

# SANDBOX

## VOLLEYBALL CLUB



### Summer 2023 Volley Tots and Instructional Programs

Our Volley Tots Program and Instructional Program are back in 2023! VOLLEYTOTS is designed to introduce volleyball to first-time players, ages 9 and under, with a focus on developing a LOVE for this awesome sport. Our Instructional Program is for older (ages 9-11), but still relatively inexperienced athletes (one year or less organized experience). Participants in both programs will get instruction and training on serving, passing, setting, and hitting, while engaging in a variety of mini-games geared to allow them to develop those skills while also having LOTS of fun!

#### PROGRAM DETAILS ...

**WHO:** Girls AND Boys

#### **AGES:**

**VOLLEY TOTS:** age 9 and under

**INSTRUCTIONAL:** ages 9-11

**WHEN:** Program runs 6/13 - 7/27

(No session on July 4)

Tuesdays and Thursdays

**VOLLEY TOTS:** 9:00am-10:25am

**INSTRUCTIONAL:** 10:30am-12:00pm

#### **COST:**

Two sessions/week: \$140/participant

Sign up, pay in full by 4/15 for free T-shirt!



For more information, contact:

SandBox Club Director

**Jonathan Tsilimos**

Phone:

440-781-3968

Email:

[sandboxvb@gmail.com](mailto:sandboxvb@gmail.com)

#### OUR PROGRAMS FOCUS ON:

- > Serving the ball
- > Passing the ball
- > Setting the ball
- > Hitting the ball
- > Court Movement without the ball
- > Game Theory

*and FUN!*

*Register at [www.sandboxvb.com](http://www.sandboxvb.com)*