

18U Synergy Beach Volleyball Small Group Training Sessions

Who: Athletes born 2001, or later as of Dec 2019 (priority)

* this is ideal for preparation for the Western Canada Games to be held August 9-13th in Swift Current, SK

* **NOTE:** athletes 16U will be considered if they possess a strong desire to work towards higher levels of competition

When: May 29th, 2019 – August 7th, 2019

Location: **Wednesday's** 5-7pm SaskTel Soccer Center
Friday's 5-7pm Saskatoon Rugby Club



Training Block I (May 29-June 30th)

Dates: May 29, 31, June 5, 7, 12, 14, 19, 21, 26, 28

Goal: June 29-30 WCSG qualifier

Cost: \$200 (10 sessions)

Training Block II (July 3-August 10th)

Dates: July 3, 10, 12, 17, 24, 26, 31, Aug 2

Goal: August 3-4 (18U) or 10-11 provincials (adult)

Cost: \$180 (8 sessions) + optional add ons

Smaller groups = more quality training. For more information, or to register please contact, Natalie Lukiw at

sasksynergyvolleyball@gmail.com or (306) 270-3096. Natalie is a Level 3 certified Performance Coach for beach and has a

wealth of experience in the sand, at all levels.

Supported By:

