



## 2017 Fall Skills Clinics (u12 to U14)

For Club Athletes interested in playing with Canuck in 2018

### Taught By Canuck Coaches and Technical Staff

This year Canuck Stuff Volleyball Club and Jr. Canucks will be offering Volleyball Skills Sessions from **September through November** for athletes interested in playing club volleyball. We will create teams that will compete in the Volleyball Alberta U13 and U14 Club program at tryouts in late November. These clinics are designed to help young players develop their basic skills.

The cost for these sessions is \$20.00 per athlete / per session payable at the door.  
(Proceeds from these clinics go towards the Canuck Athlete Subsidy Program)

Clinic Dates and Sessions for **Girls** Born 2004 to 2006 (U12 to U14)

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|------------------------------------|----------------|------------------------------|
| 1) Tuesday Sept 5 <sup>th</sup>    | 4:30 to 6:30   | Passing and Serving          |
| 2) Friday Sept 8 <sup>th</sup>     | 4:30 to 6:30   | Setting and Hitting          |
| 3) Saturday Sept 16 <sup>th</sup>  | 10:30 to 12:30 | Blocking and Digging         |
| 4) Saturday Sept. 23 <sup>rd</sup> | 3:00 to 4:30   | Transition Skills and Drills |
| 5) Friday Sept. 29 <sup>th</sup>   | 4:00 to 5:30   | Game Play Day                |
| 6) Friday Oct 13 <sup>th</sup>     | 4:00 to 5:30   | Passing and Serving          |
| 7) Friday Oct. 27 <sup>th</sup>    | 4:00 to 5:30   | Setting and Hitting          |
| 8) Friday Nov. 10 <sup>th</sup>    | 4:00 to 5:30   | Blocking and Digging         |
| 9) Friday Nov. 24 <sup>th</sup>    | 4:00 to 5:30   | Game Play Day                |

Clinic Dates and Sessions for **Boys** Born 2004 to 2006 (U12 to U14)

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|------------------------------------|---------------|------------------------------|
| 1) Wednesday Sept 6 <sup>th</sup>  | 4:30 to 6:30  | Passing and Serving          |
| 2) Friday Sept 8 <sup>th</sup>     | 6:30 to 8:30  | Setting and Hitting          |
| 3) Saturday Sept 16 <sup>th</sup>  | 12:30 to 2:30 | Blocking and Digging         |
| 4) Saturday Sept. 23 <sup>rd</sup> | 4:30 to 6:00  | Transition Skills and Drills |
| 5) Friday Oct 6 <sup>th</sup>      | 4:00 to 5:30  | Passing and Serving          |
| 6) Friday Oct 20 <sup>th</sup>     | 4:00 to 5:30  | Setting and Hitting          |
| 7) Friday Nov. 3 <sup>rd</sup>     | 4:00 to 5:30  | Blocking and Digging         |
| 9) Friday Nov. 17 <sup>th</sup>    | 4:00 to 5:30  | Game Play Day                |

Maximum of 72 spots available for each session. We will still take names on the Waiting List for sessions that are FULL to fill spots that open up due to cancellations

To register for these sessions please email [canuckstuff@volleydome.net](mailto:canuckstuff@volleydome.net) with the participant's name, phone number, date of birth and the sessions you wish to sign up for

If you require more information please contact **Brian Gullekson** at 403 973-7701  
or by email at [canuckstuff@volleydome.net](mailto:canuckstuff@volleydome.net)