

Mini-Volley & Atomic Volleyball program options ...

SCHOOL CLINIC:

A Sask Volleyball instructor comes to the school to introduce Mini-Volley and/or Atomic volleyball activities and skills to gym classes.

- **Half Day** (up to *three* hours of training)

Cost: \$150 or Mileage @ \$0.50/km (for travel {rd. trip} greater than 300 km);
Accommodation costs for destinations that require an overnight stay.

- **Full Day** (up to *six* hours of training)

Cost: \$250 or Mileage @ \$0.50/km (for travel {rd. trip} greater than 500 km)
Accommodation costs for destinations that require an overnight stay.

INSTRUCTOR CLINIC:

A Sask Volleyball presenter provides a 2 - 2 ½ hour Mini/Atomic *coaching clinic* for up to 15 instructors

Cost: \$150 or Mileage @ \$0.50/km (for travel {rd. trip} greater than 300 km)
Accommodation costs for destinations that require an overnight stay.

***EACH participant receives: one Mini-Volley binder and DVD (\$75 value);
one Atomic Volleyball manual (\$25 value);***

The host school receives: 2 ultralight trainer volleyballs (value \$100).

COMBINED CLINIC: Instructor clinic and School clinic

A Sask Volleyball presenter provides a 2 - 2 ½ hour Mini/Atomic *coaching clinic* for up to 15 instructors which is followed by a **half-day clinic for your classes** (student athletes).

Cost: \$250 or Mileage @ \$0.50/km (for travel {rd. trip} greater than 500 km)

Potential Instructors include: teachers; coaches; parents, youth leaders; older students, and/or community members

In the instructor clinic participants have an opportunity to learn:

- the *philosophy* and *goals* of the Mini-Volley and Atomic Volleyball programs;
- what it feels like to *participate* in some of the activities;
- how the Mini-Volley and Atomic Volleyball programs *relate* to each other;
- how the Mini-Volley and Atomic Volleyball programs *develop a foundation* for volleyball at the upper elementary and high school age groups.

NOTE: The benefit of a combined clinic is that it provides new instructors with practical experience shadowing and assisting our Sask Volleyball instructor during the school clinic. The new instructors are able to see and experience an athlete clinic first-hand and see how the student athletes of different ages react to the games, drills, and activities.

Some school divisions / community organizations have chosen the option of charging the participants of the clinic a small fee to attend the clinic. The registration fee is used to help offset some of the costs if a school division or community group cannot cover all of the expenses.

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