



For the LOVE of the game

# 3/4 Grade Volleyball Program

CHICO AREA RECREATION AND PARK DISTRICT



## When will I be contacted by a coach?

You will not be contacted by a coach, please show up at the first practice at the Community Park Field House ready to go!

## When and where does the program run?

Elementary volleyball is held at the Community Park Field House, E. 20th St. and MLK Jr. Parkway. Please arrive on time.

Course #	Grade	Day	Date	Time	Fee
10488	3 <sup>rd</sup> /4 <sup>th</sup>	Sa	9/10-10/15	9:00-10:30 AM	\$43

## What is the program format?

Coaches will start each practice with a short warm-up. They will then work on fundamentals and simple game strategy. Players will gradually work in game play as they advance in their skills and knowledge of the game. This is an instructional program, so games will be played to learn the fundamentals of the game and to inspire a love for the game, rather than for competition and winning.

## What do I need to bring?

It is very important that all players come in athletic attire (no jeans or sandals). Knee pads are highly recommended. Please make sure to bring plenty of water for each practice!

## Any other questions?

Please feel free to call Erin Gonzales at 895-4711 ext. 112 with any other questions!



## Have you PLAYed Today?

[www.chicorec.com](http://www.chicorec.com)

CARD office: 545 Vallombrosa Ave.

**Questions?** Call 895-4711