

Elementary Volleyball & Atomic Smashbal programs

Presentation options

In-person Presentations:

A. SCHOOL CLINIC:

A Sask Volleyball presenter comes to the school to introduce Elementary Volley and/or Atomic Smashbal activities and skills to P. Ed. classes.

- **Half Day** (up to *three* hours of training)

Cost: \$150 or Mileage @ \$0.60/km (for travel {rd. trip} greater than 250 km);
Accommodation costs for destinations that require an overnight stay.

- **Full Day** (up to *six* hours of training)

Cost: \$250 or Mileage @ \$0.60/km (for travel {rd. trip} greater than 400 km)
Accommodation costs for destinations that require an overnight stay.

B. INSTRUCTOR CLINIC:

A Sask Volleyball presenter provides a 2 - 2 ½ hour Elementary Volleyball/Atomic Smashbal *teachers'/coaches' clinic*

Cost: \$150 or Mileage @ \$0.60/km (for travel {rd. trip} greater than 250 km)
Accommodation costs for destinations that require an overnight stay.

Host school/club receives:

- *one Elementary Volleyball school membership (~\$125 value);*
 - *Access to eLearning module for all staff*
 - *150 page Teachers Guide (contains Lesson plans and Assessment tools)*
- *one Atomic Volleyball manual (\$25 value);*
- *2 ultralight trainer volleyballs (value \$100).*

C. COMBINED CLINIC: Instructors' clinic **and** School clinic

A Sask Volleyball presenter provides a 2 - 2 ½ hour Elementary Volleyball / Atomic Smashbal **clinic for teachers/coaches** which is followed by a **half-day clinic for classes within the school.** (*Student participants*).

Cost: \$250 or Mileage @ \$0.60/km (for travel {rd. trip} greater than 400 km)

Potential Instructors include: teachers; coaches; parents, youth leaders; older students, and/or community members

In the instructor clinic, participants have an opportunity to learn:

- the **philosophy** and **goals** of the Elementary Volleyball and Atomic Smashbal programs;
- what it feels like to **participate** in some of the activities;
- how the Elementary Volleyball and Atomic Smashbal programs are **related**;
- how the Elementary Volleyball and Atomic Smashbal programs **develop a foundation** for volleyball at the upper elementary and high school age groups.

NOTE: The benefit of a combined clinic is that it provides new instructors with practical experience shadowing and assisting our Sask Volleyball presenter(s) during the school clinic. The new instructors are able to see and experience an athlete clinic 'first-hand' and observe how the children of different ages react to the games, drills, and activities.

Virtual Presentations: (*Zoom meeting*)

A. INSTRUCTOR CLINIC: *Elementary Volleyball*

A Sask Volleyball presenter provides a ~45 min. program overview for **teachers/coaches/instructors**

The presentation considers:

1. *What is the Elementary Volleyball program?*
2. *What are the goals?*
3. *How is it organized?*
 - *Overview of the teacher's guide*
4. *What does it look like in the gym?*
5. *Q & A*

B. INSTRUCTOR CLINIC: *Atomic Smashbal*

A Sask Volleyball presenter provides a ~45 min. program overview for ***teachers/coaches/instructors***

The presentation considers:

1. *What is Atomic Volleyball?*
 - How is it related to other volleyball programs?
 - Program goals
 - Adaptations – What? Why?
2. *What is Smashbal?*
3. *An example of an Atomic Smashbal progression*
4. *Q & A*

For more information, inquiries or to arrange a clinic, contact:

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