



2017 Fall Skills Clinics (U16's)

For Club Athletes interested in playing with Canuck Stuff in 2017 Taught By Canuck Coaches and Technical Staff

This year Canuck Stuff Volleyball club will be offering Volleyball Skills Sessions for athletes with club experience (or top level school team players) from **September through November**. We will divide up the sessions by age group and gender and the clinic will be run by the coaches for that age group. We will be limited to registering 24 athletes per age group / per session.

**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)**

In order to allow more athletes to participate in our clinics, we will allow an athlete to sign up for a maximum of **five** sessions initially, and then you may add your name to a waiting list for additional sessions you are interested in attending.

Clinic Dates and Sessions;

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|----------------------------------|----------------|------------------------------|
| 1) Sunday Sept 10 th | 9:00 to 10:30 | Passing and Serving |
| 2) Sunday Sept 17 th | 9:00 to 10:30 | Setting and Hitting |
| 3) Sunday Sept 24 th | 9:00 to 10:30 | Girls Blocking and Digging |
| | 10:30 to 12:00 | Boys Blocking and Digging |
| 4) Sunday Oct. 1 st | 9:00 to 10:30 | Girls Transition Skills |
| | 10:30 to 12:00 | Boys Transition Skills |
| 5) Sunday Oct 15 th | 10:30 to 12:00 | Game Play Day |
| 6) Sunday Oct 22 nd | 10:30 to 12:00 | Passing and Serving |
| 7) Sunday Oct.29 th | 10:30 to 12:00 | Setting and Hitting |
| 8) Sunday Nov. 5 th | 10:30 to 12:00 | Blocking and Digging |
| 9) Sunday Nov. 12 th | 10:30 to 12:00 | Transition Skills and Drills |
| 10) Sunday Nov. 19 th | 10:30 to 12:00 | Game Play Day |

**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 with the participant's name, phone number, date of birth and the sessions you wish to sign up for. Also please indicate any sessions you would like to be placed on a waiting list for. We will contact you if there is room for you to attend those additional clinics.

If you require more information please contact **Brian Gullekson** at 403 973-7701
or by email at canuckstuff@volleydome.net