



YOUTH SPRING PROGRAMS 2018

6th, 7th and 8th Co-Ed Skill Training Program

This is set up for 6th-8th grade boys and girls. Setting, hitting, passing, overhand serving, blocking and defense will be covered. This is a 4 week program. All players will practice for 4 weeks. 1 hour of skills and 0.5 of game-like simulation/play. All players must register at www.greatlakesvolleyball.org for a volleykid membership, approximately \$10 membership fee that covers all liability for all players.

Practices- Sundays 4-5:30 p.m. March 11, 18 April 15, 22

Program fee: \$80 \$20/practice for drop ins. **Tee Shirts can be purchased for \$10.

Fees are due the first day of session. Checks made out to UNO VBC.

To sign up for all classes:

-Go to www.unovbc.com, go to online registration, create an account(parent) then add you player to the program.

-Go to a separate website- www.greatlakesvolleyball.org for USAV registration covering liability required for all players. Register for volleykids membership.

4th and 5th Grade Co-Ed Uno Gems Program

4th and 5th graders will learn to pass, set, serve overhand and game rotations in this program. Game like situations introduced

Practices-Sundays 4-5:30pm . March 11, 18 April 15, 22

Program fee: \$65 \$20/practice for drop ins. **Tee Shirts can be purchased for \$10.

Fees are due the first day of session. Checks made out to UNO VBC.

To sign up for all classes:

-Go to www.unovbc.com, go to online registration, create an account(parent) then add you player to the program.

-Go to a separate website- www.greatlakesvolleyball.org for USAV registration covering liability required for all players. Register for volleykids membership.

K-3rd Grade Co-Ed Uno Tiny Tipper Program

K -3rd grade introduction to volleyball program. Players learn to jump, serve, shuffle and many coordination drills. This class will include mini games and lots of fun for this age group

Practices-Sundays 4-5 pm . March 11, 18 April 15, 22

Program fee: \$50 \$15/practice for drop ins. **Tee Shirts can be purchased for \$10.

Fees are due the first day of session. Checks made out to UNO VBC.

To sign up for all classes:

-Go to www.unovbc.com, go to online registration, create an account(parent) then add you player to the program.

-Go to a separate website- www.greatlakesvolleyball.org for USAV registration covering liability required for all players. Register for volleykids membership.

Contact Terri@unovbc.com or 815-791-2626 with questions.