#### YMCA VOLLEYBALL Practices held at the YMCA

#### 2nd - 3rd Grade    8 a.m. - 11 a.m.  (specific times TBA) Saturdays, Sept. 12 - Oct. 17

#### 4TH & 5TH Grade 11 a.m. – 2 p.m. NEW THIS YEAR! For 4th & 5th Grade Volleyball – Parent Coached Practices

**Parent Coached Practices**

This year, our 4th/5th grade Volleyball will be given the opportunity to have a more competitive experience at the St. Cloud Area Family YMCA.

The YMCA will create teams and confirm a Volunteer Parent Coach. Parent Coaches will hold once a week practices for their teams for one hour each week during the sport's season. **Practices will be held between Monday and Thursday from 4 p.m. – 5 p.m. and Fridays between 4 p.m. to 6 p.m.** The YMCA will schedule these practices with each coach. Space is limited so please stay within your time limit. Please don't show up early or stay late to help stay on time.

**Equipment**Equipment can be checked out at the YMCA, but must be returned following each practice. If equipment is damaged or lost, teams will be responsible for replacements.

**Communication**Contact your players within 2 days of receiving your roster. If your roster is incorrect (disconnected phone number, person not living there, wrong number, etc.) contact the YMCA right away. We will look up the registration form to see if we have another contact for that player. Each team is highly encouraged to have one pre-season meeting for the players to meet the coaches and other players.

**Practice Plans**Have a plan for each practice. Have a backup, in case a drill does not take as long or the players are not getting the original activity. The best method for a player to learn a skill is following these three steps:  
1. Explain the skill  
2. Demonstrate the skill  
3. Practice the skill (giving positive feedback)

[REGISTER NOW!](https://ops1.operations.daxko.com/Online/2082/Programs/search.mvc/programs?keyword=volleyball)