




Volleyball 101

7 WEEK SUMMER VOLLEYBALL PROGRAM

7-week program designed to teach the fundamental skills of volleyball, along with strength & conditioning exercises

-  **1 adult must accompany child to each session**
-  **Learn drills & skills to continue practicing at home**
-  **Fee includes: fundamental instruction, a volleyball, & program t-shirt for parent & child**

Group 1: ages 3 -5*

Date: August 2 - October 3
(No class on 8/22 or 9/5)

Time: 5:00 pm - 6:00 pm

Cost: \$325

*Max participants = 12

Group 2: ages 6-8*

Date: August 2 - October 3
(No class on 8/22 or 9/5)

Time: 6:00 pm - 7:00 pm

Cost: \$325

*Max participants = 12



Coach Sandy Fussell
Lead Clinician

-  40 yrs. experience
-  8 LHSAA State Championships
-  2000 LVCA Hall of Fame Inductee
-  2020 Bayou Region Athletic Hall of Fame Inductee

Online registration only:
[thibodauxregionalsportscomplex.ezfacility.com/
online-registration](http://thibodauxregionalsportscomplex.ezfacility.com/online-registration)

THIBODAUX REGIONAL
RISE
VOLLEYBALL CLUB

Questions?
Call 985.449.4680
or email
sandra.fussell@thibodaux.com