaches provide a supportive environment, where learning volleyball skills are a whole lot of fun! All sessions will feature the Head Coaches of the Bandits Volleyball Club who are fully certified and great coaches that kids will really enjoy.

**Volley Tots** is for both boys and girls age 7 to 9 who are just starting out. **Volley Kids** is for 10 and 11 year old boys and girls who want to improve their skills to prepare for playing on future teams.

**Volley Girls** is for girls 12, 13 and 14 years old who want to take their game to the next level. All are welcome to sign up on a first come first serve basis but enrollment is limited so do not delay.

We are offering 3 sessions of all the programs on Thursday nights. Volley Tots will run from 6:15 pm to 7:15 pm at LaJeunesse Secondary School, 600 E.C. Row W. However, Volley Kids is from 6:45 pm to 8 pm and Volley Girls from 8:00 pm to 9:15 pm at Northwood Elementary School, 1100 Northwood Rd. (near Dominion and E.C. Row), Windsor.

The price is \$70 for 8 weeks of instruction and includes a South County T-shirt.

**Fall Dates:**

October 13, 20, 27  
 November 3, 10, 24 Dec 1, 8

**Winter Dates:**

Jan 12, 19, 26  
 Feb 2, 16, 23 Mar 1, 8

**Spring Dates:**

Mar 22, 29 Apr 5, 12, 19, 26  
 May 3, 10

**How to Register:** Mail a cheque for \$70/session payable to **South County VBC** along with the registration form below to South County Volleyball Club, 164 Oak Dr., Essex, ON N8M 3C8

**Questions?** Contact Bernie Diesbourg: 519-776-9912 or berndies@bell.net



Registration Form



Circle which volleyball program: Tots Kids Girls T-shirt size: Youth M L

Circle your preferred session: Fall Winter Spring Adult: S M L  
 (Oct-Dec) (Jan-Mar) (Mar-May)

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: Male or Female

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Email Address: \_\_\_\_\_ School: \_\_\_\_\_

(print neatly as confirmation is sent via email)

Medical Concerns: \_\_\_\_\_