



ONLINE REGISTRATION WILL TAKE
PLACE NEXT WEEK AT
WWW.NLVA.NET



JUNIOR SEA-HAWKS VOLLEYBALL PROGRAM

Starting Feb 22

For 8 weeks

4:00-6:00 pm Mondays

NL Sports Centre

NL Sports Centre is located on
Crosbie Road

NEWFOUNDLAND AND
LABRADOR VOLLEYBALL
ASSOCIATION

NLVA

P.O. Box 21248

St. John's, NL

A1A 5B2

Phone: (709) 576 0817

Fax: (709) 576 7493

www.nlva.net

ON-LINE REGISTRATION
REQUIRED
WWW.NLVA.NET

Get on the road to the next level!
NLVA Regional/ Provincial Teams to be-
coming a Seahawk!



*Coaches can attend for Free
Come and Learn from top level
coaches. Learn new drills,
techniques and strategies .
Practice plans will be available at
each session.*

Run by Sea-Hawk Coaches and athletes, this program is designed to develop all levels of volleyball players. From elite to beginner and help take their game to the next step.

In the elite level you will learn advanced attacking and defense and game tactics.

The intermediate level offers positional play and specific skills. You will be introduced to new concepts and techniques to help your game.

The beginner level offers you an introduction to volleyball. You will spend time learning new skills and techniques for game play.

- 8 Week Program:
- Cost: \$100
- 1 t-shirt
- 1 Water Bottle
- Elite—Gr 10-12
- Intermediate—Gr 8-10
- Beginner—Gr 6-8

