

# **OCEANSIDE VOLLEYBALL CLUB**



## **TRAIN AND PLAY**

### **Grades 5, 6 & 7 - GIRLS**

This 8 session 'Train and Play' program will help athletes to develop basic volleyball skills and help prepare them for the upcoming school volleyball season

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Tuesdays: Oct 3 to Dec 5 (No session Oct 31, Nov 14)

Session#1 5:15-6:45 pm

OR

Session#2 7:00-8:30 pm

Location: Springwood Elementary School

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\$80 plus Volleyball BC Membership (\$15.04)

Includes OVC Eagles T-shirt

**SEND US AN EMAIL FOR REGISTRATION DETAILS:**

[oceansidevolleyballclub@gmail.com](mailto:oceansidevolleyballclub@gmail.com)

